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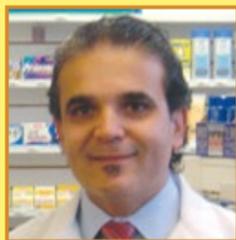


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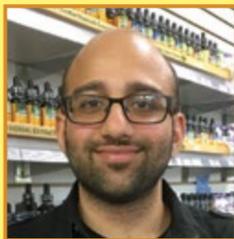
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Pathways is a quarterly journal and resource guide for the greater Washington area. We are committed to providing the public with free access to local resources and specific tools for improving the quality of life physically, mentally, emotionally and spiritually. It is our intent to provide this access through information and ideas. The articles and advertisements in Pathways demonstrate a growing commitment on the part of local individuals to do business in a spirit of unity, cooperation and understanding and to maintain a high level of integrity, responsibility and service.

The world public has become disenchanted with both the political and financial leadership, which it no longer trusts to solve the problems of historical crises. Further more, all the individuals of humanity are looking for the answer to what the little individual can do that can't be done by great nations and great enterprises.

—R. Buckminster Fuller

Our journal encourages the "little individual" to join together in the dynamic process of personal and social transformation.

Pathways is a communications network that can provide the who, what, where, and when for you to become involved in this dynamic process. But these tools for communication become meaningful only when you use them. Connect with individuals and groups listed in Pathways and take the next step towards your further involvement in this transformation.

MAKING CONNECTIONS

Pathways presents useful information in several ways—through articles, advertisements, a directory and a calendar of local events. Many of the journal articles contain specific resource lists that enable you to delve deeper into the subject area.

When an ad, an article or an event in Pathways intrigues you, don't hesitate to call the people up or arrange to visit them. The people in the Pathways network are happy to talk to you about what they do and why. Feel free to contact the authors and advertisers for comments or advice. The resources listed here are the people as much as the goods, services and activities they offer. So, when you call them up, it's helpful to tell them what it was that caught your interest. The personal connection is the important thing.

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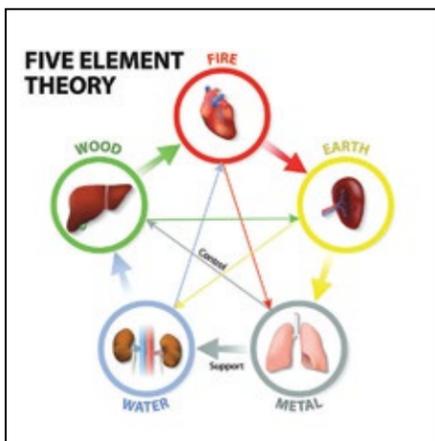
Volume 45, Number 3
Published quarterly
with the season change by
LOU DESABLA
PATHWAYS MAGAZINE
6501 Eastern Ave.
Takoma Park, MD 20912
www.pathwaysmagazine.com

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AD RATES ARE AVAILABLE
ON OUR WEBSITE:
www.pathwaysmagazine.com
Deadlines for Editorial and
Advertising are
2/1, 5/1, 8/1 and 11/1
Publication is approximately
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Please e-mail all articles as
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**YOUR HEALTH IN LATE SUMMER:
 ACUPUNCTURE THEORY AND
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 BY HELENA AMOS • PAGE 11

We've been examining the Five Element Theory and how it is a guide to how each element corresponds to an internal organ system, and each system is associated with certain physical and psychological conditions. The late summer is ruled by the Earth element, which represents the core of the body in Traditional Chinese Medicine (TCM), i.e., the Stomach and Spleen/Pancreas. It is about digestive vitality and emotional nourishment.



**ANGER AND THE FOUR COMPASSIONATE
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 BY PATRICIA ULLMAN • PAGE 13

Anger is often thought of as a problematic emotion that we should squash. But there is wisdom in anger that can be contacted and unleashed. When anger arises it can send us straight to a mental hell, and the words and actions that arise from that can so easily spread that hell to everyone around us. It can make our world seem dark and small. It traps us in its cycle of hatred and blame. There is little space within anger for awareness, insight, or compassion.

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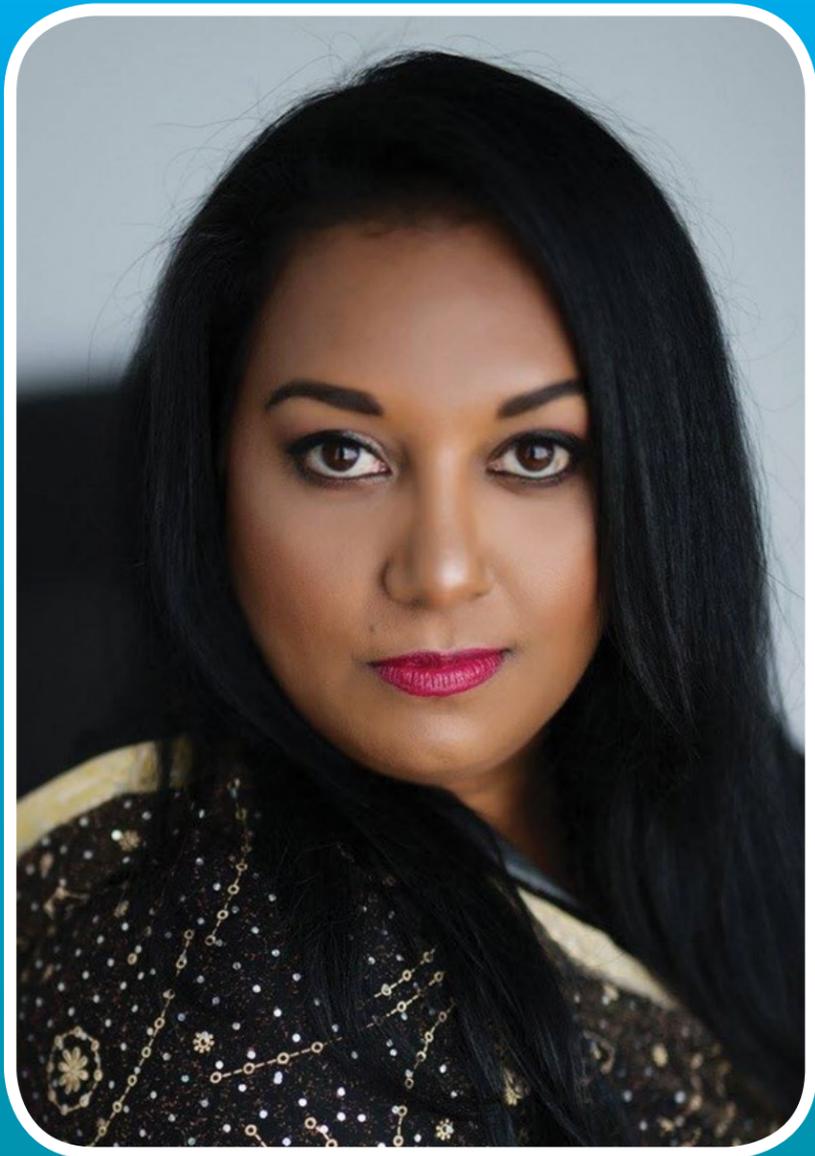
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AN INVITATION FROM LOU DESABLA & ERIN DESABLA, THE PUBLISHERS OF PATHWAYS MAGAZINE

Please set aside Sunday, April 18, on your calendar to share our joy at our 51st Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. I have been blessed with the honor of hosting this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time. Please check the website to confirm the date, if the conference center isn't open yet, we will move the date. At only \$10, it's cheaper than most movies. You can visit 150 booths and attend up to 8 workshops of the 56 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing services; a psychic, Tarot, shamanic or face reading; or peruse hundreds of unique products.

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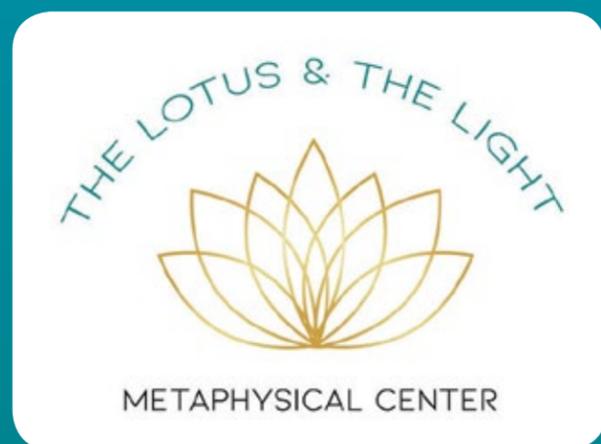
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Holy Basil: The Highest of the High Plants

BY TOM WOLFE, AHG, AND
THE SMILE HERB STAFF

“Holy Basil (Tulsi) is the highest plant form and the last plant form in evolution before animal form”

Meher Baba: God Speaks

“Next to the Lotus, Holy Basil is perhaps the most sacred plant of India. Holy Basil opens the heart and mind, bestowing the energy of Love and devotion. Holy Basil gives the protection of the Divine by clearing the aura and strengthening the immune system. A plant of Holy Basil should be kept in every house for its purifying influence.”

David Frawley: The Yoga of Herbs

In the 35 years or so I have been writing the Herb Corner for Pathways magazine, very rarely have I singled out one herb for a column. Usually I group the green angels together by what we call the Self Addressed Stamped Envelope (SASE): Symptom, Action, System and Energetics. We call this approach SASE because it returns the responsibility for healing where it rightfully belongs ... back to you, just like an envelope addressed to you from yourself (or should I say Yourself). However, my experiences with holy basil (tulsi) over the past few months since the Corona Virus hit have left me in awe of this plant, so this Herb Corner breaks all the rules and is devoted to just one herb--basilicum sancticum (also known as tulsi).

First, I will share my experience with holy basil as a plant to grow, then I will share what benefits I got from the daily use of holy basil for the first two months of the pandemic. After that I will share what other herbalists have discovered, and a selection from the writings of two Friends of mine, Vishnu Das, the owner of Blue Lotus Ayurveda in Asheville, North Carolina and David Winston, owner and founder of Herbalist and Alchemist Herb Company in Washington, New Jersey. My experience with growing holy basil has been awesome! A member of the mint family, holy basil offers relief from anxiety, stress, depression, and more. And because it's a member of the mint family, holy basil is very easy to grow from seed!

Over the past winter I decided to see how holy basil wintered under shop lights in my new greenhouse. I discovered that holy basil winters over great in the DC under easily available shop lighting area as long as you water it once weekly. So, when spring came (along with a pandemic) I started making tea daily out of just the strongest part of the plant which is the flowers. What happened next is incredible, and I am going to make a



teaching video about just how awesome it is to harvest holy basil flowers. What happened was each flower head cut made two flower heads which is called bifurcating in botany language. As I was cutting and using 24 flower heads daily (for protection in a dangerous time) there were 48 new flower heads beginning daily. Since I had wintered over about a dozen plants there began to be an amazing abundance of hundreds of holy basil flower heads so much so that even using 24 holy basil flower heads daily they kept increasing in number. From a few plants over the winter that I was not even sure would survive and prosper I now had a hundred flower heads and six large shrub sized holy basil plants growing larger every day. The more I clipped them the more they responded with abundance. Holy basil is here to serve and the more we allow it to serve us the larger and more vibrant the plants become. What a delight it was to find that holy basil, which in 1988 I saw grown as a perennial in Maharastra State, India could be essentially grown as a perennial here in the DC area as long as it is protected in the winter, watered weekly and given

sufficient light.

Now on to what I noticed from taking tea made out of 24 holy basil flowers daily. First, it elevated my Spirit and was slightly stimulating similar to a strong cup of black tea though without the caffeine. Secondly, my blood sugar levels seemed more even which is backed up by Western science. Kaiser Permanente of DC writes on their website that holy basil gets two stars in their rating system out of three stars for science backed lowering of blood sugar. Their website says taking holy basil may help people with type 2 diabetes control their blood glucose levels.

From Kaiser Permanente's website "Holy basil (*Ocimum sanctum*), also known as tulsi basil, has demonstrated positive effects in multiple studies using animal models of type 2 diabetes. A randomized controlled trial in people with type 2 diabetes found 2,500 mg of holy basil per day lowered blood glucose and cholesterol levels. Another pilot trial in overweight and obese youth found holy basil, at 500 mg per day for eight weeks improved glucose, insulin, triglyceride, and cholesterol levels, as

well as markers of insulin resistance."

I also noticed that holy basil helped with the stress of owning a small business when walk in traffic halted due to Covid. This makes sense since holy basil has been proven to reduce cortisol levels significantly. Dr. Oz. on his website lists holy basil 6th in his cortisol reducing list of supplements and foods.

One test of an herb's efficacy is to see what happens when you stop taking it and on the few days when I was unable to make my thermos of tulsi tea I could definitely tell the difference. So, in summary, I found holy basil to lift my mood under trying circumstances, stabilize blood sugar, and reduce stress, probably due to its ability to reduce the stress hormone cortisol.

Here's what other herbalists have found from their research and experience about holy basil:

David Winston says in his book *Adaptogens: Herbs for Strength, Stamina, and Stress Relief*: "In my clinical practice I use holy basil to enhance cerebral circulation and memory. It is used in Ayurvedic medicine to relieve "mental fog" caused by chronic cannabis smoking. It can be combined with other cerebral stimulants such as rosemary, bacopa, and ginkgo, to help people with menopausal cloudy thinking, poor memory, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), and to speed up recovery from head trauma. I also use holy basil as an antidepressant for "stagnant depression" which is a term I coined to describe depression due to an event in a person's life that they are unable to move on from. In addition to therapy, herbs such as holy basil, rosemary, and lavender are especially helpful in removing this condition."

PMS Reliever:

Holy basil has a high content of iron; just one tablespoon of dried holy basil can provide you with 10% of the recommended daily value. Menstruation causes a loss in iron, which causes difficulties such as irritability, fatigue, bloating and general unwellness. Sprinkling holy basil on your fruit can help with the bloating (especially pineapple) and incorporating a cup of fresh holy basil into your salad twice a day can replace the lost iron that naturally occurs during menstruation.

Blemish Eraser:

Holy basil has a high antibacterial content, which can help heal pimples and blemishes. Many such blemishes are caused or worsened by bacteria on the skin, and holy basil can help! Try this face cleaning recipe once or twice a day to freshen your face:

continued on page 80

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Your Health in Late Summer: Acupuncture Theory & Functional Medicine Approach

BY HELENA AMOS, M.AC., L.AC.,
EURO. PHYSICIAN

As the days become shorter, the air cooler, and the harvests ready; we know we are entering late summer, which is the last “season” in our exploration of the Five Element Theory of acupuncture. So far we’ve discussed the following season-element pairs: Fall-Metal, Winter-Water, Spring-Wood, and Summer-Fire.

We’ve been examining the theory and how it is a guide to how each element corresponds to an internal organ system, and each system is associated with certain physical and psychological conditions. The late summer is ruled by the Earth element, which represents the core of the body in Traditional Chinese Medicine (TCM), i.e., the Stomach and Spleen/Pancreas. It is about digestive vitality and emotional nourishment.

Late Summer: The Earth Element

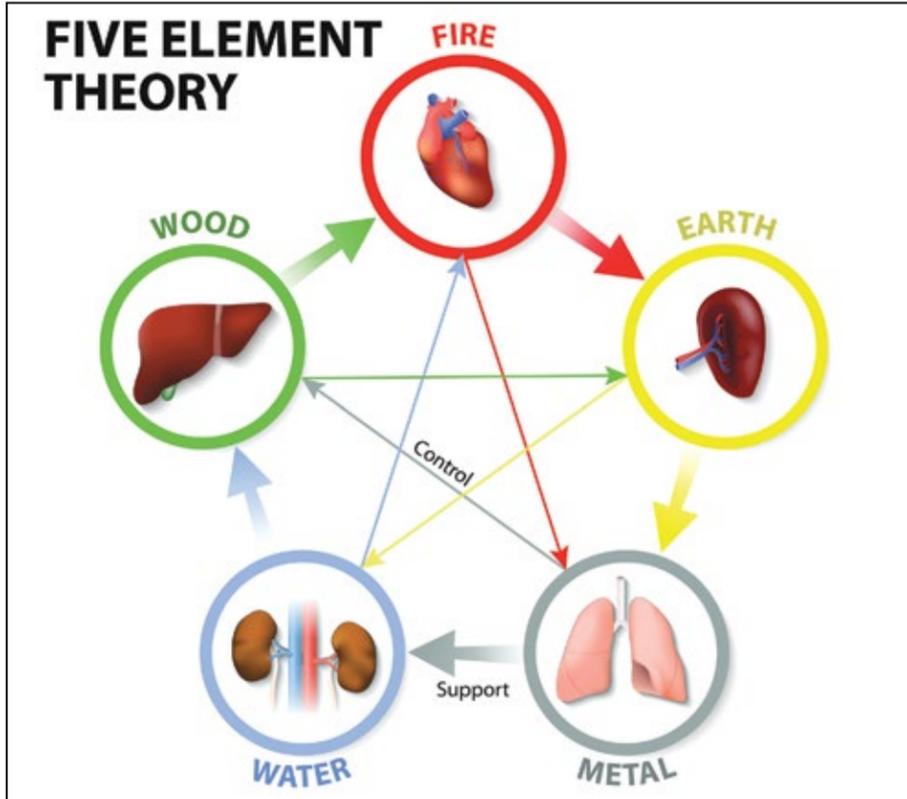
There are 4 seasons. But Late Summer, which is associated with Earth, is not a season in and of itself—it is much more. It is the field that enables the play of 4 seasons *because Earth gives everything life*. This season is characterized by sustaining both body and spirit. The activities of an Indian summer see individuals taking advantage of what’s left of the light and warmth to begin harvesting preparation for fall and winter. It is both a literal going to the ground to get the earth’s bounty, and a figurative grounding of one’s emotions.

When the Earth element is unbalanced emotionally, worry and anxiety are manifested. A person gets stuck in rumination and overthinking which impedes any action and contributes to feelings of being overwhelmed or pre-occupied. Brains are foggy and pensive. An emotionally balanced Earth element is found in a person who is strong, connected, and who can give and receive sympathy. That person would be clear thinking, able to receive and assimilate knowledge and have a sense of stability. And that person will be able to nourish the body with a healthy digestive system.

When we speak of physical imbalances in the Earth element, we are seeing symptoms associated with disorders and deficiencies within the stomach and spleen/pancreas—those organs responsible for digestive health. In my clinical practice, I see a demonstration of how almost all diseases related to imbalances of Earth Element, meaning Stomach and Spleen/Pancreas Meridians, present as digestive tract disorders. These 2 meridians of the Earth element are at the heart of digestive health and this acupuncture theory intersects with Western medicine as the root of almost all medical conditions.

Physical symptoms of spleen/pancreas deficiency include:

- Exhaustion and fatigue
- Lack of appetite



- Undigested foods in loose stool
- Weight gain
- Yeast and candida
- Nausea and vomiting
- Fibromyalgia
- Organ prolapse
- Weak muscles and tendons
- Insulin issues, pre-diabetes, diabetes

Stomach disorders are indicated by:

- Epigastric hunger pain; constant hunger
- Thick white or yellow coat on the tongue
- Bloating after eating
- Sour regurgitation, belching and hiccups
- Halitosis

There are also facial indicators of Earth element deficiencies. Stomach and spleen/pancreas organs are represented on the face by lips and mouth. If there is a darker color around the mouth and skin and common outbreaks in that area, these are early signs of GI tract disorders.

GI Tract: At the Earth (Element) Core

GI tract disorders are the primary source of any Earth element imbalance, and right now, these conditions are running rampant. Examples of these physical disorders include:

- Gastritis
- GERD, aka Acid Reflux
- IBS
- SIBO (small intestine bacterial overgrowth)
- Candida
- Leaky gut syndrome,
- Insulin resistance
- Diabetes, and more

Most GI tract issues are a result of problems with diet, lifestyle, and environmental toxins interacting with our unique genetic susceptibilities. For example, with insulin resistance, cells cannot absorb glucose (sugar) for energy production. Insulin builds up in the blood, creating high levels of blood sugar and A1C. As your insulin levels increase it leads to ramped up appetite, increasing weight gain around the belly, more inflammation and oxidative stress, and myriad downstream effects including diabetes, high blood pressure, high cholesterol, low HDL, high triglycerides, thickening of the blood, and increased risk of cancer, Alzheimer’s, and depression.

Another example is gastritis. This condition involves stomach inflammation most often due to the presence of infection or excessive bacteria (*H. pylori*) from a variety of different sources, which cause persistent heartburn, bloating, and in some cases vomiting. The influencing factors of gastritis range from food allergies or sensitivities to eating spicy foods and heavy meals before bedtime.

Working Out Your Core: Treatment and Tips

Insulin resistance, gastritis, and virtually all the GI tract disorders and their symptoms can be resolved by following a special diet, detecting food allergies, cultivating your gut biome, and improving digestive enzymes and intestinal mucosa. In my clinic, we employ a Functional Medicine approach to testing—meridian/organ testing, food allergy/sensitivity testing, blood tests, parasite tests, and more—and to treatment protocols, which safely and effectively identify and treat root causes as well as the symptoms. Overall, these

conditions can be managed naturally through dietary adjustments and herbal supplements, as well as with recommendations for lifestyle changes.

Here are just some of the ways to take care of your stomach and spleen/pancreas:

- Explore different diet protocols, e.g., Paleo, SCD, FODMAP, Gaps, Ketogenic, Mediterranean, Low Histamine, Blood type and more.
- Choose natural supplements to counteract your symptoms such as proper digestive enzymes, blood sugar stabilizers, probiotics and natural antibacterial and antifungal remedies. Check your micronutrients and supplement the missing ones.
- Make nutritional adjustments to avoid food allergens, like gluten, grains or dairy. Very often eliminating grains and cow dairy helps tremendously.
- Eliminate spicy foods, and fried and processed foods, all of which fuel acid production in the stomach.
- Follow a food-combining chart for better and faster digestion.

And sticking to some simple lifestyle tips can go a long way toward symptom prevention and supporting good digestive health:

- Don’t worry, be happy! Worries, anxiety and overthinking can negatively impact your digestive health.
- Eat mostly cooked and warm foods and beverages.
- Don’t overeat! And have dinner by no later than 7pm to give your stomach, along with your other organs, a chance to rest and digest fully before bed.
- Increase your activity level! Nourish your muscles.

Late Summer is the perfect time to get your digestive health in order. The wisdom of Chinese medicine encourages taking care of your stomach and spleen/pancreas, which also supports mind and spirit with strength and stability. Western medicine echoes the finding that digestive wellness supports mental wellness, and vice versa. Use the wisdom of the Earth element as the basis for balancing your body’s core.

Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician, and natural medicine practitioner since 1986. She is the owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for in-office and telehealth complementary consultations. Visit rockvilleacupuncturemd.com/ for more information about clinic services and to sign up to receive her monthly health e-newsletters. LIKE on Facebook @ AmosAcupunctureAndNaturalMedicine. See also her ad on page 49.



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Anger And The Four Compassionate Activities

BY PATRICIA ULLMAN

I've led a weekly meditation group for the Sibley Seniors Association for the last few years, now, of course, via Zoom. Recently they asked me to help them work with the anger many of them feel about being trapped in a country that's out of control, where we can't visit our children and grandchildren, and where there is so much to be fearful and angry about. In this

accomplished, kind, and wise group of Washingtonians, the honesty and openness about anger was both touching and refreshing. I'm grateful to them for their willingness to bring this to the surface.

Anger is often thought of as a problematic emotion that we should squash. But there is wisdom in anger that can be contacted and unleashed. When anger arises it can send us straight to a mental hell, and the

words and actions that arise from that can so easily spread that hell to everyone around us. It can make our world seem dark and small. It traps us in its cycle of hatred and blame. There is little space within anger for awareness, insight, or compassion.

But all of our emotions contain both confusion and wisdom. Aggressive people are often effective because they can see exactly where to direct the knife. When we react to people or situations with anger, the true cause of our anger is often overwhelmed by the destructive qualities of hatred. We can no longer see clearly or act effectively. But unleashed anger, when liberated from aggression, is a powerful and compassionate sword.

We usually don't think of anger as compassionate, but in the Buddhist teachings it's one of the four compassionate activities described as the four karmas. (Karma here means "activity.") All of these are accessible when we can separate our conditioned, ego-based reactions from the greater view of what's actually going on, when we can contact, honor, and act on the wisdom within our emotions. After this brief summary, I offer a method for doing this.

The first karma is referred to as pacifying, taming, or non-struggle. It's related to listening with unbiased ears so that you can see, understand, and be with what's actually going on. If

you suddenly become the CEO of a company and are unfamiliar with its corporate culture and current business environment, the first thing you need to do is listen. Before imposing your ideas, which may not be accurate, you offer your availability to listen and learn. You observe with intelligence and humbleness, without engaging in opinions and controversy. This goes for every moment in our lives, this ability to be present in the here and now with openness and curiosity. Sometimes this is all that's needed. The second karma is called enriching. With the fresh overview we gain from pacifying, we can appreciate what we have. There is a quality of confidence and encouragement, which is the opposite of depression caused by the feeling of not having enough or of wanting things to be different. We're able to see the richness and possibility in the present situation, which is full of energy in and of itself.

Third is the karma of magnetizing, the courageous quality of facing our fears and confronting the inevitability of change head-on. From the clarity and appreciative energy of the first two karmas, we become aware of new possibilities and can fearlessly include them when they are helpful and appropriate, and reject them when they are confused and ego-based. We can stay awake within the turmoil of the

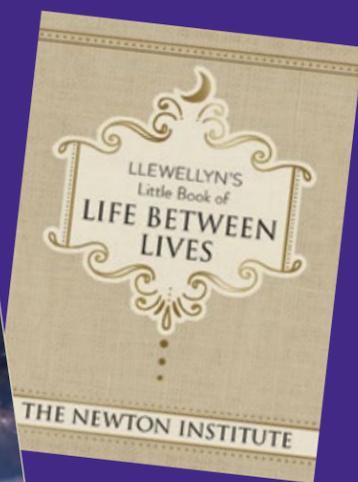
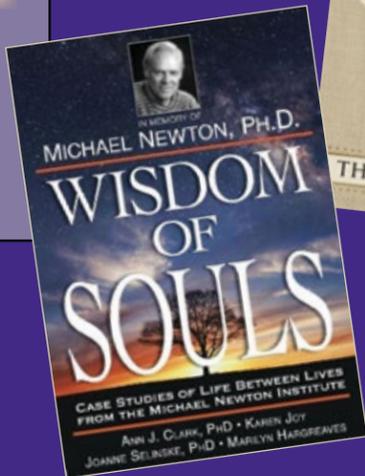
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Spiritually Strong? Or Stuck?

BY ROSE ROSETREE

It is my hope you'll find encouragement in this article, Strong You (Yes, that's what I'll be calling you in today's column), because for one thing I'll bring you a spiritual perspective on what's going on with the coronavirus, and for another you'll receive a simple model for understanding why some people find mask wearing so difficult. Yes, all of this can help you to shed the confusion that's rife during these dramatic times. But mostly – as you may already have guessed -- I'd like to educate you about what it can mean to come through this era of social distancing *beautifully*. Yes, you can come through this challenge, not just surviving, but stronger than ever. If my work with energetic literacy has taught me anything lately, it's how this historic time presents us with a very simple spiritual choice; a choice that each of us can make intelligently. Actually, let's start there, with choice.

The Big Choice Before You Right Now

What is that big choice? Depends on whom you talk to these days, doesn't it?

• According to some, it's a terrifying time of "Woe is me," and "Like a war," and "I'm so depressed, of course."

• While others are finding that, "I'm growing faster than ever." Also, "My life is good."

What accounts for that difference? It's not just the class divide in America, income inequality, and such – topics more properly discussed at a column quite different from mine, written by some Other Columnist.

Here, let's talk free will. Many people don't actively use that, so they don't know how much choice they have. Accordingly, they're falling into the doom-and-gloom reported in the media, or discussed among friends. Have you noticed how misery is the script being circulated in collective consciousness? You could consider it like a default. Like, if you don't opt-out, you'll enjoy the best part of "Misery loves company." (Of course, making that choice, you'll also be spiraling into *misery*.)

This happened to my client Gladys, until she had a recent session with me. While we talked, I noticed a dullness that was startlingly new; despair saturated her conversation and choices, going all the way down to the level of the chakra databanks in her aura. Exactly

the sort of thing I probe with skills for energetic literacy!

So I asked Gladys how she was spending her days, while working from home, and guess what! At least 5 hours a day, Gladys played TV news in the background. "For company." And for variety, she would stream a Netflix show called "Werewolves."

"For crying out loud, why?" I asked Gladys. "Why would you do this to yourself?"

"I don't know," she said dully.

At least, by the end of our conversation, Gladys understood that she had a choice. [Possible pullout quote.]

Why expose herself to a steady media diet of doom and gloom? Rather than living as a victim-in-waiting, Gladys began to use her free will. And like her, Strong You, you have a choice as well. Will you grow and thrive? Or will you doom-&-gloom?

This following set of ideas can bring you more clarity about what brings authentic growth during the coronavirus pandemic.

Objective Reality Versus Subjective Reality. Get the Difference?

All your waking hours, you can say yes to life. How? By paying attention to **objective reality**. That means notic-

ing what people say and do. Another easy way to understand objective reality is this: Whatever shows in a YouTube video.

Contrasting with that, you also have access to **subjective reality**, which means how you feel and think, also your thoughts and theories about *other people*. Of course, subjective reality matters. The big question is, how much?

Simply put, here's your daily choice: Mostly you can pay attention to *objective reality*, choosing how you're going to spend your time productively; then following through. Maybe you'll decide to limit your daily exposure to media news to what, 30-60 minutes? You decide.

Even when you #StayHome, you don't have to feel lonely. Find out how you can reach out to others in objective reality, and then do it. Resourceful living can improve your quality of life. Besides that, as a consequence, you'll grow extra fast spiritually.

Alternatively, it's all too easy to live stuck in *subjective reality*. Some find #StayHome the perfect excuse to wallow in subjective theorizing. For instance, they'll spend hours each day spacing out with self-analysis; perhaps doing way too much meditation or religious practice, which ironically leads to spiritual atrophy, or no progress at all.

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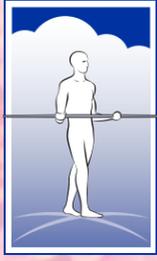
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Fall Quarter 2020 – Tipping Points Begin

BY MISTY KUCERIS ©2020

Foundations are shaken. You feel this strongly as the full Moon occurs on September 2nd, with the Sun in Virgo and the Moon in Pisces. You want to understand what's happening in the world and how to operate on a daily basis. Yet, with this full Moon forming aspects to Uranus, you only see more unexpected situations occurring. You know that the old way of doing things doesn't work and you haven't established a new way yet. What you do know is that you are in the midst of various tipping points that require you to look at life from a different perspective.

It's important to start pulling back in your life, especially on September 9th when Mars in Aries turns retrograde. Usually when Mars is in direct motion, especially in its sign of Aries, you are willing to go out into the world and take risks. But when Mars is retrograde, you realize that you need to become more introspective. You need to plan your actions. Perhaps even wait to act until Mars goes direct again, as it will on November 13, 2020. This is especially true since Mars will be forming square to the Jupiter retrograde, Pluto retrograde, and Saturn retrograde conjunction in Capricorn. Right now it's important that you feel you have a place in society. This is the time to think about your goals and how you're going to develop a structure that empowers you to achieve those goals.

As Jupiter turns direct on September 12th you want to find more ways to bring rules and regulations into your life that support your values and life styles. You want to understand how to balance your ethics and spiritual beliefs with your daily needs. You want to be able to go out and move about the world.

The new Moon which occurs on September 17th has both the Sun and Moon in Virgo and forms a trine to Jupiter, Pluto retrograde, and Saturn retrograde while also forming a quincunx to Mars retrograde. This is a day where understanding the facts helps you develop plans as well as create safety zones in your life. You'll need to make adjustments in how you approach situations. The old way of doing things isn't going to work. So, you need to develop new ways for doing things. This includes how you manage your daily routine as well as how you take care of your health. This is exactly the purpose of a new Moon: Finding the next steps to take so that you can move on with your life.

On September 22nd the Sun enters the sign of Libra and the autumnal equinox begins in the northern hemisphere. This marks the halfway mark of the astrological year, which began on March 19, 2019 at the time of the spring equinox. Unfortunately, in



many ways the spring equinox was a tipping point. On that date, Governor Gavin Newsom of California became the first governor to set mandatory stay-at-home restrictions due to the coronavirus. At the time we incorporated new phrases or words: quarantine, stay-at-home, stay-in-place. We also became adept at zooming meetings and parties.

The spring equinox represents what I need in life. And, the "I" is finding ways to stay safe. The autumnal equinox represents what "we" as a family and as a society need in life. We need to find balance in this world to feel safe and live a safe life. We need to consider that foundations we created in the past and how to make changes that incorporate more people into our lives. We also want to be respected for who we are.

As the month of September ends, Saturn in Capricorn turns direct. Saturn had left the sign of Capricorn on March 21, 2020 when it entered the sign of Aquarius for a short time period. At 1°57" of Aquarius Saturn turned retrograde on May 11, 2020. It re-entered the sign of Capricorn on July 1, 2020. This time period of Saturn in Capricorn is the last time it will be in this sign for approximately 29 years. It will re-enter the sign of Aquarius on December 17, 2020 and remain there until March 7, 2023 when it enters the sign of Pisces.

Saturn in Capricorn represents the foundations which society needs in order to function. Yet, when Saturn turned retrograde in May 2020, more of those foundations were shaken. Many states started reopening yet finding that spikes of the coronavirus started increasing. Another major tipping point occurred on May 25, 2020 with the tragic death of George Floyd and the realization that Black Lives Matter and we need to create a foundation where people are not disenfranchised.

Now with Saturn direct, you need to look at the foundations that fell apart so you can determine how to build new ones which are more realistic and more inclusive of all members

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Tips to Staying Well Amid COVID-19 by Dr. J

Reset. The sun will rise tomorrow and it will be a new day for you.

While nothing in life is certain, the current situation of this pandemic serves to make our lives especially uncertain. School closures, sports suspensions, conference calls to work from home, and self-quarantine are sure signs. During this time of uncertainty and quickly changing circumstances, it is normal for people of all ages to feel hopeless, fearful, worried, anxious, as well as a range of other emotions.

For some this anxiety might be caused when you or someone near you sneezes or coughs. For others this anxiety might not be related to getting sick, but other circumstances such as: lack of access to healthcare, financial need that would require you to keep working, loved ones who are more vulnerable to the virus (adults over age 60 or people with compromised immune systems), or past experiences of trauma that left you feeling unsafe or out of control.

We are all in this together. Treating others with kindness and respect is necessary for our continued health and safety. Put your time and energy into affecting what you DO have control over to boost your emotional and physical health.

The Simple Things

- Limit your exposure to the news. Stay aware of the latest information, available on the WHO website and through your national and local public health authorities.
- "What day is it?" Maintain your routines. Do your best to keep a schedule-structure of meals/bedtime/exercise.
- Turn off your devices an hour before going to bed.

Let's Get Physical

- Get some fresh air and sun.
- Engage in safe social activities. Schedule parallel activities with others whom you cannot see face-to-face, like simultaneously watching the same movie with your friend in another state, sharing a recipe among family and friends and cooking it on the same evening in different homes, or making plans to exercise to the same routine from home.
- Exercise. Even short periods of activity can be beneficial like yoga, Tai Chi, stretching, or calisthenic exercises like push ups, crunches, lunges, and jumping jacks.

Emotional Health

- Check on and reach out to others (texting, phone calls, email, ZoomParties, House Party App, group FaceTime with multiple people). You may find that talking to others really makes you feel better.
- Try to maintain a regular sleep schedule. Aim for eight hours a night.
- Consider talking with a licensed therapist if you feel unable to stop excessive worry, racing thoughts, constant sadness, or mood swings.

Above all, wash your hands and stay safe!

Shannon R. Jordan, PhD, LCSW-C, LICSW

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ASTROLOGICAL INSIGHTS

Fall Quarter 2020 – Tipping Points Begin ...continued from page 17

of society. You need to decide what's important to you and how to incorporate these changes into your life.

There are two full Moons during the month of October. The first full Moon occurs on October 1st, 2020 and is called the Harvest Moon. The second full Moon occurs on October 31st, 2020 at the end of the month and is called the Hunter's Moon.

At the time of this first full Moon the Sun is in Libra and the Moon is in Aries. As important as relationships are, you don't want to lose your individuality to maintain the relationship. It's very important for you to know where you stand. It's also important that you don't let other people take advantage of you and that you get the respect you deserve.

During this full Moon you need to evaluate where you stand with others. You want to make certain that you're getting the respect you deserve. It's important that you know what you need.

On October 12th, Jupiter forms a sextile to Neptune retrograde. This is the last time this sextile occurs in this triad sequence. The first time it occurred was on February 20, 2020 when both planets were in direct motion. The second time it occurred was on July 27, 2020 when both planets were in retrograde motion. Now Jupiter is direct again.

Both Jupiter and Neptune rule the sign of Pisces creating what you might call a symbiotic relationship. They both deal with removing or destroying boundaries, although in different ways. Jupiter, especially in the sign of Capricorn, wants to push the boundaries of society while still remaining a part of society. Neptune wants to dissolve boundaries in a manner that people start isolating themselves.

When the first time this aspect occurred, the world was in the midst of the pandemic. Not knowing what to do and not knowing where to place the boundaries to protect people, most of the world started to stay-at-home and began social distancing. The old boundaries were dissolving and new ones were being established in society.

By July 2020, when this sextile occurred for the second time, people were beginning to come out of their isolation. They started developing other ways of coping while being a part of society. Face masks became both a fashion statement as well as a political hot button. Social distancing still continued but also, in many instances, quickly forgotten when out in public.

Now that this sextile is occurring for the third and final time, you want to look at the structures that you've put in place. It's time to determine if those structures are valid or if they need to be changed. There a real possibility that COVID may be on the rise again and you wonder what to do.

Once again you'll see that there are new and unexpected circumstances

that are changing the boundaries as you know them. It's time to see how you can implement the changes you've made in life so that you can feel you have more control.

On October 13th, Mercury in Scorpio turns retrograde. It re-enters the sign of Libra in retrograde motion on October 27, 2020. It will remain retrograde in Libra until November 3, 2020. Usually when Mercury is in Scorpio, you don't want to say too much.

You'd rather listen and observe. And now with Mercury retrograde, you really value your privacy. You don't believe much of what you hear. You may even feel that conspiracies are abounding. There's some help today as the Moon and Venus form a conjunction which than forms a sextile to Mercury retrograde. This means that it's important to listen to your emotional needs and also your values.

During the time period that Mercury retrograde is in Scorpio, you'll see that a lot of forces are trying to do things under the surface. There are secrets out there which will cause harm once they are revealed. There are also financial matters which could become a problem. Guard your money well. Keep an eye on your credit and debit cards to make certain that financial information isn't stolen from you.

When the new Moon, with Sun and Moon in Libra, occurs on October 16th, some secrets are revealed, especially those that involve military actions. This could even indicate that there is more military action on American soil as unrest continues in various states. In addition, this new Moon forms a square to the Jupiter, Pluto, and Saturn conjunction. This indicates that new rules and regulations concerning the pandemic are created.

On October 27th, Mercury retrograde re-enters the sign of Libra. When Mercury retrograde was in the sign of Scorpio, you felt the need to pull back and observe rather than becoming an active participant. Now that Mercury retrograde is re-entering the sign of Libra, you feel that you need to take some action. The best thing to do, since Mercury is retrograde, is to find a way to balance your need to take care of yourself with your need to be out in the world. Reconnect with some old friends. See if there are any activities that you want to participate in.

The second full Moon of the month occurs on October 31st and is called a Hunter's Moon. In this case, the Sun is in Scorpio and the Moon is in Taurus conjunct Uranus retrograde. There is this sense that you can't relax. Emotionally you feel as if too much information is coming your way. You want to relax, but you don't know what to do with all this information.

Don't be at all surprised if some scandal isn't revealed this close to the election. How people respond to the news will be interesting. It's also possible that more hacks are attempted as people start to mail in ballots. Or, it's possible that there are problems with some of the ballots.

continued on page 21

the soul shepherd

Eileen Strange

Messages to You
through "Me"

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intuitive

intuitive
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medium

psychic

The Soul Shepherd, Eileen Strange, is an international Intuitive Empath, Psychic/Medium and Medical Intuitive honored by Strathmore's Who's Who Worldwide under Women of Excellence. Working through your eyes, her readings can be done in-person or by sending her a photo via email. — A photo of someone who has passed can be sent in for a Mediumship Reading as long as she can see their eyes.

The Soul Shepherd is currently offering individual readings "in person" or "from a distance". She also offers one-hour Coaching Sessions for Highly Sensitive People and Empaths, Group Readings for up to 6 people at your location, Readings at Events of your choice and "one question" readings. You are able to choose your type of reading — Psychic, Mediumship or Medical Intuitive.

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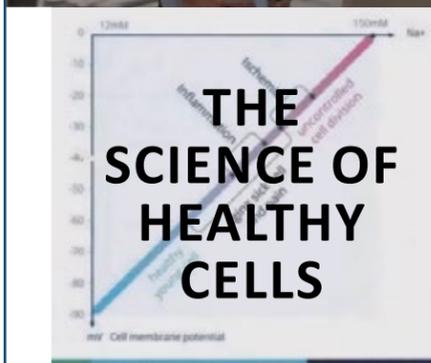
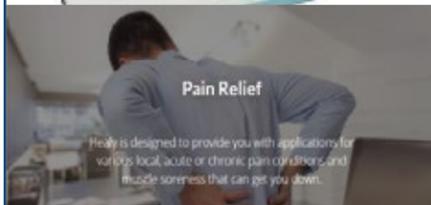
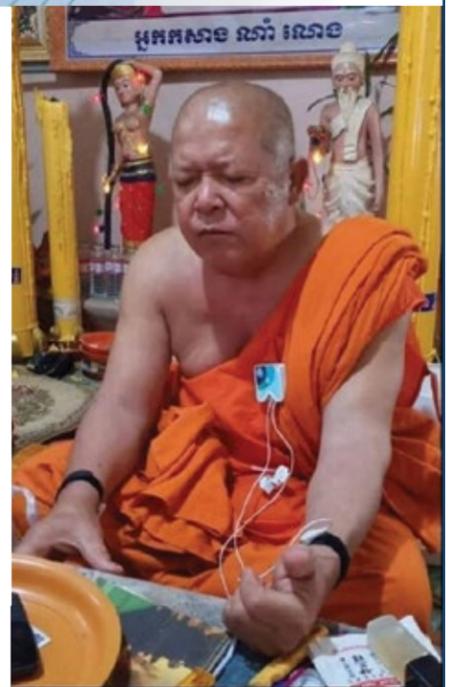


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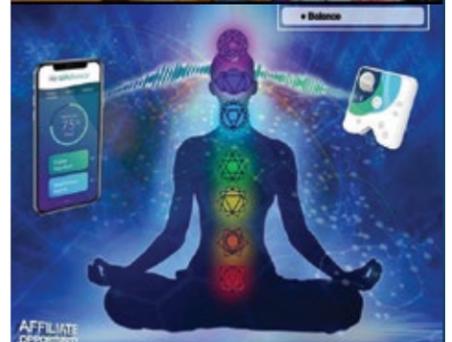
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ASTROLOGICAL INSIGHTS

Fall Quarter 2020 – Tipping Points Begin ...continued from page 19



don't expect to know the full results for several weeks.

With Mercury in Libra, you want to make certain that you ask other people for help. You may need to negotiate matters in order to get this help. This is not the time to argue because you will lose. Rather, try to find ways to resolve the matters.

On November 12th, Jupiter forms a conjunction to Pluto. This is the last time this conjunction occurs in this triad sequence. The first time Jupiter formed a conjunction to Pluto in this triad sequence it was April 4, 2020, and both Jupiter and Pluto were direct. The second time it occurred on June 30, 2020 both Jupiter and Pluto were retrograde.

When Jupiter is involved, you want to push boundaries and move beyond the confines of society. Yet with Pluto, you want to move slowly. You don't want to create too many disruptions. As a matter of fact, you'd rather work behind the scenes. But this time it's a little different. Both Jupiter and Pluto are in Capricorn so you don't want to create so many disruptions that you upset your standing in society. Or, if you feel disenfranchised you are now willing to step up and demand your place in society. You want the rules changed so you're included. This is the time to take charge of your life so you can find a way to increase the success of your life.

On November 13th, Mars in Aries turns direct. Mars entered the sign of Aries on June 27, 2020 and turned retrograde on September 9, 2020. When Mars was retrograde, you may have felt that you were getting less direction from your leaders. Now that Mars is turning direct, you feel that you are receiving more guidance than before. At the same time, there may be some simmering anger which surfaces. Sometimes people will even feel a little depressed when Mars turns direct. That's because often anger that is turned inward results in depression.

What you want to do now that Mars is direct is focus on how to keep yourself healthy and safe. Also you want to find safe ways to express your needs so other people both hear you and understand you. Lashing out won't work, but speaking will.

On November 15th, the new Moon with Sun and Moon in Scorpio occurs. Usually when there's a new Moon, you want to start things but today you want to pull back from life. You'd rather take a look at what's going on in your life and releasing any garbage that's standing in your way. And, you'll find that quite easy to do since the new Moon forms a sextile to Pluto, Jupiter, and Saturn. You understand what you need. You feel confident about your goals. And, you realize that you have the power to move on with your life.

The last lunar eclipse of the year occurs on November 30th with the Sun in Sagittarius and the Moon in Gemini. This is a penumbral lunar eclipse that is part of the 116 Saros Series. It will be visible in Asia, Australia, the Pacific, as well as both North and South America. (The last eclipse of the year is a Total Solar Eclipse on December 14, 2020.)

Eclipses tend to obscure matters. With lunar eclipses you want to understand your emotional needs so you can find ways to manifest your well-being in the world. With the Moon in Gemini, you want to be able to communicate your needs with others. And, with the Sun in Sagittarius, you want to be able to find your way in the world and try new things. But it's difficult at this time. There's still a lot of unknown out there. You don't have all the answers. And there are still too many things that are unsettled.

Misty Kuceris is a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections:

www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com. See also her ad on page 54.

November 3, 2020. Mercury actually turned retrograde when it was in the sign of Scorpio on October 13, 2020. It re-entered the sign of Libra in retrograde motion on October 27, 2020.

This is the day of the US presidential election. Mercury will be turning direct around 12:50 pm EST. The day begins with Mercury station in retrograde motion. This indicates there will be computer glitches as well as other problems at the polling locations. As Mercury turns direct some of these problems may be solved. But, on the other hand, they may actually be out of control. If you plan to vote in person, be prepared for long lines. Also,



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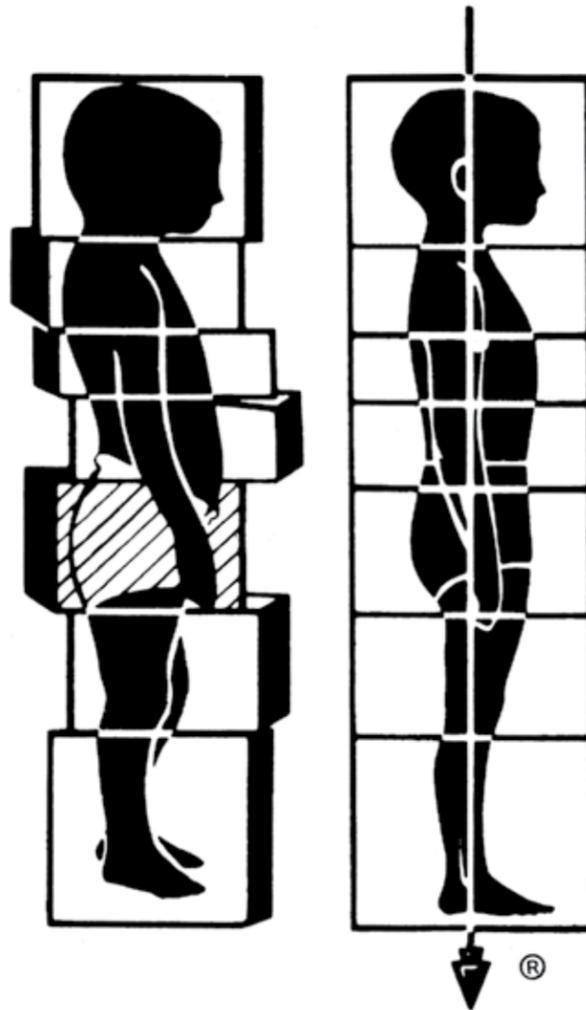
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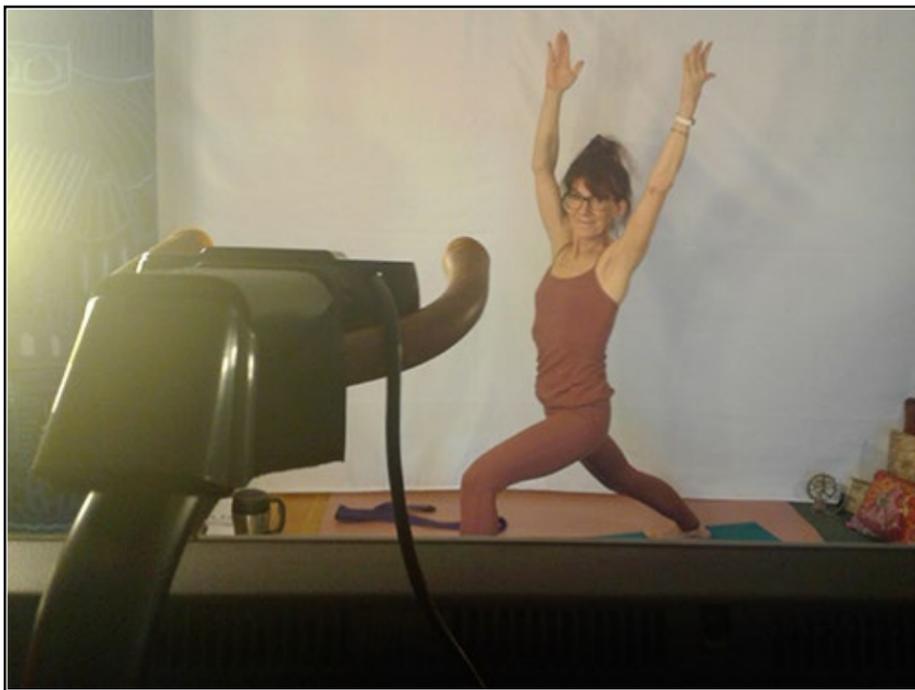


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What Students Have To Say About Virtual Yoga



BY CLAUDIA NEUMAN, ABOVE

Since March of 2020, everything about the yoga industry has changed. Gone are the days of live classes. Now, we're all learning as we go, fine-tuning the experience of doing yoga through a screen. Since I believe that the most important ingredient in every yoga session is the student, I have reached out to mine personally, and asked them to share their thoughts, concerns, tips and comments about this journey. I was overwhelmed with their willingness to share their experiences, and this article is just that: what my students have to say about doing yoga online.

What Students Have to Say about Virtual Yoga:

Personally, I've really enjoyed the majority zoom yoga classes- The idea of catching a class or workshop from anywhere in the world has been super exciting. Styles of yoga that may have intimidated me are approachable via zoom.

Social distancing with love: Getting together with my girlfriends on the west coast for one of their local classes is something we rarely find the time to do together during a physical visit.

Some things I wished all teachers did: find the mute button. I left a workshop because the class kept stopping so the teacher could answer questions. It's fine in a small setting but when the numbers increase you can't answer every little tangent. Perhaps for this instructor she should have had a short Q and A after class. There has been a level of comfort/ certainty when a note is sent out before the workshop or class to tell you the set up and props are recommended. I also find comfort from a new teacher to know what the focus may be, i.e.- twists, backbends, etc. when applicable I have taken classes where you can watch

the teacher get ready in the minutes before class- it's nerdy But sweet but watching the teacher set up the mats, props, microphone.

I know some teachers will link a Spotify playlist if you would like music — more important to hear the teachers voice — and you can control music level from home.

One of the best pre workshop zoom emails was from an Iyengar teacher in Tel Aviv; the workshop was being taken throughout the world and different time zones/ lighting. He asked everyone to have shades pulled down and all try to face the same direction so we would be uniformed in his ability to watch us and to watch each other. I think it also created the sense of unity, like we were all in it together.

Other teachers have been able to spotlight students via zoom to show modifications and nuances in asana. — Lisa Miller

Here are a few impressions I've had over the last 4 months about taking yoga via zoom. First of all, I love the convenience. I have access to several great teachers at various times during the day. I've even been able to take classes from teachers I've met at yoga retreats who live and teach in other states, even Canada. This has enabled me to learn new styles. And for this veteran yogi, spicing it up, learning new things and putting my body into new and exciting postures has been enlivening.

Something I would encourage any student to do is to find a nook or room in their home to dedicate solely to practice. Leaving the mat out, purchasing various props, and creating an altar, this becomes a sacred place to go to enrich the experience.

Another useful note is to take advantage of getting online prior to class start time. Some teacher's open their class 15 or so minutes prior to class time.

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It sure does not feel like Summer! After literally being “in” for most of Spring on COVID stay at home orders and social distancing measures, you have probably mastered Fortnite, read an encyclopedia, and designed a fashionable line of face masks. Yet you may be wondering when life will return to normal or what will be the new normal. “I am here to tell you, no one knows.”

What I do know is that people are continuing to struggle with cabin fever, insomnia, anxiety, hopelessness, and fear. You are not alone in your feelings. During this difficult time, try to remain positive and focus your attention on impacting what you DO have control over. Work towards creating a sense of normalcy.

During the Week

- Get to sleep and awake at the same time each day to maintain a routine. Try setting an alarm to help.
- Shower, groom, and get dressed each day. (The afternoon I wrote this piece, I realized I had not brushed my teeth yet. I immediately stopped to brush - just as Dr. J would recommend).

Check on Family, Friends, Neighbors, and Co-workers

- Acknowledge that you are stressed!
- Listen and empathize with them. You will probably find out that they have similar feelings and concerns.
- It is easy to forget about our work friends we no longer "see" every day. Some may be working from home or be out of work completely. Send a text or call to let them know you care and haven't forgotten about them. Don't forget to check on the people who live with you.

Stay Busy

- Take an online training or educational course. Update your resume and professional profile. Clean up your digital clutter (you should have seen my desktop before this post).
- Did you know pictures and attachments you send get stored on your devices? Free up some space on your cell phone, computer, and tablet by deleting and organizing unused files. Let's face it, you have the time.

Relieve the Financial Pressure

- Many COVID programs can provide you financial and emotional relief.
- Some companies are offering 0% interest rates and waiving minimum monthly payments, but you may have to contact them to make the request.
- Under the new CARES ACT, student loans owned by the U.S. Dept. of Education automatically have been placed in administrative forbearance with a 0% interest rate effective March 13, 2020, through Sept. 30, 2020. studentaid.gov/announcements-events/coronavirus#zero-interest-questions

And always, consider talking with a licensed therapist if you feel unable to stop excessive worry, racing thoughts, constant sadness, or mood swings. Many employers offer an Employee Assistance Program (EAP), which provides FREE short-term therapy. Mental health providers are available through telehealth to provide your confidential therapy sessions by phone and video conferencing.

Remember, wash your hands, wear your masks, and stay safe!

Shannon R. Jordan, PhD, LCSW-C, LICSW

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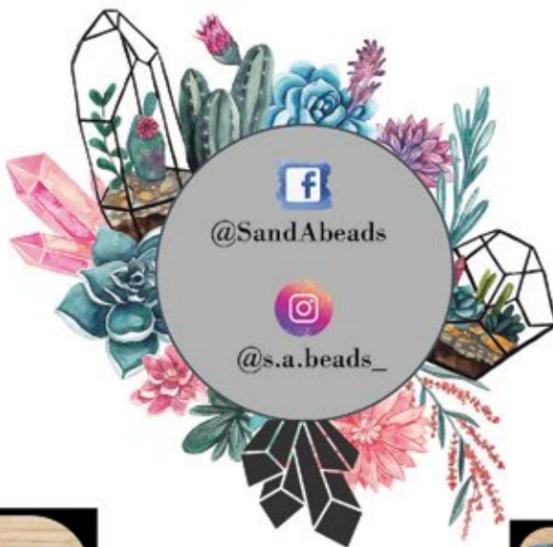


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YOGA TODAY

What Students Have To Say About Virtual Yoga ...continued from page 23

This brief time has been fun creating new community and reconnecting with old friends. We can learn what others are going through in brief snippets to help us feel not so much alone in this strange unknown pandemic experience.

Another thing I've been intrigued by is how different teachers are using zoom. Some teachers stay on their mat allowing students to see every pose and practice with the students. Some teachers set up the pose, get off their mat and go to the group zoom screen and give alignment cues, encouragements, 'atta' girls and other inspiring comments. In one class a teacher even pinned a student on the zoom screen so that we could all look and enjoy the beauty of a fellow student in a pose. That takes me right back to the feeling of being in person in class. The creative use of zoom has been fun to watch unfold.

Thanks for continuing to be there for us, you have no idea how grateful I and others must feel to continue our practice and feel that old familiar feeling of being in your capable, wise, humorous, loving care on the yoga mat. — Kathy Metcalf

Due to the convenience of Zoom classes I

find myself taking more yoga classes than before the pandemic. As a busy guy who works at home, it means I can squeeze in a class without the extra time it takes to drive to and from the class. It also enables me to study with favorite teachers, like Claudia Neuman and Andrea Brook, who live much too far away for me to personally attend a class.

Teachers are stepping up and bringing their A-Game to the zoom classes. This is what they have been training for; the chance to be a shining light in students lives and really help people, because in quarantine yoga is an oasis of positive healing energy that is needed even more than ever. Strangely, I feel energy just fine at a distance. That aspect does not seem lacking in a remote class.

Technical thoughts: Teachers are dealing with a single microphone and their volume changes with proximity to that microphone. It works better if the teacher stays in one area, that way the student can set the volume and forget it. I amplify my computer through an external speaker so I can hear the teacher clearly and the teacher should do the same, so they can hear the students when they aren't muted.
-Tobias Hurwitz

I use a mini iPad. I have to be close for video and sound.
--Janice D

Just as it has taken me a while, and lots of trial and error, to figure out how to configure my computer so that I can see the teacher without craning my neck when we move into different positions, how to get the audio sufficiently amplified, and - now - how to get the live stream class to show on a big TV screen (minimizing the previous issues), I've actually enjoyed watching the various yoga teachers learn how to lead a practice virtually as well.

Almost everyone had one issue or another at first in terms of audio, and teachers also got better at positioning themselves in relation to the camera so we could see what they were doing/showing.

But the most significant growth has been in teachers' ability to describe (and not just show) what we should be doing, and how it should feel inside our bodies - certainly necessary when, e.g., you are lying on your back and not able to see the computer.

I'm saying all of the above not as a criticism but actually because I appreciate seeing yoga teachers grow, learn and adapt - in parallel with those of us who are being guided by them. Somehow the practice feels even more like a two-way thing than when we are a big group, in person.

It's also nice just to roll out of bed and pull on my yoga clothes and just go to

class at home. It's fun to see friends sign in, and really nice to be greeted by name. I am in absolutely no rush to get back to in-person classes! --Jane Kinney Meyers

The obvious limitation is that the teacher's ability to see students is somewhat less, and there isn't the same kind of class interaction that many in-person classes offer. I appreciate that you counsel students to be especially careful, and to adjust their cameras so you get some view of what they are doing. I also appreciate the "off mute" moments at the beginning and end of class so there is a better sense that there is a group having this experience together.

There are some real upsides to class via Zoom. First, it is a lot easier to get to class. No traffic; few excuses. Who cares what you wear. When you come up with a block of time during the day because something cancels, or the weather is too lousy for a walk, you can bail into a class at the last minute.

Second, you can take your studio and teachers with you anywhere. I spent a month in Maine in June and will go back for most of September. There is no reason I cannot take (my local studio) classes there, and invite friends outside of the DC area to participate as well. This is great for continuity.

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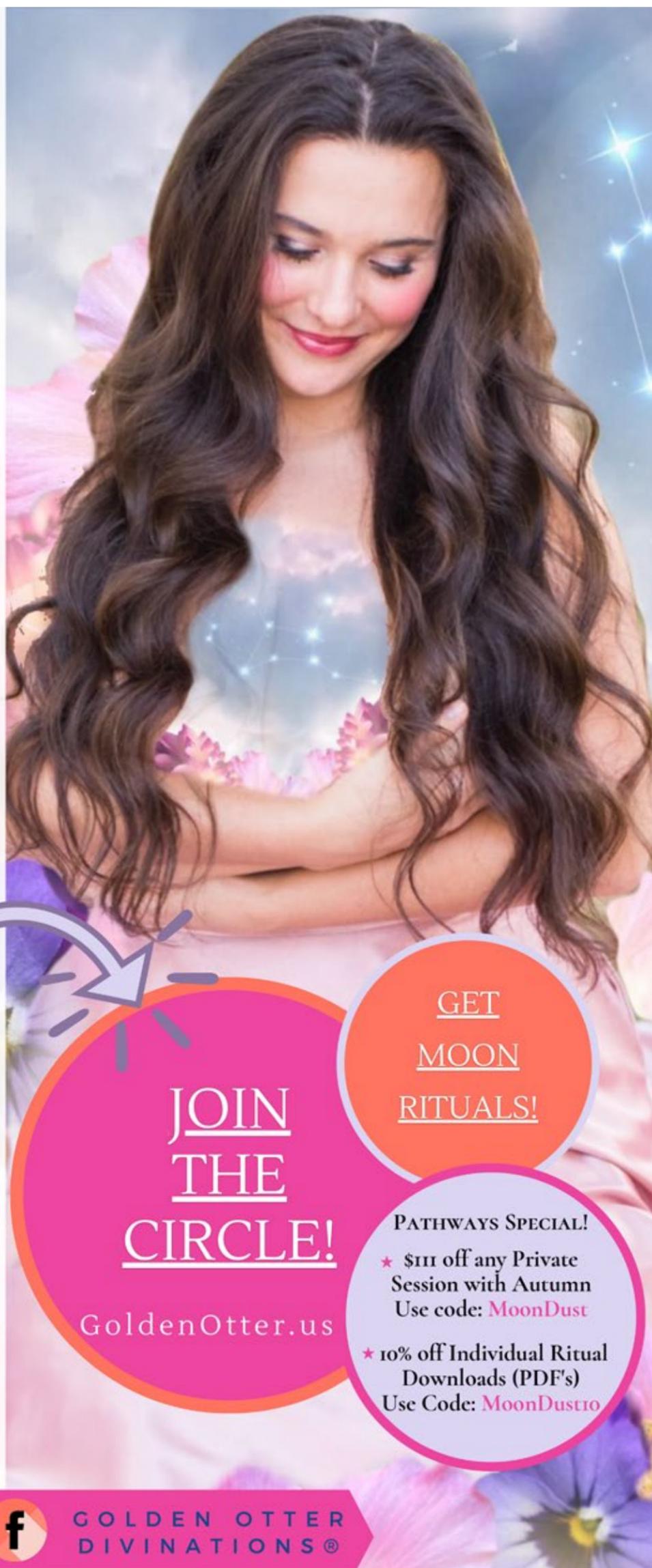
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YOGA TODAY

What Students Have To Say About Virtual Yoga ...continued from page 25

I also have found that Zoom classes have strengthened my home practice. I have faced that I need to dedicate a real space at home, get the props organized that I use, and generally shift my thinking from yoga as something I do in a studio to yoga as something I do at home. I have found myself in longer and more challenging home practices, since this is just the way things are now.

When we are able to go back to the studio very safely, it will be interesting to see whether there is demand to continue Zoom for "hybrid" classes. I would not be surprised if some people want the option to be at home.

One very small tip for students - it is helpful to go into your settings and silence all of your (notification sounds). While they don't disturb others since the students are muted, it is distracting to realize that texts and emails are piling up during a class. --Patricia Brannan

Tips for online live yoga classes:

#1. Place your mat far enough away and sideways so your teacher can see you and your form. #2. Try to use two monitors. Comments about Zoom vs. Live studio practice

#1. With zoom I do not feel the group energy and it is harder to follow. #2. It takes more energy, and, #3. It might be harder for new students to follow at first, but after a few lessons we get the hang of it. --Jim Goldblatt

Zoom yoga is great! Yes, it's not the same as being in a class and seeing everyone in person. But it is much better than nothing! Also, it's easier to see you because I'm not looking through or around other bodies. The zoom yoga class has become a special time of the week for me. --Margaret Hadley

...I figure it's got to be hard teaching to a screen of Hollywood Squares instead of a live class of people.

I feel accountable during the classes that you or other students could see me if I slack off. So I try not to. It is also nice to see the folks I know from Blue Heron are in each class. It helps to maintain a sense of connection. --John Holland

Although I miss the energy and camaraderie that being in class together with teacher and students brings, I feel my practice has continued to evolve with lessons over Zoom. Having a teacher putting forth the effort to bring the community together on Zoom is key to me. Checking in with students before class as a group,

as well as individuals by name, feels authentic and normal as it would happen in class. Suggesting that students make themselves visible on screen so the teacher and other students can see and feel the energy that we are participating together in class with is also important. I like to know that the teacher is interested in form and safety, not just teaching to a blank screen. At that point, anyone could just go online and practice to the multitude of online classes. That is just not the same to me. I still like and want the accountability to the yoga studio and the teacher and myself with a scheduled class as part of my routine.

That all said, practicing in a room by myself gives me a better chance to check in with myself. I can hear my breathing and take stock easier of where I am without the distractions of others around me. I find I have also been more willing to progress in moves (like tree pose) since I have been at home. In class I would not want to fall out of balance and would only place my foot on my calf. I can now confidently place my foot above my knee and if I lose balance, I lose balance. I feel I will now make that same effort when we eventually can go back to classroom practice. --Carol Boyd

Closing Thoughts

It is a privilege to be able to teach yoga, but even more of a blessing to have students who are willing to go

the extra mile to keep up their practice via virtual yoga sessions. There is no disputing that live stream classes take more energy and commitment because one is accountable to oneself more than anyone else. There is also no denying the fact that the community that is created in a yoga room is like none other, it is vitally important to the health and well being of all.

If you are shying away from the online classes, give one a try, not just for you, but for everyone in the virtual room. We are all in service to one another at this moment. Even if you need to do the 'invisible' pose, show up and shine your light into that virtual space. Give your love and stay well.

Peace and blessings.

Claudia Neuman
MSW, E-RYT 500, YACEP
Para Yoga influenced Hatha

Claudia Neuman, MSW, E-RYT 500, YACEP, was born in Los Angeles and began teaching in 1982. Her formal Yoga training began in 1984 at Yoga Works in Santa Monica with Rod Stryker & Eric Shiffman and many others. She is currently working towards her certification in Para Yoga with Yogarupa Rod Stryker. All of Claudia's classes are available via live stream, visit: www.alignwithgrace.com for her schedule. See also her ad on page 34.

**Are you a psychic medium?
Are you clairaudient?
Do you receive vocal messages?**



Many people hear voices or receive vocal messages. Some people are able to channel these unusual experiences in a healthy productive manner, while others find these experiences to be distressing and feel the need for psychiatric care. We hope to gain insights from people who live comfortably with these kinds of experiences that may be helpful to others who find their experiences to be challenging and stressful. Our ultimate goal from this National Institutes of Health (NIH)-funded study is to learn how to be more helpful to people who struggle with their voices.

- If you have these kinds of experiences, we are very interested in working with you in a paid research study at the University of Maryland School of Medicine where we are trying to learn about how these real experiences occur in the brain. If you have psychic abilities, please contact us so we can determine if you are eligible. People between the age of 18-65 you may be eligible to participate.
- The study includes interviews, cognitive testing, EEG recording, and an MRI brain scan. The study involves making 3-4 visits to the Maryland Psychiatric Research Center at 55 Wade Avenue in Catonsville. We have made changes to approaching scientific research during COVID-19. One of these response measures is to move some research assessments online. Depending on your available technology, we can make arrangements for you to complete some assessments remotely on a laptop, tablet or cell phone in order to reduce number of visits to our research center. That said, we have taken many steps to ensure the safety of our research volunteers and staff during any required in-person visits.
- Each visit is likely to take 2-3 hours, with payment of \$20 per hour. *During COVID-19, these visit durations may be reduced

The research is directed by Dr. James Gold, Ph.D
(Email: jgold@som.umaryland.edu, Phone: 410 402-7871).

For additional information, please contact:
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Mindful Living Through Letting Go Facing The Barriers In Your Way Part Two: The Pitfall Of Future Fear

BY KATHY VINES

Your home is your sanctuary. Or, at least, you think it should be, but you haven't felt that way about it lately. I hear it every day from people calling me, a Certified Professional Organizer®, for help: "I'm just overwhelmed, I have too much stuff, and I don't know where to start." They're at a loss what to do next, but they know things need to change and hope bringing in an expert can help unlock what's been holding them back, help them move forward.

When I speak to a potential client, I listen for their readiness, an indicator they're in a position not only to do the hard work physically, but to change their mindset about what they own and why they own it. I listen to hear if they can face the question: "What am I willing to change in order to live the way I say I want to?"

This change is rooted in critical thinking that can shift our perspective from, "What am I willing to let go of?" to "What is truly worth keeping?" It invites us to make space in our minds, hearts, and homes for things we truly love and use, the things that serve us in our current life and foreseeable future, and to let go of the rest.

This isn't easy, because those minds and hearts sometimes have other plans about these simple questions. "It's not about the stuff," most professional organizers will explain. It's about what connects us to the stuff that gets in our way of making a change. Individuals work with professionals like myself to untangle their relationship to their stuff, to identify the psychological and emotional barriers they face when trying to let things go and develop strategies to move forward.

In this four-part series, we explore some of the most common barriers people face when trying to let things go. These are the statements that start, "I know I should let it go, BUT..." and you end up holding on to the item, despite your goal of living more simply and reducing the causes of stress in your life.

The first installment in the Spring 2020 issue explored guilt and gifts. This second installment, Future Fear, or "I might need it someday" is something to which I expect we can all relate!

"I Might Need It Someday."

You've probably said these words as you've gone through piles, files, shelves, cabinets, and closets. Amazingly, these words have the power to paralyze forward movement and to make you fear an imagined life where "needing it" occurred, and you were left without it.

Saying "I might need this someday"

is not about holding on to an item for practical purposes, though it may seem so at the time. It's about staving off fear of the future, the worry about one you cannot predict or control. You worry about being vulnerable or having a need you can't instantly meet. You feel holding onto an item somehow helps you achieve that imaginary need in your imaginary future, and you'll feel prepared, smart, resourceful, valuable, and just plain "better" than you would without it. And you worry not being able to do that means that past-you let future-you down by letting go of that item. You worry you will regret your choice you make today, so you prefer to hold onto it, "just to be sure," rather than value the goals you have for your space and your life today.

This worry causes stress, and considering letting go of things creates conflict between your desire to live a freer life and your fear that you will face a time in the future of regret, loss, waste, or failure. Your desire to live with less stress in the future requires coexisting with much more stress until that point. The barrier arises when you're willing to trade off today's stress for tomorrow: "I'd rather deal with the very stressful life of stuff and clutter today than face the potential stress of not being able to meet a need tomorrow."

Now, we all have experienced this fear and can come at this from many different experiences in life. Sometimes, it can be through hardship. Growing up in a home with very little, learning to scrimp, save, and waste nothing. Living like that now because you have no other option financially. Surviving loss, like a fire or flood, which may have you clinging to your possessions more tightly.

Maybe you're the kind of person who has received praise or pride from being a "go-to" person, a resourceful person, one who can help someone else in need by "rescuing them" when they don't have something, and this has become an essential part of your identity. You hear yourself saying, "I need to hold onto this, just in case someone else could use this and I can help them. That's the kind of person/friend family member/employee I want to be."

Sometimes, you can be focused more on justifying your commitment to an item from your past, rather than the genuine need for the future. "Well, the money I spent on this already is gone, so I should hold onto it so I can continue to justify the purchase with opportunities that MAY arise in the future." This is the "Bridesmaid Dress Syndrome," in which we are deluded into thinking we will get more use out of something in the future, thereby

continued on page 30

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**Mindful Living Through Letting Go Facing The Barriers In Your Way
Part Two: The Pitfall Of Future Fear ...continued from page 29**

making the cost or the uniqueness easier to absorb in our minds.

Most commonly, we're just afraid if we let go of something and were put in a position later when we could

have used that item, it will sting or embarrass us. When this happens, it makes us feel like a failure, like we're letting people down, letting ourselves down, when we're not perfectly

prepared for what may come. "I want to avoid a situation in which I'm not happy with myself in the future, so I'm willing to hold onto all this stuff to prevent such a situation."

And of course, you may just be overstating the word "need," and using it when you really mean "want" or "could put this to good use."

Any or many of these may resonate with you, or maybe there are even other reasons out there you feel drive this fear in you. Whatever the reason, the underlying impact is that anxious feeling, the one causing the barrier to go up.

When it does, it is important to know how easily it arrives, and it



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can seem harmless for just one item, here or there. After a while, it turns into a room full of things you've held onto, only on the chance you might need it someday. Recognize it when it comes up, and then face it with a rationale, which helps put it in your current context of life. "I know that I hold onto things out of worry for the future, but I also know the negative side that comes from this activity. I feel overwhelmed, guilty about my spending, exhausted by the effort it takes to maintain and store items I will probably never use. THOSE are the feelings I want to erase, more so than the feeling of guilt or fear I might need something someday."

The Item-By-Item Review

When you are ready to take on the decluttering and face this barrier, decision-making comes down to an item-by-item review. There are many practical steps you can take. The first is to ask yourself some specific questions that help bring clarity to whether you truly need it:

"Is this really a need? Or is it a want?"

"What is the real probability the 'someday' scenario will come about?"

"What would I do if that scenario came about and I didn't have it? How would I move forward?"

"Is this something I could borrow? Rent? Substitute something else to do the job?" This is one of the most overlooked concepts as we think about our stuff: What do we just need to AC-CESS, but not OWN?

"Could I replace it easily and inexpensively enough if it turns out I do need it?" Some people use the "\$20 and 20 minutes" rule—if you could replace something for \$20 or less, and in 20 minutes or less, you're better off taking the risk of letting it go and getting the space and sanity back.

"What is the worst thing that will happen if I let go of this item?"

"What will I gain if I let go of this item?"

After you go through your questions, a second step allows you to experiment with a few approaches:

What is a category of belongings with which you're most willing to take risks? Could you start getting comfortable by letting go within a low-risk category? An example might be letting go of extra kitchen eating utensils; there is very low risk you'll need them again in the future, and on the small chance you did, you'd have multiple ways to fill the need at that time.

Can you put some items in a "time capsule," stored safely away, where they can be accessed in the event of "need," but they are not taking space nor contributing to your sense of overwhelm or chaos you're facing now? This would be as simple as a box or

bin in a basement or closet. You would put a date in your calendar for a few months out for you to revisit and make decisions.

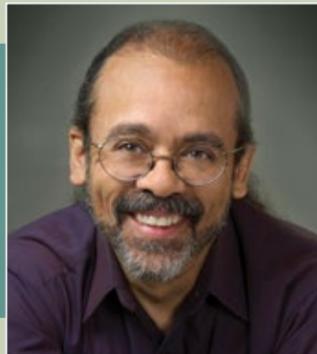
Finally, part of changing your relationship to stuff and facing this barrier is to keep your awareness up for your tendency to squirrel away things for the future when new items come your way. By reducing what enters your home in the future, you can make changes in your lifestyle by acquiring less and let the inflow of new things become more manageable. It means recognizing that impulse-buys, the freebies and the hand-me-downs, and the gifts that come our way can all trigger the "I might need this someday" barrier. Facing it before it settles in somewhere in your home can be an enormous help for you to maintain how you want to live in your home.

If I'm entirely honest, you may let go of something that, in the future, you could have used. You will remember you had it and you parted with it. If you let go of one hundred items, you'll regret 2 or 3 of them. A moment will come up, and you will say, "Ugh! I had that, and I got rid of it!" You may be upset with yourself when it occurs to you, "I could have been more prepared for this than I am right now." What you will also likely discover quickly is what you needed is replaceable, accessible elsewhere, borrowable, substitutable, or your need for it isn't as strong as you think it is. Let's also keep in mind that there was also a good chance you wouldn't even have FOUND the item you needed when you looked for it, even if you "know it's around here, somewhere..."

But between now and that moment, you'll be living a more peaceful, more enjoyable life in the home you've created around your goals for how you live. The moment of regret? It may sting, but it is fleeting. And, you may never even notice all the stress and regret you DON'T have after letting go of all these things—things you will never think of again. The absence of regret will show up in your life simply as relief and peace.

Kathy Vines is a Certified Professional Organizer®, Certified Professional Coach (CTACC), and the owner of Clever Girl Organizing, based in Melrose, MA. Kathy has been helping clients in person and around the world through her Virtual Organizing business since 2013 to untangle their relationship to stuff and create the systems they need. She is the author of Clever Girls' Guide to Living with Less: Break Free from Your Stuff, Even When Your Head and Heart Get in the Way. Kathy speaks about organizing and productivity often, and has been featured regularly in The Boston Globe, Better Homes and Gardens "Secrets of Getting Organized", "Real Simple Organize Your Home", and appeared on "Inside Edition".

Maybe your next therapist shouldn't be a therapist



Eric Weinstein
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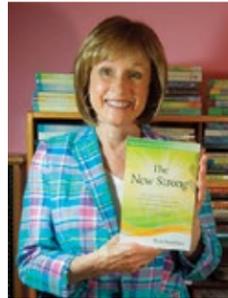
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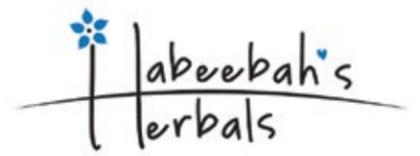
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BY TRISH HALL

June 8, 2000, Hopi Elders' Prophecy declared: "The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration. We are the ones we've been waiting for."

Now, 20 years later, I am declaring **NOW IS THE TIME!** It is time for us to be the facilitators of equity – the integration and celebration of unique distinctions among people everywhere. It starts by adopting a conscious practice of loving inquiry to learn about and catch a glimpse of how it is to be someone else whether in conscious conversation circles called Infinity Groups, or life in general.

This is the perfect time to return to the origin of the word "discrimination" which got "hijacked" and transformed into a sociological negative. The word originally meant the ability to recognize and differentiate among distinctions. It was an admired quality that denoted one's ability to compare, contrast and note details. One of its synonyms is "discernment" – the capacity to appreciate distinctions. When we note and celebrate the

attributes of one another, we are being discriminating - modeling how babies comprehend their caregiver's emotions based on facial expressions.

Sadly, this refined skill became a tool to segregate people based on appearance, beliefs, gender, orientation, age, abilities, illness, or any other measures of diversity. Just as Hitler believed that "racial cleansing" benefited the world, those who practice contemporary segregation rationalize their actions regardless of the hurtful results.

The author James Baldwin declared, "Not everything that is faced can be changed, but nothing can be changed until it is faced." Until we face, identify and acknowledge the circumstances of our lives, we lack the power to have a different experience. Oddly, we must befriend our circumstances as they are, in order to alter our relationship with them. So long as we try to push them away, point fingers or blame them for how we are feeling, we surrender our power to random circumstance. Our ability to generate sustainable results is compromised. Although we may not be able to change everything, we can always alter our experience of whatever is going on. The moment we make that shift, pure potential blossoms.

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"Closeness to the Holy Spirit allows the creative current to come through. And as we release our creative abilities, we achieve the upliftment of the spiritual consciousness."

—Harold Klemp, *Unlocking the Puzzle Box*, p. 191

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As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Now is our time.

Being objective can be challenging. Honest assessment of current conditions requires objectivity. We must begin where we are. You must ask yourself, two critical questions: "What role have I played in the perpetuation of inequity?" and, "Am I willing to set aside my story about how inequity came to be so that I can whole-heartedly participate in creating new relationships based on Oneness – the clear understanding that we are all individuations of One Creator?" Unless you can lean into a "yes" answer to both these questions, you'll remain stuck in "othering" – the siloed existence in which all we know about people who are not like us is the composite of what we've been told and our own imaginings – fragmented thoughts pasted together to form judgments. Prejudice based on such assumptions have blocked multitudes of potentially healthy relationships. Many years ago, working with blind people in a rehabilitation program, I discovered a benefit of total blindness: One of my clients was the most

hatefully prejudiced person I have ever met. He claimed he could smell people of different ethnicities. He and his partner-in-training worked closely over many months and became good friends. Had he been sighted, that could not have happened since his co-worker was black. When our assumptions are not triggered, possibilities abound.

Central to moving from the current condition to an equitable society is the recognition that we do have the power to make a difference and that our effort (no matter how small it may seem) generates a ripple effect that cumulatively changes everything. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Now is our time.

Ernest Holmes stated in the Beverly Hills Lectures, "Unity and uniformity are not the same thing. No two blades of grass are alike. What does it mean spiritually?... We have nothing to disprove and everything to prove that

this individualization of the Spirit in each one of us [is] rooted in common soil, having the characteristics and potentialities of its common background ..."

Until we embrace Spirit's intentional infinite diversity, we will not realize Oneness – the key to bringing true healing and transformation into the world. All of Creation is the unique individuation of Spirit. Nature displays myriad forms and expressions that may be biologically similar yet each is innately different. Science investigates diversity seeking to reveal the one great principle, the life, that lies within everything. Our needs, interests, life experiences and circumstances all differ. These distinctions express our individuality. Treating people the same dishonors those differences. Treating people equitably means that we meet them where they are. Honoring uniqueness acknowledges the diverse expression of Creation. Any time we act contrary to nature, we run the risk of slipping into destructive practices. The magnetism of sameness draws us to others that resemble ourselves.

There is value in getting clear about our individual and collective identities and contributions, and we must be vigilant to ensure that our focus on collective identity does not result in new demonstrations of exclusivity – another term for segregation. Blatant

socio-economic and racial inequity is still being perpetuated in employment and under the guise of some homogeneous groups. Standing in our own power while celebrating others is the gift that fosters inclusivity.

Our good comes to us in proportion to how deeply we understand and embrace Oneness expressing as distinct yet interdependent systems from single cells to animal life to planets and beyond - all creation.

Look around! The "Divine Plan" is expressing as infinite variety – ilimitable diversity - the celebration of differences - the uniqueness of each expression of the Divine, not uniformity. Had the creator wanted sameness, there would be no differences. Oneness does not equate to sameness. Unity does not mean uniformity. The Divine Design is inextricably interconnected and exquisitely interdependent.

You are invited to join or form a conscious conversation circle – an "Infinity Group" – in which to learn about the experiences of others. Infinity Groups are non-homogenous groups replicating nature's infinite human diversity. The intention of gather small groups of people who are committed to learning about myriad cultures in comfortable yet semi-structured conversations in order to gain understand-

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Affinity for Infinite Diversity

...continued from page 35

ing about how it is to be someone else in contemporary society. Guidance will be provided in techniques such as "loving inquiry" which permits us to release preconceived notions and be fully present - tuning up all observational senses and engaging unfiltered listening. However daunting this may seem, support and guidance will be provided. If you would like to know more about "loving inquiry" and the possibility of creating or joining an "Infinity Group," just click this link: www.way2peace.org/Infinity-info.html

Therisia "Trish" Hall, M.Div., an insightful internationally acclaimed, speaker and best-selling author, is the visionary Spiritual Leader of Center for Spiritual Living Metro which serves the Greater Washington DC Metro area.

In furtherance of her passion for peace and commitment to inclusivity, she founded Way2Peace, an organization dedicated to honoring the dignity of all life and expanding experiences of kindness and respect by facilitating the release of prejudices and other limiting beliefs.

She is a member of the Fairfax County Interfaith Clergy Council and Interfaith Council of Washington, DC, as well as a founding member of Tysons Interfaith.

An outstanding educator, facilitator, and dedicated student of world philosophies, Trish has an innate ability to recognize commonalities and enhance communication among diverse populations which has positioned her as a presenter at the Parliament of World Religions and a panelist at World Association of Religions for Peace events.

Blending authenticity, humor and compassion, whether addressing an audience or working with individual clients in her private practice, she thrives on awakening the unique magnificence within all.

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Urban Foraging: The Ultimate Revenge Against Weeds!

BY KATHY JENTZ

On any sweltering summer Saturday in the District of Columbia, several members of EcolocityDC gather for an “Herban Foraging” walk and talk. Within one hour, they located at least 10 edible weeds growing in the neighborhood around Howard University. They picked and sampled mainly wild greens — dandelion, sorrel, purslane, oxalis, chicory, and wild garlic mustard. If they had come at a different time in the growing season, they may have found fruit such as mulberry, crabapples, cherries, raspberries, blackberries, service berries, paw paw, peaches, and rosehips.

There are two big caveats before going on your own urban (or suburban, or even rural) edible foraging walk: Know whose land it is, and know your plants.

You may forage as you wish in the public right-of-ways on sidewalks, streets, and medians. You may not trespass or reach into private property without the owner’s permission. Always ask with a friendly smile and respect the owner’s decision. More often than not, they are very happy to have someone pick their fruits and are happy to share. Sometimes it is hard

to tell whether the property is public and private; in that case, it is best to assume it is private and leave it alone.

UrbanEdibles.org suggests you forage ethically. Ask yourself, “How much do I really need?” and “Will my harvesting leave an impact?” Decide before you pick how much you will actually consume. Over-harvesting a wild food source can be counter-intuitive, but think it through first. In some cases, you are taking food away from birds and other native fauna. You can also ruin the visual impact of a plant by over-picking, so considers the aesthetics as well. They suggest one way to give back for this free food is to water the plants during prolonged droughts and to scatter seeds in public right-of-ways.

Public gardens in the DC area have made it clear that they are not open to



grazing or foraging. Many that have edibles on their properties are growing those for the express purpose of experimentation and need to observe the full plant cycle, including drying and gathering the plant seeds when done.

Public parks are a little more open. Some allow foraging as long as it is for your own personal consumption. Others hold annual gleaning days. For instance, the park department in Montgomery County, Maryland, holds a garlic mustard challenge each spring and encourage citizens to pick and eat as much of that invasive weed as they can.

As far as knowing your plants, keen eyesight and a good plant identification guide are great assets to have on hand. Even better: Have an experienced forager accompany you to

make a positive plant ID before you pick and consume it.

Further, not all parts of an “edible weed” are okay to eat. Just like the tomato is part of the nightshade family and you eat only the fruit, not the foliage; some weeds come with warnings that certain leaves or fruits are off limits. Keep in mind that many edible plants have non-edible — and sometimes poisonous — parts. Some plants need to be prepared a certain way to be consumed. For instance, burdock roots and leaves should be boiled, changing the water a few times.

The “Handbook of Edible Weeds: Herbal Reference Library” by James A. Duke is one good guide to start with. Dr. Duke is a former USDA researcher and expert on edible weeds. He found 70 edible kinds of weeds on his six acres of property in Fulton, MD. Dr. Duke told WUSA-TV9, “Weeds have more nutrients and less water proportionate to what we grow as vegetables.”

Other good guides are “Edible Wild Plants: A North American Field Guide” by Thomas Elias and Peter Dykeman, “Identifying and Harvesting Edible and Medicinal Plants in Wild (And Not So Wild Places)” by

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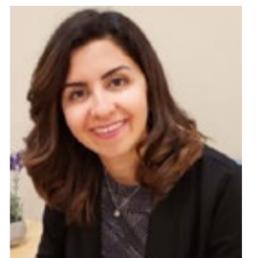
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WASHINGTON GARDENER

Urban Foraging: The Ultimate Revenge Against Weeds!

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Steve Brill, Evelyn Dean, and "Basic Essentials: Edible Wild Plants & Useful Herbs, 2nd Edition" by Jim Meuninck.

A volunteer, who led the EcologyDC foraging walk, recommends two tools to bring with you: a spray bottle of water and kitchen shears or garden pruners. The spray bottle helps clean the leaves and fruits of soil and debris, should you want to consume them on the spot. You'll need the shears/pruners to cut the edibles as many are strong and stubborn like chicory. To her list, I'd add gloves and a small trowel to dig out any edible roots.

Finally, consider chemical or other contamination before you pick anything. Do you see paint chips, motor oil, or rodent bites? Do the property owners use pesticides or herbicides? Do neighbors allow their dogs to urinate there? Better safe than sorry. You can observe a foraging site in your neighborhood for several weeks or months to see how it is treated before picking there.

So, next time you are out there cursing as you pull the weeds popping up everywhere, remember that the gardener's best revenge is to eat the weeds and the best thing about edible weeds is they are free!

Kathy Jentz is editor/publisher of Washington Gardener magazine. Washington Gardener magazine, is a new gardening publication published specifically for the local metro area — zones 6-7 — Washington DC and its suburbs.

The magazine is written entirely by local area gardeners. They have real-world knowledge and practical advice with the same problems you experience in your own gardens. They share their thoughts on what to plant in deep shade, how to cover bare spots, which annuals work best throughout the humid DC summers, and much more. If you are a DC area gardener, you'll love Washington Gardener magazine!

The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year-long digital subscription is \$20.00. To subscribe to the magazine: Send a check/money order for \$20.00 payable to "Washington Gardener" magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910 OR to pay via Paypal/credit card click on the "subscribe" link at

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Precious Memories

BY JOYCE AND BARRY VISSELL

Our memories are very precious!!! During this pandemic, so much has been taken from us. Where we live in California, our children will not be allowed to go back to school in the fall. Our religious institutions will have to continue online services. Many of the gyms have been closed. Restaurants for the most part are closed. Europe, Canada and Mexico have put a ban on all American tourists. Hawaii is totally closed to others, unless you want to quarantine for 14 days. Theaters closed, no concerts, and the list goes on and on. Everyone is missing something important for them. For us, the fact that we cannot do our workshops, work that we have done for the past 45 years and we dearly love, causes hurt to our hearts.

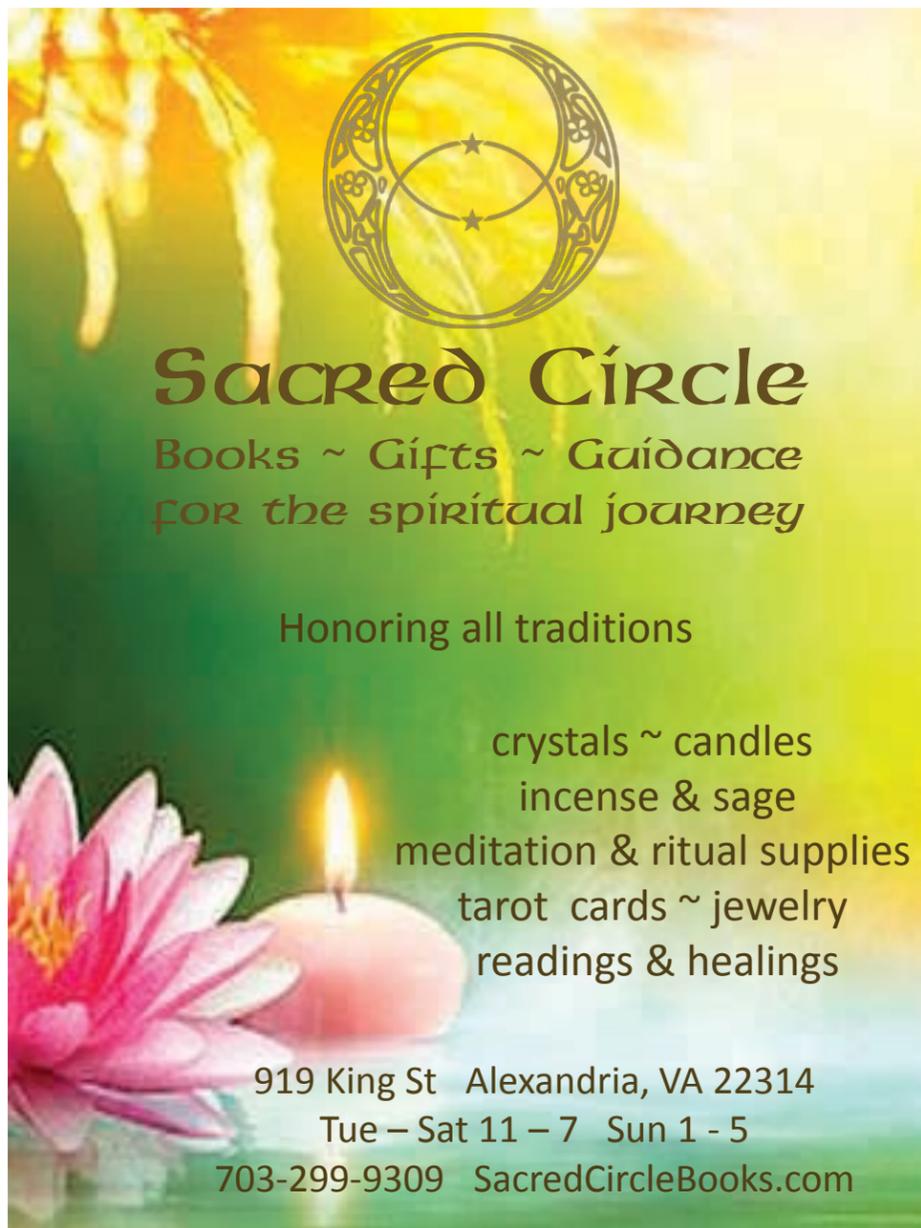
But one thing that cannot be taken away is our memories. I would like to invite everyone reading this to reflect on their memories either by themselves or share them with others. Rather than watching TV shows or movies, looking at social media, or the news, why not have a memory evening. We love to do this. We have dinner together, and talk about a

certain event that we are missing, and we try to remember as many details and aspects as we can, especially everything about the event that we truly loved. We do not set a time frame for this lovely evening, but rather just allow our memories to have a voice.

For us, we have held our Breitenbush Family Retreat in Oregon for the past 33 years and there has never been a year that we have skipped, until this year when the retreat center is closed due to the pandemic. We love all of our work, but this weeklong workshop is definitely our favorite, as our children and grandsons participate as well. No retreat this year, but we have 33 years of beautiful memories to cherish. We have set aside several evenings to just talk about the retreat and remember as much as we can, to laugh at the funny parts, and allow the meaningful parts to touch our hearts once again ... to actually feel the memories rather than just thinking about them. Always we end our "memory times" feeling more gratitude than any movie or especially a news show can ever bring.

Children can also participate in reminiscences, and parents can make it

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Precious Memories

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into a fun game of seeing what is remembered. Perhaps for many families this year, family vacations will either be nonexistent or very different. But parents can set up special times and play the "memory game." I love to hear what our children have remem-



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bered, and often what they remember best becomes part of the fabric of our family talked about year after year.

And then there are the memories of a loved one that has passed. Try to remember the loving, fun parts of being with this person, and share as many memories with others as you can. As we have to social distance now, perhaps have a video meeting with your siblings or friends to share memories. My father passed from this world twenty-one years ago. Our family likes to remember him by the unusual hugs that he gave. My dad was so uncomfortable with hugging people and for many years he just gave a slap on the back, keeping a distance. This was typical of men his age. As our children grew, they did not want a slap on the back. They wanted a real hug from their grandpa. Gradually over a few years he changed. He would get close to us as if to hug, and then he would slap our backs with both of his hands, his clear idea of increased intimacy. We all remember his "hugs" with such fondness for it showed my father willing to risk changing a lifetime behavior to show his great love for us with a hug, but still keeping his old tradition with a gentle slap on our back with his

hands. When we get together and start remembering my dad, one of us will say, "Let me give you a grandpa hug," and we all laugh in fondness of the man we all loved so much.

After my father passed, my mother liked to sit for several hours each day and just look at old photos of him. With each photo, she tried to remember as many details as she could, and also how happy she had been to be with him. I checked on my mother every day as she lived right next door. Sometimes she would be right in the middle of her memory time and she would be so happy. Often, I joined her in looking at the photos, but sometimes I left her alone as it seemed something magical was happening.

And then there are romantic memories. Recalling romantic times with your partner can be very healing. Sometimes, in a couple's workshop, we will have each couple recall together when they first met and why they felt attracted to the other, what they felt when they first saw the other, what it felt like to hold hands for the first time, how they experienced the first kiss, the first time they joined their bodies together, and any other memories they have of their early years together. We have found that this is very helpful in connecting couples back into their hearts and their deep love for each other.

There are also memories that cause

pain in our hearts. It is best with these memories to try and feel the gift that you received from this painful event. If you cannot find a gift or way that you have grown from this pain, it is good to connect with a therapist to help you move past the pain. If you keep reliving the painful memory, it can eventually affect your physical and mental health.

But the other memories of joy, laughter, warmth, friendship, fun, love, romance, and spiritual experience are very beneficial to remember and talk about. With so much taken away from us now during the pandemic, the memories that we have can be a source of much nurturing and meaning, especially if the memories can connect with your heart and bring a feeling of warmth and gratitude.

Joyce & Barry Vissell, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books. Call 831-684-2299 for further information on counseling sessions by phone, on-line, or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at SharedHeart.org for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

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Spiritually Strong? Or Stuck? ...continued from page 15

Alternatively, some well-meaning seekers are mentally bending over backwards all day long; trying valiantly to “be positive.” Unfortunately, this causes a person to seem phony to others, and it also traps the positivity seeker in subjective reality.

Seems to me – and I’ve researched this with clients A LOT -- subjective emphasis doesn’t help us to evolve spiritually. Although the beliefs sound sweet, it’s easy to slip-slide away from paying attention to objective reality. In effect, a choice is made away from *spiritually strong* and toward *stuck*.

And now, speaking of stuck....

What’s with People Who Won’t Wear Masks?

Yes, let’s tackle the problem of mask deniers, versus those of us with the sense to wear masks to combat Covid-19.

Charles Darwin could have been researching humans, particularly humans living in 2020, when he wrote about the survival of the fittest. Quite literally, many Americans are exposing themselves to the coronavirus. Amazingly they’re not doing it with fear and trembling, but proudly. Regardless of their subjective beliefs,

they’ll get health consequences in objective reality.

Recently I spent a full session helping my client Joe to untangle the craziness of this passionate national debate. Joe’s friend Patricia had given him an earful, praising a demonstration in Michigan where protesters with guns complained how they had a right to not be locked in. “I’m free to not wear a mask. You can’t make me.”

Patricia accused Joe of lacking compassion, and that’s what really confused him. Strong You, this honorable man cares as much as being a good person as you probably do. (As a matter of fact, Joe is even in Enlightenment; years ago, in my role as Enlightenment Coach, I validated that for him.)

During his session, I helped Joe to sort through different sides to this mask-wearing question, and now I’d like to help you do that as well. Granted, to many citizens the topic of mask-wearing has become political; I’ll leave discussion of that to the hypothetical Other Columnist I deferred to earlier. Here let’s simply talk energetic literacy, and what has to tell us about a person’s real degree of emotional growth and spiritual awakening. Since this is my everyday areas of expertise. Consequently, I can bring you a fresh perspective, one that’s probably quite different from your usual.

Objective Reality Matters

Please know this: If you’re into authentic personal growth and/or spiritual awakening, objective reality constantly keeps your life real.

For example, by now the scientific evidence is incontrovertible. Wearing masks helps to protect others, as well as oneself. And yes, at this writing, 152,000 Americans have died so far from Covid-19. This pandemic is real, and health professionals like Dr. Fauci have laid out exactly what we need to do in order to flatten the curve. Mask-wearing in public? That’s key.

So that’s one side of the story. What about the other side? Let’s examine that, one idea at a time.

#1. *If the government asks me to #StayHome, that means the government is locking me in.*

Objective reality: False. No jack-booted thugs are coming to anybody’s front door with a padlock.

Subjective reality: True. Protestors like Patricia may feel very aggrieved, as if they’re being locked in. However, that’s a feeling rather than a fact.

#2. *I am free to do what makes me feel good, and that means no mask-wearing.*

Objective reality: False. Personal freedom does not include the right to endanger other people’s lives during a pandemic.

Subjective reality: True. In Patri-

cia’s inner experience she feels totally justified. However, that’s an illusion. Sure, the more stuck she is in subjective reality, the more passionately she may believe she is right. But that doesn’t make her right in objective reality.

#3. *Other people should understand how much this order to wear masks upsets me.*

Objective reality: False. When people endanger the health and safety of others by not wearing masks in public, hello! Whatever excuses they make subjectively, the fact remains: Americans need to wear masks in public. That simple.

Subjective reality: True, since Patricia is discounting objective reality and going wild with her feelings, thoughts, and beliefs. Consequently, Patricia finds no limit to her demands of other people. Nonetheless, her subjective beliefs do not translate into a legitimate need to sicken her neighbors (which happens to be a likely consequence of her behavior in objective reality).

#4. *Spiritual people should show me compassion.*

Objective reality: False. “Show compassion” behavior, to Patricia, means allowing, encouraging, even

continued on page 42

Treat the Cause and the Patient, Not Just the Symptoms

Denia Tapscott, MD



Dr. Tapscott practices functional and integrative medicine. She likes to ask “why” and test beyond the conventional labs to identify and treat the underlying cause of disease or imbalance.

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Denia Tapscott, MD, has been practicing medicine for over 17 years. She is board certified in internal medicine and provides personalized treatment with a functional medicine approach to get to the root cause of health issues.

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ENERGETIC LITERACY

Spiritually Strong? Or Stuck? ...continued from page 41

enabling selfish people. Sympathizing with over-subjective individuals who refuse to obey applicable public health rules and regulations.

Subjective reality: False. People like Patricia don't have the right to dictate how anyone else feels or believes. Not Joe, not me, and not Strong You.

If You Like, You Can Use this Approach. Starting Now

When you hear tirades to justify irresponsible behavior, don't go into the other person's subjective justifications. Simply ask yourself: Which part of this argument concerns *subjective reality*? Versus what is true about this situation in *objective reality*?

In the example of Joe and Patricia, both sides of this story may be equally *intense*. However, only one is correct, once you consider what's true in objective reality.

I hope this approach can protect you from having the Patricia's of the world succeed at bullying you.

For extra protection: Notice when people use spiritual or emotional

arguments to distract you from paying attention to objective reality. [Pullout quote suggestion!]

Supplementing this approach, energetic literacy confirms this tricky fact. Many of those who talk spiritual talk, are actually spiritually stuck. Currently they are living as spiritual weaklings.

How can you tell for sure? I've used professional skills to research hundreds of auras of people today who are as stuck as could be – both spiritually and emotionally. And a sample is coming up soon. But for now, take a wild guess. *Do you think that people who are spiritually stuck... know it?*

Of course not! Yet one more reason to bring clarity by researching chakra databanks. Soon I'll give you a sample of using today's skills for aura reading -- also known as "Stage 3 Energetic Literacy."

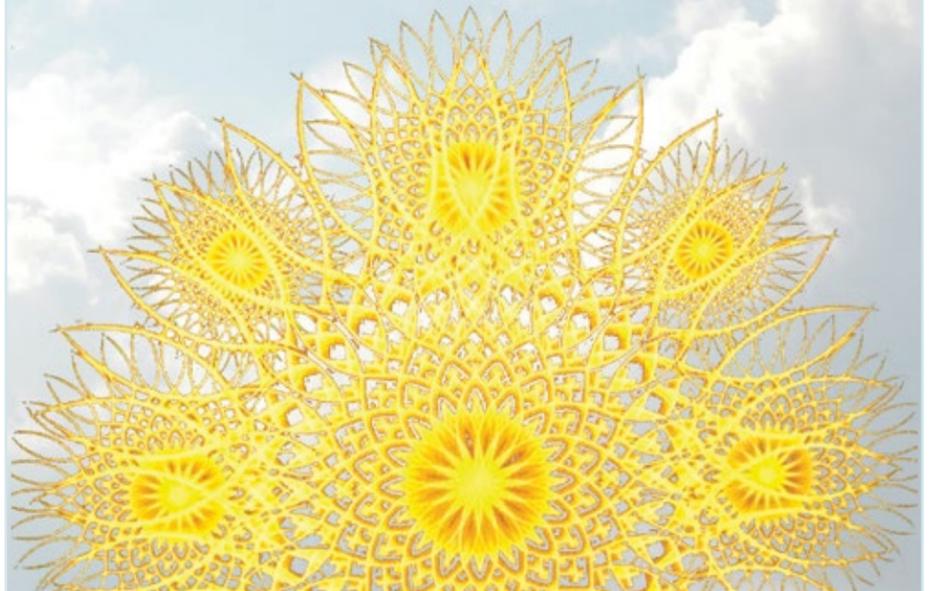
Good to know: this skill level is like the word literacy you're using to read this article. Imagine how confusing life would be if you lacked *word* literacy? Well, it's a good thing that you can also gain *energetic* literacy.

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ENERGETIC LITERACY

Many people are finding it indispensable, since we're all living in the Age of Awakening. Once you've gained Stage 3 Energetic Literacy, you may find it extra-fascinating. Simply by gaining a detailed perspective on folks whose auras reveal how, exactly, they are stuck-stuck-stuck!

Meanwhile, you can benefit from the 10,000+ hours I've spent on developing energetic literacy. Just keep on reading, Strong You.

Now for the Fun Part

Here's an example taken with permission from one of my sessions. Lately Audrey's supervisor Victor keeps doing something very irritating.

1. Right in the middle of a sentence, he'll stop talking.
2. Zero explanation for the pause.
3. And just a few minutes later, he'll do the same kind of thing again.
4. Crazy-making!
5. What the heck is going on?

Secrets of Victor's chakra databanks explained a LOT! Including whether he was paying attention to Objective Reality or Subjective Reality. And whether he's currently Spiritually Strong or Stuck.

Specifically, what was happening at the level of Victor's chakra databanks? Here come answers, straight from three of his aura parts known as "chakra databanks."

Root Chakra Databank for Presence in the Room

This aura chunk reveals how you spontaneously pay attention to what's going on around you.

Symbolic Size: 1 foot + 1 inch. Close to not working at all.

Quality: Granted, Victor was *trying* to act responsibly and professionally while at work. But his heart wasn't in it. Like many during the coronavirus pandemic, he's made choices that cause him to feel very uncomfortable among other people. Even during a work meeting over Zoom.

Solar Plexus Chakra Databank for Living in the Present

Yes, aura-level, here's where it shows whether or not a person is paying attention; like, in the here-and-now.

Symbolic Size: 1/8 inch. Totally shut down.

Quality: At random times, Victor's awareness starts to shift. Automatically, and without trying, he goes all subjective. Like noticing subjective reality has become his default "Happy Place"!

At such times, Victor's eyes may be open. However, he's no longer paying attention to anyone or anything in objective reality.

Third Eye Chakra Databank for Reading Energies

Reading energies, or vibing people out, or spacing out, or remembering the most

continued on page 44

Body, Mind, and Spirit Psychotherapy: A Synergistic Approach



Farinaz Amirsehi, LPC, RN

Licensed Professional Counselor

In McLean, VA

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- * ETT™, Emotional Transformation Therapy
- * NMT, Neuromodulation Technique
- * Regression Therapy
- * Clinical Hypnosis
- * Ancestral Family Constellations
- * Somatic Integration Therapy
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YUEN Method

Developed by Dr. Kam Yuen, The YUEN method is a non-invasive energetic method that produces fast results in transformation of vibrational causes for any imbalance resulting in the manifestation of emotional, mental, physical, and spiritual symptoms. In this method, there is no need to re-live any traumatic incident. Clients often report instantaneous relief and loss of any charge associated with traumatic memories.

Farinaz Amirsehi is a Licensed Professional Counselor, a Nationally Certified Counselor, and Registered Nurse, practicing at the Healing Light Center, LLC in McLean, VA.

Trained as an EMDR Therapist, Emotional Transformation Therapist, NMT Practitioner, YUEN practitioner, Clinical Hypnotherapist, Regression Therapist, Reiki Practitioner, Somatic Integration Therapist, and Ancestral Family Constellation Therapist, Farinaz combines the principles of Eastern philosophies, Transpersonal Psychology, Body Psychotherapy, Subtle Energy Fields, and cutting edge technology in facilitating the healing process of her clients.

Additionally, Farinaz has extensive experience with severely Traumatized populations such as survivors of politically motivated torture as well as a wide range of somatic, emotional, cognitive, and spiritual issues. Farinaz is also an established presenter at national and regional conferences. She has provided trainings for professionals of different disciplines on the impact of trauma on body, mind, and spirit.

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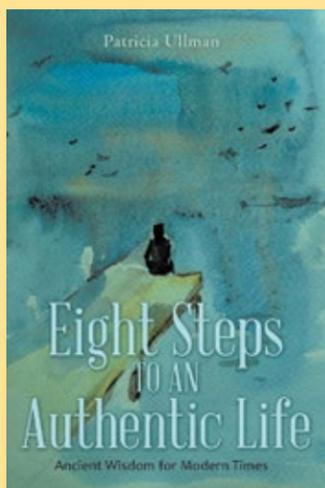
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For more articles
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ENERGETIC LITERACY

Spiritually Strong? Or Stuck? ...continued from page 43

recent high on weed? Anything like this shows precisely at this particular chakra databank.

89 feet. Over-functioning.

Quality: Victor has developed a taste for drifting into awareness of energies, simply for the sake of feeling comfortable!

Especially comforting while he feels pressured -- Victor's awareness slips away from objective reality into subjective reality. Maybe he believes that noticing energies is "spiritual." (While the life that God gave him is not?) FWIW authentic spiritual experience shows beautifully in an aura. And, of course, this helps people to act *appropriately* in reality. Rather than acting weirder and weirder.

Summing up this Aura Research Mystery solved! Victor has grown so comfortable with subjective reality, he escapes there mid-sentence. Sadly, he has so little awareness left about human *anything in objective reality* that this formerly well-mannered executive doesn't know he's missed a thing, or acted strangely.

Strong by Nature

Strong You, we're all born spiritually strong. All of us have talents. Despite the coronavirus pandemic, we

can keep learning every day, including new-and-improved life skills that bring our talents to life.

What else can make us spiritually strong, rather than stuck? Everyday human free will. Only it's up to each of us to *use* that gift of free will. Otherwise free will won't budge.

Finally, let's include one more way that each of us is strong: God loves us. As the old saying goes, "God is nearer than the nearest, and dearer than the dearest."

Strong You, you can ask God to help you stay spiritually strong. Only that's just the beginning, and for this good reason: Whether or not your choices in daily life make you strong, rather than stuck? That's on you.

And really, would you have it any other way? In one of my favorite songs, "Beautiful," Carole King sang back in 1971:

*You've got to get up every morning
With a smile in your face
And show the world all the love in your heart*

What's a worthy version for us living now, during the pandemic? Maybe this:

*Make this day count.
Say things and do things in objective reality.*

Pursue your goals but also be of service to others.

Since, if you commit to growing spiritually and emotionally, there is no limit.

Rose Rosetree is the founder of Energy Spirituality. Her 1,000+ media interviews include the *Washington Post*, the *Los Angeles Times*, *USA Today*, and "The View."

New-and-exciting? That would be Rose's Online Collection of Workshops on **The New Strong**. She calls it, "The most exciting knowledge I've made available since launching the field of American empath coaching in 2001."

Speaking of empaths, your #1 recommended resource to become an empowered empath is the powerful self-help book, *"Empath Empowerment in 30 Days."*

Rosetree's popular blog just passed 66,000 comments. Also, she's now writing for Medium.* Learn more at www.rose-rosetree.com. * [roserosetree\[at\]verizon.net](mailto:roserosetree[at]verizon.net). * Follow Rose on Twitter & Facebook. * See her Pathways listing under *Classes & Learning Centers*.

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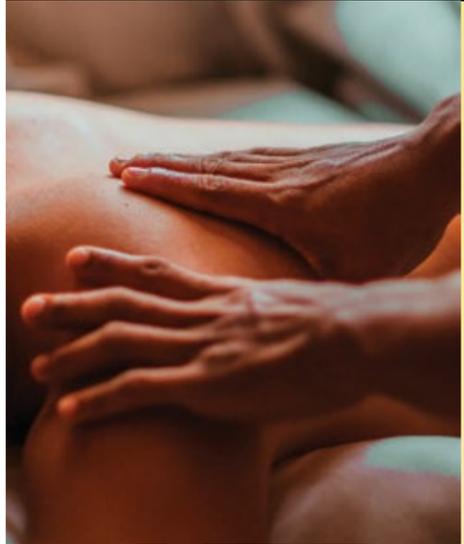
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BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR

Street of Eternal Happiness: Big City Dreams Along a Shanghai Road

by Rob Schmitz
2016; 323pp (PB); New York: Crown Publishers
ISBN 978-0-553-41808-8

Life today is “loud, dirty, and raw” under the “exotic beauty” of the trees the French planted in the mid-nineteenth century on this two-mile-long Street of Eternal Happiness. That was when Americans and Europeans “carved up the city into foreign concessions.” The trees remained intact even after the Japanese bombed and occupied Shanghai before retreating. Under Mao’s Communist Revolution with “millions of deaths from the class warfare,” the beautiful trees endured while bearing witness to the carnage.

The current streetscape is an array of pseudo-capitalist restaurants, shops, and “run-down European-style homes protected behind closed gates.” Readers gain insights into this microcosm of family and community routines and interactions, under the constraints of an authoritarian and brutal government that robs people of their humanity.

Rob Schmitz is a talented writer

whose prose flows as poetry. He is the foreign correspondent in China for the National Public Radio program Marketplace. Rob and his family live in Shanghai.

Bee Basics: An Introduction to Our Native Bees

by Beatriz Moisset, Ph.D. and Stephen Buchmann, Ph.D.
Illustrations by Steve Buchanan
United States Department of Agriculture Forest Service and Pollinator Partnership Publication
2011; 40pp (PB); \$7.50; Pollinators.org

Stop the Mowing To Protect Our Pollinators and Reduce Huge Greenhouse Gas Emissions

This beautifully illustrated guide characterizes the 4,000 bee species native to the United States as our “hidden treasure.” Bees “do the yeomen’s share” of pollinating 80 percent of our flowering plants; and “approximately 75 percent of the fruits, nuts, and vegetables grown in this country.” Honey bees, however, are not native and are poor pollinators. European settlers brought those hives with them for their wonderful honey that we continue to enjoy.

Bees are descended from wasps and date back about 125 million years. Nesting practices include ground

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How to Attract Positive Energy in a Negatively Charged World

BY SERINA ARAMAKI

The current atmosphere seems charged with more negativity than positivity. The airwaves, newspapers, and online channels are rife with news of the coronavirus pandemic, violence, corruption, discrimination, a widening wealth gap, and an alarming rise in homelessness. And the invective spewed on social media is just one reflection of the troubling and destructive effect that we have collectively, albeit unconsciously, created by allowing this negativity to influence us—the emergence of an increasingly angry, fearful, disillusioned, and divided society. Yet, it is our individual choices in thought and deed that have created the negative state we are in today. Likewise, it is our individual efforts that can reverse that trend to create

happier lives for ourselves and the collective whole.

With so many negative energies barraging us, the first step in repelling them and attracting positive energies instead is to understand their existence. The world is filled with countless subtle energies that are created by our thoughts. Every individual on Earth has thousands of thoughts every day, and those thoughts trigger energetically charged emotions that transmit to our subtle energy fields. According to psychologist Robert Plutchik, there are eight basic emotions: Joy, Sadness, Fear, Disgust, Surprise, Anticipation, Anger, and Trust. Although we cannot see the energetic patterns of these emotions, which are both positive and negative, we should be aware that they are eddying in the subtle energy fields that surround everyone and conduct ourselves ac-

cordingly.

The universal Law of Attraction states that like attracts like. If we think destructive thoughts and act unkindly, similar energies will be drawn to us and we will experience more destruction and hatefulness. If we think constructive, benevolent thoughts and act with love and kindness, positive energies will be drawn to us and we will be happier. But, as is often the case, it is easier said than done and requires a conscious, mindful effort.

The new movie, “The Real Exorcist”, a supernatural drama based on the book by Ryuho Okawa, the founder of the global spiritual movement, Happy Science, explores the concrete, realistic steps we can take to attract positive energies. In the film, a curious young man by the name of Isamu apprentices with Sayuri, a cof-

feeshop waitress who uses her spiritual powers to help customers troubled by supernatural phenomena. In their encounters with lost souls and vengeful spirits, Sayuri demonstrates two basic methods for attracting positive energies that we can all employ:

1. Correct Your Mind and Your Lifestyle

The simplest way to start practicing this is to do one good deed a day and to think and speak rightful words. This may sound easy, but even if you think you always do good for others, when you really think about it, you may realize you don’t do it every single day. Constantly thinking and speaking rightful words is difficult, as well. Every day, we speak or think negative things without realizing it. What kind of thought came to your mind when you first woke up this morning? What did you say or think when your partner or child was grumpy at breakfast? Most of us have some kind of negative thoughts throughout the day, so becoming aware of those thoughts and trying to use rightful words instead is a good place to start. If you have said something hurtful, admit your mistake and apologize for it.

In Japan, there is a saying called “Ichinichi Isshou” which means, “Live as if it’s your last day.” Reflect on your thoughts and deeds at the end of each day and forgive yourself and others for any misdeeds, for it is very important not to carry your regret or any hatred over to the next day.

2. Don’t Blame Others or Your Conditions

When we are denied by someone or when we fail at something, we tend to blame others for our failure—our parents, co-workers, school, company, etc. However, it is best to take responsibility for everything that happens in our lives, the good and the bad, because that attitude will draw more positive energies to us. When we acquire a state of mind that assumes responsibility for everything we experience (“The sky is blue is because of me.”), our mind expands its capacity and we gain the confidence to know the right path and not be swayed by others’ opinions and actions. Once again, the universal Law of Attraction comes into play bringing responsible people to

continued on next page
bottom left



BOOK REVIEWS

Bee Basics: An Introduction to Our Native Bees ... continued from page 45

nesters (some bees even build their nests underground), hole nesters, and carpenters. Feeding habits comprise foraging generalists versus those with floral specializations. To ensure their pollination, “species of flowering plants coevolve with certain bees. In the tropics, there are strictly nocturnal bees that navigate by moonlight” to perform their pollinator functions. Even the Arctic Circle has “a hardy little bee, the arctic bumble bee.”

The authors explore how bees produce the energy they need to fly and to provide heat to their young; bee anatomy; “superb impersonators of bees” that are really flies; and threats to bees from habitat loss, fragmentation, and especially from pesticides—they should not be used at all. Readers learn the importance of planting pollinator gardens. Models include a restored former landfill in Guelph (Canada) where local native flowering wildflowers, shrubs, and trees “bloom successively throughout the seasons.”

Although the vital importance of bees to our local food production is widely accepted, how does it make sense to continuously mow and destroy naturally emerging clover and

dandelions that feed the bees? Everyone should be aware of how those practices resulted from an intensive four-year public relations campaign conducted by the chemical industry in the 1950s. The campaign succeeded in convincing a majority of Americans to abandon their biodiverse clover yards for manicured and monocultured turf grass dependent on pesticides, such as DDT, the public was told were safe.

It seems obvious that when their food is abundant, bee populations increase; while less available food will diminish their populations. It is just as important to be aware of the adverse impacts on the environment from the huge carbon footprint generated by practices used to maintain monocultured, manicured turf lawns.

Native Plants for Wildlife Habitat and Conservation Landscaping Chesapeake Bay Watershed

U.S. Fish & Wildlife Service; 82 pp. (PB); 2005; (www.nps.gov/plants/pubs/chesapeake/)

“Conservation landscaping reduces pollution and improves the local environment.” This “user-friendly” and informative publication contains lovely color photographs of diverse native plant species appropriate for the Bay watershed. The hope is that residents “will bypass overused, non-native ornamental plants” that can also be invasive. “Pour through this guide” to design spaces of any size.

continued on the bottom page 81

How to Attract Positive Energy in a Negatively Charged World ...continued from the previous page

a responsible mind, wise people to a calm mind, and positive outcomes to a positive mind.

Our mind works like a magnet and attracts that which it imagines. When we refine our mind, correct our words and actions, and take responsibility for our experiences, we attract positive outcomes. Try these two methods every day for a month and you will begin to realize more positive occurrences and happier days for you and the world around you.

Serina Aramaki is the Director of Production and Distribution for HS Productions’ “The Real Exorcist”, an award-winning film about a café waitress who works on the side to help save people’s souls. Leading the box office in Japan for five consecutive weeks, the film has won 46 awards from 7 countries to date. It is scheduled to open in select theaters in North America on August 7, 2020 and will be available on VOD September 1st. Find out more at <https://realexorcistmovie.com/>

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Chris is a Reiki Master, Integrated Energy Therapy (Advanced) Practitioner, Tuning Fork Therapy Practitioner and Certified Infinite Possibilities Trainer. Chris’ passion is assisting clients in bridging the divide between living and acting spiritually while maintaining their presence in today’s turbulent society.

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FALL CALENDAR

SEPTEMBER

-2-

Pisces Full Moon Circle. Ceremony Time: 9am PST / 12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldennotterdivinations.com/joinnow

-3-

Embracing A Season of Change: Advanced Enneagram Webinar – Join us for a 3-week journey through the inner and

outer landscape of transition and transformation! (Sept 3, 10 & 17) 7-9pm Eastern (6-8 p.m. Central). This is an advanced Enneagram webinar for those who already know their Type and are seeking guidance to uncover the mysteries of Self. \$75. www.unityoffairfax.org/events.

Psychic Development 1 series. Begin to tap into your psychic abilities. Work with meditation, breathing, auras, chakras, objects, symbols, and guides to start the psychic flow of information. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-4-

9/4-6 Osho Fest with Milarepa and The One Sky Band. OSHO Fest Virginia is a

lively meditative environment where live music takes us into sacred space of meditation and celebration. The music is played by Milarepa and other World Class musicians of One Sky Band who are also life long Meditators. OSHO Fest is a gathering of friends where Lovers of Osho, Lovers of Meditation, Lovers of Live Music, Lovers of Dance, Life, Love, Laughter, & Silence come together and spend 3 days in ecstasy, celebration and relaxation. The live music ranges from Wild Ecstatic dancing to slow paced music suited for sitting meditation. Various sessions in the events will help you enter into a deeper state of inner peace, balance and harmony. OSHO Fest is one of a kind event happening only once a year. This will be 3rd year for Virginia to host this event loved by so many. Visit: www.dhyanyogamc.org/

-5-

Garden Tour & Tea Tasting. Tour the Fox Haven Medicinal Herb Garden and enjoy a seasonal tea tasting with Garden Manager and Herbalist Lacey Walker. 10am-11am. 3630 Poffenberger Rd, Jefferson, MD. \$10. www.foxhavenfarm.org/events/

Honey Tasting for Kids with Taylor. September is National Honey Month! What better way to celebrate than with little local honey tasting at Fox Haven. \$5. 11am-12pm. 3630 Poffenberger Rd, Jefferson, MD. www.foxhavenfarm.org/events/

-6-

Marcia O'Reagan "The Spiritual Truth About Money" 12:15pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

-8-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-9-

Rev. Sally Knuckles "Mediumship/ Psychic Development" 7pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

-10-

Rev. Dr. Diane Riis "Connecting To The Divine Feminine (In An Upside-Down World)" 7pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

-11-

Usui Reiki Level 1 Certification. No prerequisites. Learn Usui Reiki as taught in the tradition and lineage of Dr. Mikao Usui that uses the universal life force energy to activate natural healing processes. 10am-3pm, www.MediumAnnieLarson.com

-12-

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NET – NeuroEmotional Technique — A Stress reduction and emotional release technique

NAET – Nambudripad's Allergy Elimination Technique — An Allergy clearing technique

Assessments and Recommendations to improve nutrition and reduce toxins

Postural and Ergonomic Assessments, strategies, and recommendations

Exercise Instruction and programs

FALL CALENDAR

Foraging Level 1: Paw Paw Haul. Another foodie adventure awaits as we comb through the Paw Paw trees in search of ripe fruit and harvest enough Autumn Olive for making ketchup. \$40. 9am-1pm. 3630 Poffenberger Rd, Jefferson, MD. www.foxhavenfarm.org/events/fox-haven-foragers-level-1-whole-series-single-date-tickets-available/

Mindful 365 Sitting Group – Twice-monthly meditation group focused on mindfulness. Newcomers welcome. Every 2nd and 4th Saturday, 10am-12pm online. Donation. www.unityoffairfax.org/events.

9/12-13 Seven-hour Foundation for Shamanic Studies online training: The Shamanic Journey: Pathway to Knowledge and Power, led by Dana Robinson, FSS Faculty Member for 34 years, author of A Shamanic Altar, co-author of Shamanism and the Spirit Mate and a novel, Sky Tide. Learn the shamanic journey for entering into another reality with discipline and purpose using classic drumming techniques to alter consciousness. Meet personal spirit allies for personal wisdom and knowledge to create a better world. Cost \$125. Contact Dana, danacougar@goeaston.net or 410-820-9977.

-13-
Marina Shakour Haber. 12:15pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

Stories to Help You See God in Your Life, 11am-12pm. Uplifting stories of spiritual love and upliftment. RSVP to

spiritualdiscussions12@gmail.com. Eckankar of Northern Virginia: 703-916-0515.

Usui Reiki Level I Certification Workshop. Using the power of intention and Universal Life Force Energy learn how to energetically heal at the physical level. 10am-5:30pm. Register at mindfulsoulwellness.com/events-workshops. Old Town Manassas, VA. Call: 571-882-1816. Email: Tracey@mindfulsoulwellness.com

-15-
Marina Shakour Haber "The Power Of Positivity" 7pm. Intro Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

-16-
Adyashanti Study Group – Study the teachings of American mystic Adyashanti. Every other Wednesday, 7-9pm online. Donation. www.unityoffairfax.org/events.

Mindful Eating Community Dinner. Mindful Eating is a community cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. www.foxhavenfarm.org/events/

-17-
Marina Shakour Haber "The Power Of Positivity" 12:30pm. Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

Psychic Development 1 series. Begin to tap into your psychic abilities. Work with

meditation, breathing, auras, chakras, objects, symbols, and guides to start the psychic flow of information. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

Rev. Dr. Diane Riis "Connecting To The Divine Feminine {In An Upside Down World} 7pm. Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

Unity Writers Circle – Ongoing monthly meeting for community, support, and information about writing and publishing. Open to anyone currently on a writing project, or anyone with an interest in writing. All are welcome. Donation. www.unityoffairfax.org/events.

Virgo New Moon Circle | Super Moon. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldennotterdivinations.com/joinnow

-18-
Rev. Sally Knuckles Trance Circle. Rsvp Required. 7pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

9/18-19 Suzanne Giesemann, One Big Web and The Awakened Way: Unity of Fairfax welcomes Suzanne back for two fascinating opportunities to expand your awareness and connection to higher consciousness. Unity of Fairfax, 2854 Hunter

Mill Road, Oakton, VA. Details at www.unityoffairfax.org/events.

continued on page 50

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FALL CALENDAR

September, continued from
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-20-

22 Proven Processes to Improve Your Point of Attraction. A class that focuses on abundance processes and based on the book *Ask and It Is Given* by Esther and Jerry Hicks. 1-3pm online through Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. www.22-proven-processes.eventbrite.com

Rev. Dr. Diane Riis. 12:15pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

Psychic Detective Sunday Workshop. Interested in finding lost items, pets, or people? Through cases, theory and practice, sing your unique intuitive skills, we will help to shed new light on new and ongoing cases. 11am-4pm. www.MediumAnnieLarson.com

-22-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

Marina Shakour Haber "The Power Of Positivity" 7pm. Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

Psychic Detective Sunday Workshop. Interested in finding lost items, pets, or people? Through cases, theory and

practice, using your unique intuitive skills, we will help to shed new light on old and ongoing cases. 11am-4pm. www.MediumAnnieLarson.com

-24-

Autumnal Equinox Kundalini Yoga & Singing Bowl Meditation. Honor the passage through this important seasonal gateway with time spent in yoga and meditation, followed by a joy-filled potluck. 5-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. www.foxhavenfarm.org/events/

Marina Shakour Haber "The Power Of Positivity" 12:30pm. Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

Rev. Dr. Diane Riis "Connecting To The Divine Feminine (In An Upside Down World) 7pm. Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

-25-

Group Past Life Regression via Zoom w/ Joanne Selinske, Ph.D., Cht., of Soul Source, 7-9:30pm, \$45.00. Pre-pay and register by Sept 24th to receive Zoom log-in. Register at www.thesoulsource.net/index.php/register-pay-for-events/. Contact 410-371-7950.

-26-

Mindful 365 Sitting Group – Twice-monthly meditation group focused on mindfulness. Newcomers welcome. Every 2nd and 4th Saturday, 10am-12pm online. Donation. www.unityoffairfax.org/events

Total Meditation: Practices in Living the Awakened Life – New York Times best-selling author Deepak Chopra will host a special online-only event for the launch of his newest book, *Total Meditation: Practices in Living the Awakened Life*—the new definitive book on meditation that will help you achieve new dimensions of stress-free living. Tickets are \$40, and include a hardcover copy of the book, which will be mailed to each ticket holder. Registration info coming soon! www.unityoffairfax.org/events

9/26-27 Connect with Your Spirit Guides Workshop via Zoom. We all have spirit helpers that can give us insight into various life situations. Learn effective techniques for contacting yours and receiving and recognize spiritual guidance. Develop effective techniques to establish rapport with your spirit team. 9:30am-12:30pm. Via Zoom. www.mediumshamandc.com/connect-with-spirit-guides

-27-

Rev. Sally Knuckles. 12:15pm www.facebook.com/Spiritual-Activism-Group-112796003831843

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Marina Shakour Haber "The Power Of Positivity" 7pm. Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

-30-

Adyashanti Study Group – Study the teachings of American mystic Adyashanti. Every other Wednesday, 7-9pm online. Donation. www.unityoffairfax.org/events

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Rev. Trish Hall, Spiritual Leader

FALL CALENDAR

OCTOBER

-1-

Aries Full Moon Circle. Ceremony Time: 9am PST / 12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldenotterdivinations.com/joinnow

Psychic Development 1 series. Begin to tap into your psychic abilities. Work with meditation, breathing, auras, chakras, objects, symbols, and guides to start the psychic flow of information. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-3-

Power of Decision – The central teaching of A Course in Miracles is that we have chosen to listen to the voice of the ego as our primary guide in life. Choosing the ego means ignoring Divine Guidance. It is possible to listen to and follow God's Voice all through the day. Doing so leads us to our greatest happiness. This class will focus on turning down the staticky noise of the ego and turning instead to the soothing sounds of God's gentle voice. \$30. www.unityoffairfax.org/events.

10/3-4 **Introductory Course on the Bach Flower Remedies** seminar introduces Dr. Bach's simple system of healing. Visit www.Rainbowchihealing.com/classes or contact: Barbara Binney –rainchi2014@gmail.com

-4-

"Creativity of Soul", 7-8pm. Lively online discussion of our divine imagination. All are welcome. RSVP to spiritualdiscussions12@gmail.com Eckankar of Northern Virginia: 703-916-0515.

Elaine Pomfrey. 12:15pm www.facebook.com/Spiritual-Activism-Group-112796003831843

-6-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-8-

Psychic Development 2 series. Continue to tap into the energy through lessons, observations, practice, and homework you learn how to work with people, places, and objects. Prerequisites Psychic Development 1 class recommended. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-9-

Usui Reiki Level II Certification. Connect to Reiki with symbols, send distance Reiki, clear energy across time, physical objects and locations. Reiki I prerequisite. 10am-3pm, www.MediumAnnieLarson.com

-10-

Mindful 365 Sitting Group – Twice-monthly meditation group focused on mindfulness. Newcomers welcome. Every 2nd and 4th Saturday, 10am-12pm online. Donation. www.unityoffairfax.org/events.

10/10-18 **Bach Flower Level 1 Introductory Program** introduces Dr. Bach's simple system of healing. Virtual class – total course is taught in four sessions - 3 hours each, on 10/10, 11, 17 & 18, 2020. Visit: www.rainbowchihealing.com/classes/#classes or contact: Barbara Binney –rainchi2014@gmail.com

-14-

Adyashanti Study Group – Study the teachings of American mystic Adyashanti. Every other Wednesday, 7-9pm online. Donation. www.unityoffairfax.org/events.

Launch of Soul School Via ZOOM, led by Joanne Selinske, Ph.D., Cht., of Soul Source. Soul School is a 9-session program scheduled monthly through late Spring, 7-9:30pm. \$55.00 per session. The program is designed for those who want to understand their soul's plan for this lifetime or who are longing for understanding and guidance on their spiritual journey. A full description of the program, including session topics are available at www.theSoulSource.net. For more information contact Joanne at JoanneSelinske@theSoulSource.net or 410-371-7950. Pre-pay and register by Sept 13th to receive Zoom log-in. Register at www.thesoulsource.net/index.php/register-pay-for-events/.

-15-

Unity Writers Circle – Ongoing monthly meeting for community, support, and information about writing and publishing. Open to anyone currently on a writing project, or anyone with an interest in writing. All are welcome. Donation. www.unityoffairfax.org/events.

continued on page 52

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FALL CALENDAR

October, continued from page 51

-16-

Animal Reiki. Deepen and grow your Reiki practice by integrating animal Reiki into your energy work. Prerequisite Reiki Level II. 11am-3pm. ONLINE www.MediumAnnieLarson.com

Libra New Moon Circle | Super Moon. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldenotterdivinations.com/joinnow

Rev. Sally Knuckles. Trance Circle. 7pm www.facebook.com/Spiritual-Activism-Group-112796003831843

-18-

Don Zane Curfman "The Breath Of Life". 12:15 www.facebook.com/Spiritual-Activism-Group-112796003831843

-20-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-21-

Mediumship Development Circle via Zoom, 8-weeks. 7:30-9:20pm: Spiritualist

Medium Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. Via Zoom. www.mediumshamandc.com/circle-in-silver-spring-md

-22-

Psychic Development 2 series. Continue to tap into the energy through lessons, observations, practice, and homework you learn how to work with people, places, and objects. Prerequisites Psychic Development 1 class recommended. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-24-

Mindful 365 Sitting Group – Twice-monthly meditation group focused on mindfulness. Newcomers welcome. Every 2nd and 4th Saturday, 10am-12pm online. Donation. www.unityoffairfax.org/events.

-25-

Rev. Sally Knuckles. Trance Circle. 12:15pm www.facebook.com/Spiritual-Activism-Group-112796003831843

-26-

SpiritMind – A mind-body-heart-spirit experience and gathering, where participants are guided in co-creating a sacred space with others through various spiritual practices, such as chanting, singing, meditating, drumming, and mindful moving. Experience a felt sense of Spirit! All are welcome. \$20. www.unityoffairfax.org/events.



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FALL CALENDAR

-28-

Adyashanti Study Group – Study the teachings of American mystic Adyashanti. Every other Wednesday, 7–9pm online. Donation. www.unityoffairfax.org/events.

-30-

Usui Reiki Master Certification. Reiki Master Level III. The master symbol will open all energy centers, raise your vibration and access the highest levels of Reiki energy. Reiki II prerequisite. 10am-3pm, www.MediumAnnieLarson.com

-31-

Taurus Full Moon Circle. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.gold-notterdivinations.com/joinnow

Rev. Sally Knuckles "The Service Of The Rose" 7pm. www.facebook.com/Spiritual-Activism-Group-112796003831843

NOVEMBER

-5-

Psychic Development 2 series. Continue to tap into the energy through lessons, observations, practice, and homework you learn how to work with people, places, and objects. Prerequisites Psychic Development 1 class recommended. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-10-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-11-

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-13-

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-14-

Mindful 365 Sitting Group – Twice-monthly meditation group focused on mindfulness. Newcomers welcome. Every 2nd and 4th Saturday, 10am–12pm online. Donation. www.unityoffairfax.org/events.

-15-

Scorpio New Moon Circle | Super Moon. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.gold-notterdivinations.com/joinnow

-18-

Mediumship development 1 series. Tap into loved ones who have crossed over, through lessons, observations, practice and homework, to trust the impressions you receive through the major "Clairs." EVENINGS! 7-9pm, ONLINE, www.MediumAnnieLarson.com

-19-

Unity Writers Circle – Ongoing monthly meeting for community, support, and information about writing and publishing. Open to anyone currently on a writing project, or anyone with an interest in writing. All are welcome. Donation. www.unityoffairfax.org/events.

Psychic Development 1 series. Begin to tap into your psychic abilities. Work with meditation, breathing, auras, chakras, objects, symbols, and guides to start the psychic flow of information. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-20-

Usui Reiki Level 1 Certification. No prerequisites. Learn Usui Reiki as taught in the tradition and lineage of Dr. Mikao Usui that uses the universal life force energy to activate natural healing processes. 10am-3pm, www.MediumAnnieLarson.com

-24-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-28-

Mindful 365 Sitting Group – Twice-monthly meditation group focused on mindfulness. Newcomers welcome. Every 2nd and 4th Saturday, 10am–12pm online. Donation. www.unityoffairfax.org/events.

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FALL CALENDAR

November, continued from page 53

-30-

Gemini Full Moon Circle | Lunar Eclipse. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for

a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldenotterdivinations.com/joinnow

DECEMBER

-1-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-2-

Mediumship development 1 series. Tap into loved ones who have crossed over, through lessons, observations, practice and homework, to trust the impressions you receive through the major "Clairs." EVENINGS! 7-9pm, ONLINE, www.MediumAnnieLarson.com

Soul School Via ZOOM, led by Joanne Selinske, Ph.D., Cht., of Soul Source. Soul School is a 9-session program scheduled monthly through late Spring, 7-9:30pm. \$55.00 per session. The program is designed for those who want to understand their soul's plan for this lifetime or who are longing for understanding and guidance on their spiritual journey. A full description of the program, including session topics are available at www.theSoulSource.net. For more information contact Joanne at JoanneSelinske@theSoulSource.net or 410-371-7950. Pre-pay and register by Sept 13th to receive Zoom log-in. Register at www.theSoulSource.net/index.php/register-pay-for-events/.

-3-

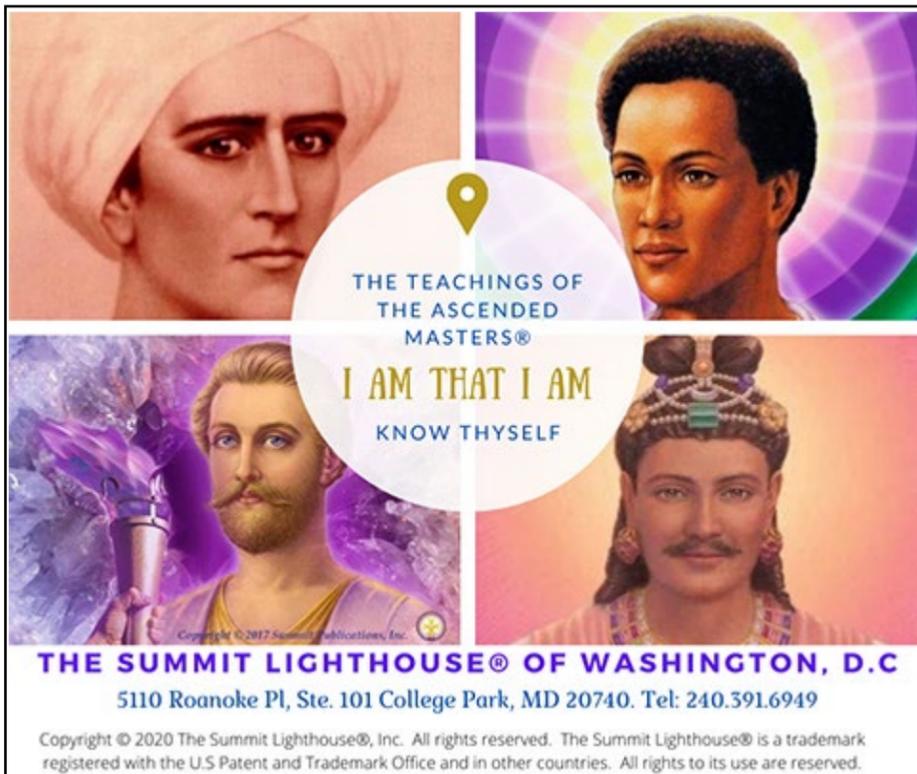
Psychic Development 1 series. Begin to tap into your psychic abilities. Work with meditation, breathing, auras, chakras, objects, symbols, and guides to start the psychic flow of information. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-4-

12/4-5, 2-day workshop, The Knowledge Tour: A Channeled Event. Hot Springs, VA at the beautiful Homestead Resort from 10-4pm both days. Carol Collins channels the Entity, James. Through the use of her voice, James offers Universal Knowledge on who They are, what their connection is to us, and how we can harness the power of the Universe. Audience participation and questions are encouraged! James always has something new to say about learning to Love Life and why happiness is the key to not only living abundantly but also strengthening your innate abilities of intuition and direct communication with Them. Cost is \$325 for the 2-day workshop. www.thecarolanncollective.com/register

-5-

12/5-6 Spiritual Hygiene and Psychic Protection Workshop via Zoom. Do you feel like a psychic sponge who absorbs the emotions and feelings of others around you? Do you feel like you are a target of negativity or other people's manipulations? This hands-on workshop provides a plethora of techniques to shield and protect yourself from undue psychic influences. 9:30am-12:30pm, EDT, both days. Via Zoom. www.mediumshamandc.com/psychic-protection



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Certified Astrological Professional and Reiki Master
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FALL CALENDAR

-11-

Using Reiki Level II Certification. Connect to Reiki with symbols, send distance Reiki, clear energy across time, physical objects and locations. Reiki I prerequisite. 10am-3pm. www.MediumAnnieLarson.com

-14-

Sagittarius New Moon Circle | Solar Eclipse. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldennotterdivinations.com/joinnow

-15-

Intuitive development 1 series. Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-16-

Mediumship development 1 series. Tap into loved ones who have crossed over, through lessons, observations, practice and homework, to trust the impressions you receive through the major "Clairs." **EVENINGS!** 7-9pm, ONLINE, www.MediumAnnieLarson.com

-17-

Psychic Development 1 series. Begin to tap into your psychic abilities. Work with meditation, breathing, auras, chakras, objects, symbols, and guides to start the

psychic flow of information. 10am-12pm, ONLINE, www.MediumAnnieLarson.com

-30-

Cancer Full Moon Circle. Ceremony Time: 9am PST/12pm EST. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! www.goldennotterdivinations.com/joinnow

UPCOMING

3/6 - 7, 2021 **Bach Flower Level 1 Introductory Program** introduces Dr. Bach's simple system of healing. On site class - 2 days. Visit: www.rainbowchihealing.com/classes/#classes or contact: Barbara Binney - rainchi2014@gmail.com

ONGOING

A Course in Miracles Daily Conference Call with Rev. Jim Webb, Takoma Metaphysical Chapel. Start your day off right! Held daily (Mon. - Fri.) at 7am. Call 712-775-7000, code 635833#.

A Course In Miracles Study Group, facilitated by Donna Marie Carey Jones every Thursday from 7-8:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. www.unityoffairfax.org/events

continued on page 56

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"I felt cared for and comforted by Ranessa's gentle presence and powerful healing touch."

www.heart-centeredhealing.com

FALL CALENDAR

Ongoing, continued from page 55

Adyashanti Study Group, studying the teachings of American mystic Adyashanti, every other Wednesday, 7-9pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. Check calendar for dates: unityoffairfax.org/events.

Ageless Wisdom Teaching: free talks and classes on the return of the Masters of Wisdom into our modern world since Atlantis, their plan for humanity and our role in the evolution of consciousness on our planet, the path of initiation as well as the most potent form of spiritual development and service. Please inquire at skourangis@gmail.com.

All Message Service. Receive messages from several message bearers. Held on the 2nd Sunday of each month at 1-2:30pm at the Takoma Metaphysical Chapel, 10501 New Hampshire Ave., Silver Spring, MD. No RSVP needed. \$20 members; \$25 friends. Info at www.takomaparkchapel.org.

Be sure to follow Healing Crystals & Minerals Showroom in Dulles, Virginia on Facebook (www.facebook.com/healingcrystalsshowroom) for weekly sales announcements. Call for more information 703-828-4325, or view our online catalog at www.healingcrystals.com. We offer a wide variety of cut and polished crystals and pride ourselves on our friendly staff. Come and explore the beautiful crystals in the Healing Crystals Showroom. We have: amethyst geodes, crystal jewelry,

tumbled stones, large mineral specimens and MORE.

Classes & Workshops on a variety of personal development topics: Managing Stressing; Dealing with Anger & Anxiety; Improving Relationships; Karmic Laws; Vegetarian/Vegan Cooking; Positive Thinking & lots more at the Meditation Museums (MD/VA). Calendar at www.meditationmuseum.org or 301-588-0144. Community Yoga

Comunidad Hispana de Unity of Fairfax, el ministerio hispano de Unity de Fairfax, se reúne los lunes en la tarde de 7pm en la Internet. ¡Bienvenidos todos los hispanohablantes! unityoffairfax.org/events.

Marina Shakour Haber "The Power Of Posivity" Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

Daily Online "Spiritual Vaccine" Sessions with Sister Jenna, director of the Meditation Museums, on different topics pertaining to spirituality, health & wellness, personal development & self-help. Free events 7 Days a week, 6:30-7:30pm ET. Watch at www.YouTube.com/MeditationMuseum or www.Facebook.com/MeditationMuseum. Visit our website at www.MeditationMuseum.org.

Daily Prayer Study Call – Charge up and tap into Spirit weekdays at Noon! Led by the Takoma Metaphysical Chapel. Call 712-775-7000, code 635833#.



Functional & Integrative Vision Care Vision Therapy

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WHAT IS VISION THERAPY?

The American Optometric Association (AOA) defines Vision Therapy as a sequence of activities individually prescribed and monitored by the doctor to develop efficient visual skills and visual processing.

"Vision Therapy is essentially physical therapy for the brain, through the eyes."

Each program is individually designed based on the results of standardized tests, the needs and goals of the patient, and the patient's signs and symptoms.

VISION AND LEARNING

Vision problems involving eye movement, convergence, and focus can often cause ADD/ADHD like behaviors. Even though a child may have normal eye sight (20/20)...

1 in 5 children has a vision problem significant enough to impact learning.



TRAUMATIC BRAIN INJURY AND CONCUSSIONS

Research shows that over 50% of patients with a concussion have visual problems that cause headaches, light sensitivity, double vision, eye-strain or blurred vision. Vision therapy can help!



Leading the way in Vision Care and Occupational Therapy in Bethesda and Annapolis

Appelbaum Vision was the first practice in the country to offer both **Vision Therapy** and **Occupational Therapy** and is proud to continue to be considered the gold standard of integrating these fields.

We treat people of all ages who unnecessarily struggle as a result of vision problems associated with:

- Learning & Reading Problems
- Brain Injury
- Concussion
- Convergence Insufficiency
- ADD/ADHD
- Autism
- Inability to see 3D
- Reluctance to Read
- Non-surgical treatment of Strabismus (Eye Turn) & Amblyopia (Lazy Eye)

We offer **treatment programs to reduce the Little Known Side-Effects of Visual Stress from On-Line Learning** and What It's Doing To Ourselves and especially To Our Children

At AppelbaumVision Therapy, we place a unique emphasis on diagnosing and treating learning-related vision problems. Located in Bethesda and Annapolis, we are dedicated to providing the highest quality vision care to patients of all ages in a friendly, comfortable, professional atmosphere using a safe & healthy stringent **COVID disinfection protocol**, to limit possible exposure for our patients, team and families.

With our highly trained staff and state of the art equipment, AppelbaumVision Therapy is committed to go beyond "20/20" to transform lives through vision.



AT APPELBAUM VISION...

- **Doctors are personally doing both the in-office & if necessary, remote virtual therapy**
- **Flexible scheduling including Saturday treatment options**
- **Caring, knowledgeable, and supportive team**
- **High tech virtual reality**
- **Bethesda & Annapolis office**

www.AppelbaumVision.com

www.VisionHelp.com

6509 Democracy Blvd., Bethesda, MD 20817
133 Defense Highway Suite 113, Annapolis, MD 21401

FALL CALENDAR

Every last Saturday is Psychic Saturday: affordable mini-readings. More info: www.arlingtonmeta.org.

Every Wednesday evening Mediumship classes. More info: www.arlingtonmeta.org.

Expo Exhibitors Wanted for July 19 and November 1, 2020, Holistic Energy Expo, Embassy Suites, Ashburn, Virginia. Readers, healers, holistic & metaphysical businesses, and handcrafted items. To learn more and apply www.HolisticEnergyExpo.com.

Free Meditation Class Sunday's at 1pm. Visit: www.arlingtonmeta.org

Goddess Circle, 3rd Sunday of every month. 7:30pm-9pm. The Takoma Metaphysical Chapel invites you to join us in honoring the Goddess in traditional and innovative rituals of worship with Reverend Cynthia Tootle, at her home, 756 Silver Spring Ave, Silver Spring, MD. All are welcome. Love donations will be cheerfully accepted. Info at www.takomaparkchapel.org.

Healy Is Here! Learn about this FDA Cleared microcurrent wearable device that helps improve your health, well-being & balance through individualized frequencies. Healy offers applications to help you stay fit, bioenergetically regenerate your cells and reduce pain. Use Healy to help improve the flow of energy through your Meridians and activate your Chakras. It is designed to support you in stressful

situations during the day, help you recover more easily and find peace in the evening. **FREE EDUCATIONAL WEBINARS SUNDAYS @ 9pm EDT / EDT.** REGISTER: <http://HealyIsHere.EnigmaHealth.org>

Heart & Soul of Mediumship, Melody Krafft; an evening of messages & mediumship development. Every class is different but will include a message from your Spirit Guide as well as practice using your psychic and mediumship abilities. Every Wednesday Night at 7:30pm. Register at www.arlingtonmeta.org/messages-spirit-guides-mediumship-development/

Hungry For God? Eckankar Worship Services offer an opportunity to join with other seekers in consciousness provoking discussions on deeply spiritual topics. These services can be a gateway to experiences with the Light and Sound of God. Every Sunday at 11am. NoVa ECK Center, 2810 Old Lee Highway, #301, Fairfax, Virginia 22031; 703-916-0515.

Learn to Meditate (Every Saturday) - If you have ever wanted to meditate but did not know how to begin this class is for you. People meditate for all sorts of reasons: to relax; calm down; relieve stress; improve relationships; understand themselves; tap into their potential; to find meaning and purpose in life and awaken their spirituality. Join us on Zoom to begin incorporating meditation into your daily life. Saturdays, 1:45-2:45pm ET. Free Events. RSVP at www.MeditationMuseum.org.

continued on page 79



Connection • Innovation • Transformation

Let us collaborate and create a new story of success for your business. Whether you are just starting out or have been established for years; operate in a yoga studio or meet in a boardroom, we create solution based plans to elevate your organization to the next level.

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now through
October 31
2020

Classes & Learning Centers



Claudia's public group classes, specialty classes and trainings have inspired hundreds to pursue yoga as a life practice. All of Claudia's classes are now live-stream via ZOOM and Facebook Live. For an updated schedule of her classes, please visit her website: www.alignwithgrace.com.

In addition to her live stream classes, Claudia offers sliding scale 'Focus Sessions' for students who wish to go beyond doing poses and learn to apply the fundamental practices of meditation, pranayama, Yoga Nidra and yogic lifestyle changes to

live from their optimum blueprint for health and wellness on all levels.

Claudia Neuman, MSW, ERYT-500, YACEP, was born in Los Angeles and began her formal yoga trainings in 1984 at Yoga Works in Santa Monica, CA. She is currently the one of the directors of the Yoga Teacher Training program at Blue Heron Wellness.

This comprehensive program satisfies the Yoga Alliance 200 Yoga Teacher Training requirements but also goes beyond the ordinary curriculum to give students a solid introduction to

the historic and energetic underpinnings of the yoga tradition. Her own certification process in Para Yoga, and her many years of study with Yogarupa Rod Stryker informs this training. Trainees emerge with the skills they need to structure public group classes, structure their own home practice, and respond to their lives with more compassion and insight.

To learn more about Claudia, please visit: www.alignwithgrace.com. Email: alignwithgrace824@gmail.com.

Private healing sessions. Transformative classes. Workshops. Resilience coaching. Compassionate guidance in self-care, transcending trauma, renewing the spirit, and living with ease. Nurturing environment of healing, grace, and superb instruction.

FALL CLASSES HELD BOTH REMOTELY AND OUTDOORS. REMOTE CLASSES AND WORKSHOPS ARE LIVE AND FULLY INTERACTIVE. NEVER PRE-RECORDED!

Superior class quality is never compromised. Advance your learning experiences from the comfort of your own home.

Classes held outdoors in a serene and safe physical and emotional container, COVID compliant, in a calm, outdoor sanctuary.

REIKI PRACTITIONER MENTORING & PRIVATE INSTRUCTION

One-on-one private Reiki and wellness classes, or mentoring through

customized sessions from short, virtual meetings to hands-on with real clients. These motivating immersives develop skills, cultivate business acumen, promote confidence and authority, and help practitioners gain credentials and effectiveness. Make adjustments to approaches or techniques. Get business guidance. Hold client sessions and give running a practice a trial run.

REIKI CLASSES FOR ADULTS

- Usui Reiki First and Second Degrees
- Usui Advanced Reiki Practitioner (available separate from ART/Master)
- Usui Holy Fire Reiki Master
- Kundalini Reiki (all levels)
- Holy Fire Karuna Reiki (all levels)
- "Teaching the Teachers"—Masters develop classes and prepare for teaching.
- Reiki for Self-Care and Caregivers—emphasis is on self-treating.

CLASSES AND WORKSHOPS FOR CHILDREN AND TEENS

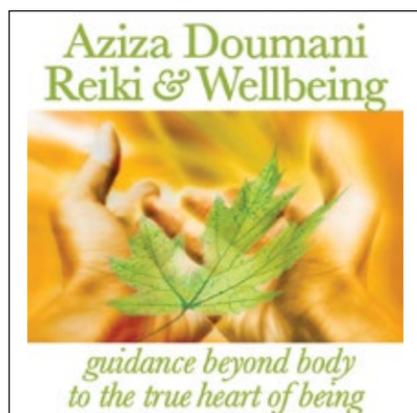
- inamojo™ Children's Wellbeing Storydance—new online classes to help your child through anxiety and change. Ages 4-11. Family participation welcome!
- Reiki Classes for Children and Teens — "Little Lightworkers", "Teen Tribe"—focusing on self-treating for empowering your child with tools for resilience, self-care and self-soothing.

WORKSHOPS

- Meditation
- Yoga Nidra
- Health and Wellness

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"Be still as a mountain. Move like a great river."

Tai Chi is a series of 37 gentle, flowing movements that has been practical as a health exercise since ancient times. Based on natural laws, it teaches relaxation, erases tension, and boosts energy. Performed in a calm peaceful manner, it works for all, regardless of age.

Michael Ward teaches the Yang Style short form as taught by renowned master of the art, Professor Cheng Man-ch'ing. Mr. Ward is a senior student of Robert Smith, the first Western student of Professor Cheng. Michael Ward was given permission to teach Tai Chi by Robert Smith.

Beginner through Advanced/Corrections classes are offered Wednesday evening in Silver Spring at Crossings, a Center for the Healing Traditions;



and Sunday at the City Dance Center in the Music Center at Strathmore in North Bethesda. For more information on these, private, or workplace classes, please call 301-525-8266.

All Classes are Now Online Only

Email: info@cloudhandstaichi.net

www.CloudHandsTaiChi.net

What students say about online classes:

"If you're unsure about learning Tai Chi via Zoom, give it a try! I have taken Tai Chi classes from Michael Ward both in-person (before Covid-19) and via Zoom, so I can offer a comparison. Although the in-person classes are terrific, the Zoom classes are also outstanding, and easy to follow. Michael is an excellent teacher. He clearly explains, demonstrates and repeats all of the movements (as well as the principles of Tai Chi), and thoroughly answers everyone's questions before moving on to new material. He

positions himself in front of the camera in a way that makes it easy for students to clearly see (and copy) what he is doing on the screen. I intend to keep taking Michael's online classes for as long as they are offered. I've learned a lot through these online classes, and I think anyone new to Tai Chi would benefit from them."

— Maureen

"Michael Ward has seamlessly transitioned his Tai Chi instruction to online classes. His teaching style is superior. Michael is friendly, patient, and his love of Tai Chi is contagious. Online Tai Chi works because he engages with his students on every detail of the movements, postures, and responds to all questions as if in-person. What I enjoy the most about learning Tai Chi online is that I get front row at every class from the comfort of home."

— Victoria

Classes & Learning Centers



An ancient Chinese exercise for health and relaxation, T'ai Chi is a series of quiet, slow movements, which cultivate the spirit and nurture the body. Glen Echo T'ai Chi offers instruction in the Yang Style Short Form as developed by Cheng Man-Ch'ing. Instructors Len and Ellen Kennedy have between them over 60 years experience in T'ai Chi and have been teaching at Glen Echo Park for 30 years. They both have studied with and received permission to teach T'ai Chi from Robert Smith, Professor Cheng's first Western student. Additionally, they have studied with Benjamin Lo, Professor Cheng's senior student, and currently with Lenzie Williams, senior student of Mr. Lo.

Fall Classes at Glen Echo Park follow Montgomery County pandemic guidelines for health and safety of

exercise classes. Corrections Class in-person, Sundays, September 20-November 22, 9:30-10:30am will be held, weather permitting, outdoors in the Bumper Car Pavilion, a large covered area or indoors in the Spanish Ballroom which is very spacious. Both locations require social distancing and masks. Drop-ins are allowed. Drop-in students must provide full contact information.

Continuing Beginners Class online, Sundays, September 20-November 22, 11:00am-12:00 noon for students with some prior experience. Any student registered for the Fall term may attend the 11:00am Zoom class. In addition to the weekly Zoom classes, video and audio guides are available as an aid to practice and

memorization. New Tuesday Evening Class online, September 22-November 24, 7:00-8:00pm. Detailed instruction and refinement of the 37 posture Yang Style short form by Cheng Man-Ch'ing with three postures covered in depth each week with an emphasis on the five principles of relax, body upright, waist alignment, separation of weight and fair lady's wrist. This class will include warm ups, light posturing and standing meditation. All levels are welcome.

Private classes are available over Zoom on an individual basis.

More information at www.glenechotaichi.com, or email to emarskenn@aol.com.



New Future Society Center is in residential Rockville. NFSC is a special place where one's inner spark is nourished to burn brighter. We are now offering Free Meditation Evenings, online through zoom, every Monday and Thursday starting at 7:30pm. Everyone is welcome. Now is a great time to experience a private class or healing session for the Body, Mind and Spirit with Savitri Bach either by phone or

online. Sign up to receive our monthly newsletter filled with updates and an inspiring message. NFSC offers our own unique style of Meditation, Yoga, Qigong, monthly talks & conferences on the Nature of Higher Consciousness and Healing and other special events designed to uplift, heal and inspire. Our physical center is closed but we are continuing through phone and online through Zoom or Skype. Join

us. We look forward to meeting you. 10410 Arctic Ave., Rockville, MD Call or Text: **301-452-7780**, email: savitri@newfuturesocietycenter.com

For more information or to sign up for the newsletters, visit our website: www.newfuturesocietycenter.com. Like our Facebook page: New Future Society Center.

Experience the Power of the Flower
Bach Flower Remedies



Barbara Binney, BFRP
Bach Foundation Registered Practitioner
and Teacher

Rainbow Chi Energy Healing This practice offers a blend of healing services in support of stress management and promoting relaxation to enhance wellness and well-being. Services offered are class instruction on Bach Flower Remedies, Bach Flower Remedy Consultations, Healing Touch, and Reiki.

The Introductory Course on the Bach Flower Remedies seminar in-

roduces Dr. Bach's simple system of healing, teaching how to use flower remedies to reduce stress, alleviate worry and improve self-confidence and well-being. Flower essences are energetic water infused remedies which are different from essential oils and aromatherapy. (Approved for 12.5 continued education hours for several certification boards.)

Virtual course — October 10, 11, 17

& 18, 2020, in 4-3 hour sessions- Must attend all sessions

Or, on-site course — March 6 & 7, 2021 – Must attend both days.

For additional information and registration, visit: www.rainbowchihealing.com/classes/#classes or contact: Barbara Binney – rainchi2014@gmail.com



**THE REIKI
CENTER
OF GREATER
WASHINGTON**

The Reiki Center of Greater Washington in Rockville, Maryland has been serving the area since 1999 with public events, sessions, and classes. We welcome all who wish to join our community of "Reiki People" who seek to add the energy of Reiki to their daily lives. Call us at **301-963-0787**, visit us at www.reikicenter.info, or visit our Facebook page for more info.

Healing Sessions – Currently offered socially-distanced with masks, or by Zoom or telephone with Distant Reiki or Integrated Energy Therapy (R) by appointment. A \$25 45-minute Sample session is available for those who are currently ill with COVID-19 or unemployed, along with our regular session types of 60, 75, 90 or 120 minutes.

Integrated Energy Therapy® Classes – Face-to-face with masks and social distancing- Basic: October 11, Intermediate: November 21; Advanced: November 22; Master Instructor: May 22-23, 2021 or by appointment.

New Moon Meditations (by Zoom):

September 17, October 16, November 15, and December 14. Cost is \$10 for the public or \$5 for RCGW students or clients. Winter Solstice: December 21 via Zoom

Lightarian Reiki®, Rays® or Angel-Links® Sessions and attunements. Deepen your connection with Ascended Masters and Angels. By appointment at our center with social distancing or via Zoom or telephone.

IET Distant Healing Sessions: – Allow those attending to receive deep healing transformations using the IET Steps to Transformation as they share with a Zoom community. September 1, October 6, November 3, December 1 at 7:30 pm. Cost is \$25.

*Intuitive Development: I: Learn and practice with your intuitive gifts with an experienced Medium. November 1.

Reiki and IET Shares. Via Zoom on September 2, October 10, November 14, and December 12 at 10 am.

*Reiki Master Practice Groups: Via Zoom on September 22, October 20,

November 24, and December 22 at 7:30 pm.

*Sekhem-Seichim-Reiki (SSR) Classes – Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Levels I-II: November 7-8 (socially distant with masks or via Zoom).

Shamanic Classes – Classes teaching how to use Shamanic tools in healing and meditation. (These workshops may be via Zoom or Face-to-Face with Social Distancing). Shamanic Reiki II: December 18-20 (via Zoom or socially-distant with masks); Crystal Experience: September 15. Crystal Journeying I: October 31.

Usui Reiki Classes – Intensive courses in the original system of Reiki. Workshops limited to 3 students socially-distant and with masks: Level I: September 26 and 27, October 17 and 18, November 14 and 15, Level II: October 3 and 4, November 7 and 8, Master / Practitioner: November 28-29, 2020.

Classes & Learning Centers

 **Rosetree**
Energy Spirituality



www.rose-rosetree.com

Feeling stuck, emotionally? Yearning to grow spiritually? Are you a curious empath—or one who secretly struggles?

Then come learn about Energy Spirituality, starting with a generous supply of free resources. Unique healing and learning... all the way through to becoming a professional Practitioner. Since Energy Spirituality is an in-demand specialty now, growing fast.

In Energy Spirituality, four different skill sets fit together beautifully. Here's how:

1. WANT TO MAKE BETTER CHOICES? Or simply to know yourself better? Come learn practical skills, amazingly easy to learn, taught step by step.

Energy Spirituality ENERGY READING Skills. Start with the Free Intro to Aura Reading Through All Your Senses®. Fun, interactive online workshops!

"It's a lot of information, given in bite-sized chunks, minus any b.s."

2. DO YOU CRAVE A HEALTHIER AURA? Hey, that's not asking too much. Energy Spirituality ENERGY HEALING Skills are unique in the world today. Not physical healing, like Reiki, nor emotional healing, like psychotherapy. Instead, a spiritual approach that's co-created with God (and not spirits, as in psychic work).

Change your life by learning Energy Spirituality skills for emotional and spiritual growth. Start with the Free Intro to interactive online workshops in The Spiritually Sparkling® Collection.

"That one Energy Spirituality session helped me more than three years of weekly psychotherapy."

3. EMPATHS, SEEKING A BETTER LIFE? Learn a trademarked system that gently helps empaths use their full potential. Discover the difference for yourself!

Empath Empowerment® helps you to own, embrace, and manage your special empath gifts. Start with the

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- stop being a victim; become your hero
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- develop healthy boundaries (great for "empaths"!)
- "protect" yourself without protection via my unique approach
- be fully human, aligned with your soul and Nature.

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Mary "Tyrtle" Rooker
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The Shamanic Way, uniquely created and taught by Marsheen, offers you an opening to the dimensional world of Earth/Sky medicine. Pathways to inner guidance, power animals and Spirit guides are made accessible—awakening you to one's true self identify, soul gifts, and healing grace.

Individual soul readings, shamanic trainings, and ritual circles synchro-

nize one's life to the greater cycles of Earth, Star, Sun, and Moon.

The ancient saying, "What you know, there you can go" defines the core of Shamanic Spiritualism. The Shamanic Way unites you to the meaning of oneness, weaving one's personal experience from ritual and "journeying" into being Heart Wisdom. All of creation is blessed.

Marsheen Helgeson is a Holistic Practitioner serving the DC and NoVA area for 30 years. Marsheen's private practice includes polarity therapy, cranial sacral therapy, soul readings, intuitive counseling, and the teaching of polarity and shamanic studies.
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Classes & Learning Centers

At the beginning of every cosmic cycle and in times of great crisis, a teacher is sent forth to show us the next steps on our evolutionary journey. This time, a group of perfected beings is entering our world for the first time in 98,000 years, to guide humanity out of its current predicament. The World Teacher, Maitreya, and His group, the Masters of Wisdom, are entering our lives today to help us transition in these difficult times into a new era of harmony and justice. And we must each play our part in this great transformation and awakening of humanity. (Excerpts of a Message by Maitreya, received by Benjamin Creme on March 31, 2016)

“Soon humanity as a whole will awaken to My presence and will accept with all willingness the transformation of this, our world.

Remember that we are at the beginning and the end of a civilization, an epic period in the history of the world, and understand thereby that men feel the pain of change. For some it is a release into freedom. For others it is a loss of surety and calm. But, My brothers, pain will be short-lived, and already many know this to be so. There is aid in abundance to help you through these difficult times. Accept eagerly this Age and recognize the signs of the new.”

(Excerpts from an article by a Master of Wisdom through Benjamin Creme)

“Historically, there is no precedent for the present situation and conditions on Earth. Never before have so many souls co-existed on the planet. Seldom, if ever, have the divisions between the groups been so painful and deep.

Never has man controlled such forces of destruction as are now at his command, giving him power to destroy the life in every kingdom. When such destruction threatens, man must take stock and devise new ways to proceed.”

“The simple cure is at hand despite the outer chaos. The long-drawn testing of mankind is all but at an end. Arrayed against the forces which still hold man in thrall, the Hierarchy of Light retrace Their steps and stand together under the banner of Truth.”

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Emily Stout, Owner & Worker Bee
 Shine Coaching & Consulting, LLC

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- Brand Identity
- Logos
- Website Design
- Marketing Consulting
- Business Coaching

Emily’s goal is to create a visual representation that captures the true essence of her client’s personality and their business. Creating a visual expression of her clients’ ideas and helping them build a strategy around their business goals is incredibly gratifying for her. For many, it ends up being a deeply personal and transformative

experience, and Emily feels truly honored to be part of their journey.

Are you starting or rebranding your business? Connect today for your free initial consultation!

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- Learn energy movement postures to facilitate wellness
- Learn elemental nutrition for healthier, conscious eating
- Develop intuitional skills to awaken high consciousness
- Develop and build your healthcare business according to elemental principles

Personal & Professional Health Building Workshops (CEUs Available):

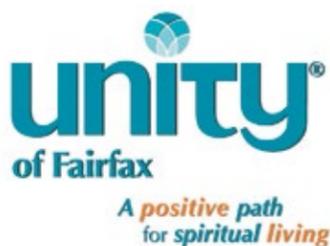
- Tuning Fork Therapy (Levels 1–6)—see website for upcoming Workshop dates
- Introduction Biodynamic Craniosacral Therapy
- Aromatherapy (Introduction to Essential Oils)
- AstroBioChemical Nutrition — Cell Salt Therapy
- Vibrational CDs
- Meditation
- Individual & Corporate Wellness Coaching

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transformation of consciousness and awakening the spiritual light in all. As a spiritual center for education, practice, and service, Unity offers classes, study groups, and programs online (and in-person, when restrictions are lifted). Regular services are live-streamed Sundays at 11 a.m., and meditation services are live-streamed every Wednesday at

noon. You can watch past services in the archives. Unity of Fairfax is a local ministry of Unity, an international movement founded in 1889 that provides spiritual publishing, education, prayer, and events for over 3 million members worldwide. For our online activities and reopening information, visit: www.unityoffairfax.org/events.



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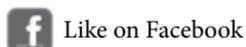
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Intuitive Wellness is a center for Spiritual and Holistic Healing located in Bethesda Maryland. Our new location is now: 4720 Montgomery Lane., Suite 440, Bethesda, MD. Sherri Divband, the owner, is an Intuitive Transformational Healer. She is a Master Transpersonal Clinical Hypnotherapist, Reiki Master/Teacher, Mul-

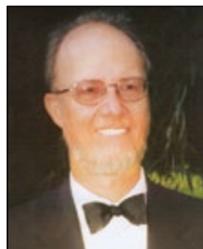
tidimensional Healer, HypnoBirthing Practitioner, Intuitive Life Coach, Access Bars Practitioner, and Intuitive Development Coach. She specializes in pregnancy, infertility, trauma, PTSD and overall wellness. If you are looking to gain more clarity and balance in your life contact Sherri for a session today. If you are looking to connect with your

higher self or your angels, Sherri offers transformative healing sessions that include a direct connection with the divine to assist you in your life. Sherri teaches Intuitive Development classes as well as Reiki Levels 1-3. **IntuitiveWellness-Center.com**

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Helena Amos,
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Alix Moore & the Archangels

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- The website contains articles for free downloading—readers can ask questions about the articles.

Lynn is President of N.C.G.R.-Annapolis and International Liaison for the National Council for Geocosmic Research, Inc.

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The Center for Spiritual Enlightenment

The Center for Spiritual Enlightenment, NSAC, is a Spiritualist church and educational center that offers opportunities for healing, meditation, and spiritual development. We offer numerous classes for adults with a variety of speakers and workshops designed to address every level of

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Our Sunday healing service begins at 10:00 a.m. and our devotional service starts at 10:30 a.m. One special feature of our devotional service is the opportunity to receive spirit messages delivered by our Center's mediums.

These messages are designed to provide evidence of the continuity of life in keeping with our teachings.

Our Center is located at 222 N. Washington St., Falls Church, VA.
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S. Alice "Alicja" Jones

S. Alice "Alicja" Jones is a psychic, medium, and intuitive healer who gives spiritual and past life readings. She communicates with the Angels, Archangels, Ascended Masters, the Devic Kingdom, Cosmic Brotherhood of White Light, the Council of Twelve, Karmic Board, Universal Mind, and your ancestors to bring you messages about relationships, your health, your career choices, educational decisions, and life purpose. These messages many times include Past Lives and how they impact your current life,

solutions to pressing problems, or a loved one in spirit to comfort you.

A Reiki Master, Alice is a gifted intuitive energy healer, an associate lead minister and board member of Rays of Healing Church, and facilitates a course in miracles at Sacred Circle in Old Town Alexandria.

Certified in Access Consciousness, Quantum Touch, Karuna Reiki, Usui Reiki Teacher and Practitioner, intuitive healer, using Reiki and Metatron's healing methods (see website).

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Metaphysics



Annie Larson
Certified Psychic Medium

Featured on television, podcasts, magazines and national radio, Annie Larson provides intuitive counseling using her innate abilities as a psychic medium. Her passion is to bring healing and closure via readings and help others hone their intuitive voice through her extensive development and mentoring classes. She has many tools to help you find peace through readings, Reiki and sound energy healing; explore your life's purpose through astrology; and fulfill your goals through life coaching with intuitive guidance.

Her mediumship readings bring evidence-based messages from loved ones on the other side and her psychic abilities bring guidance, direction, and clarity.

Well respected in the spiritual com-

munity, she is a sought-after teacher, healer, and speaker at wellness summits, metaphysical conferences and spiritualist community events. As a certified astrologer, her monthly horoscope column has been published in several magazines and international sites.

Train with Annie and enjoy clear syllabuses and engaging presentation, in-depth training material that are logically presented, communication style in a way you can understand, and a multi-modal approach to learning. Her extensive training career lends to her ability to develop enticing courses, create material content that flows from one engaging concept to the next, and taught with a keen sense of how YOU learn. Join her for intuitive, psychic, mediumship, Reiki,

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www.MediumAnnieLarson.com

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Reiki & Psychic
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Juli Richardson



Juli Richardson is a Certified Psychic Medium, Angel Messenger, Spiritual Consultant, & Reiki Master Teacher located in Old Town Manassas. Juli is able to connect with Angels, Spirit Guides, and loved ones on the other side to deliver messages of love,

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Mindful Soul Wellness
Tracey Renee McKee

Mindful Soul Wellness LLC Tracey Renee McKee is a Reiki Master, Licensed Vibrational Sound Therapist, Soul Coaching® Practitioner, Past Life Regression Therapist, and Certified Hypnotist. As an intuitive healer and owner of Mindful Soul Wellness located in the heart of Historic Old Town Manassas, she is committed to help others harness their innate heal-

ing powers. Her services include:

- Reiki
- Vibrational Sound Therapy
- Soul Coaching
- Past Life Regression
- Advanced Soul Hypnosis.

In addition, she provides monthly events and workshops to include Tibetan Bowl Sound Baths, Usui Reiki Certification Classes, Hypno-Regres-

sion Meditations, Group Soul Coaching, and the ever popular 'Love Your Body' program which incorporates soul coaching and hypnosis to support a strong and healthy mind-body-soul connection.

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MultiDimensional Healing
with Gia Mary

I AM Gia and I AM honored to be serving as a Healing Channel, Teacher, Medium, and Spiritual Counselor. I continue to be grateful and hold the intention to bring forward the highest vibrational energies to help others find balance, wholeness and purpose.

My training as a Certified Yoga Instructor and Reiki Master Teacher combined with a background in Psychology are utilized as spirit shares how to support others along their

journey, whether they are experiencing physical, emotional, spiritual or mental unrest or perception of separateness.

I take special joy in working with children and families, offering classes in Pre-Natal, Couples, Family, Baby and Kids' Yoga. I love to provide support for beings of all walks of life, including animals.

My goal is to reveal, support and encourage the inner light in each

person, allowing them to self-heal and expand their awareness of their true potential. A few of my services are:

- MultiDimensional Healing Sessions
- MultiDimensional Yoga Sessions
- Reiki I/II/III Classes

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Metaphysics



Rosalyn Kincaid
Soul Healing with Roz, LLC

Understanding the lessons from our experiences and using that wisdom to step into our power is essential to creating positive and lasting change.

Roz is an intuitive, Healer, Mother, and Entrepreneur. Her formal training as a Reiki Master Teacher, Psychic and Evidential Medium, along with her natural gifts, enable her to connect

with Spirit for divine guidance. She uses that knowledge and ability to support her clients as they grow into the version of themselves that their soul desires.

Roz is dedicated to supporting people as they navigate their process of healing and personal transformation in this faith walk called life.

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My weekly live streams on Facebook address both technology questions and wellness questions.

The Tech Side:

Do you need Organization of Files & documents? Do you want to learn productivity hacks so you can be more efficient at work? I love helping you

learn social media strategy so you can leverage your virtual network. I am happy to teach you how to leverage Google Apps for business to take your business to the next level or even how to rock gmail as an entrepreneur!

Are you already pretty savvy but want to learn automations and integrations? Maybe you are ready to go all in on an automated funnel with a customizable user experience? No matter your tech experience I can help you rock your tech and take you from overwhelm to OH. Emm GEE.

The Wellness Side:

Are you curious about essential oils? I have been integrating the Totally Essential oils into my daily

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I believe everyone has a purpose and that if everyone lived their purpose, we'd have peace and harmony throughout the world.

I believe that where and how you live can either support your soul's purpose or detract from it.

It's my soul's purpose is to help as many people as possible live in their Soul's Home® so they can live their purpose and we can all live in peace and harmony.

I'd love to help you discover your Soul's Home® so you may fully live your purpose and live in peace.

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Psychology & Therapy



Mentoring to Manhood
with Alex Rounds

Mentoring to Manhood with Alex Rounds

Alex Rounds offers professional mentoring to help foster the innate good character, self-awareness, and self-esteem of middle and high school boys. His mentoring practice combines meaningful conversation with creative woodworking projects. All boys can benefit from the support of compassionate adults as they navigate the challenging emotions of adolescence!

As well as his office, Alex has a

comfortable outdoor setting, where safe distancing and mask wearing are convenient.

Alex Rounds has over 30 years of experience supporting youth as an educator, crisis counselor, mentor, and father. He holds an MA from the George Washington University School of Education and Human Development. In addition to private mentoring, Alex currently facilitates two mentoring circles in Howard County at Hammond Middle School and Thomas Viaduct M.S. Alex has been

a facilitator for incarcerated youth through the Alternatives to Violence Project (AVP) at the Youth Detention Center in Baltimore. Alex was a 2019 recipient of the ManKind Project's distinguished service award for his work with Boys to Men in AVP. In 2020, he received a Takoma Park Azalea Award for mentoring youth.

Alex works out of his home office in Takoma Park, Maryland.

He can be contacted at:
nurturekidsnature@gmail.com
or by phone at: 240-338-7050.

Psychology & Therapy



Beth Albanese is the founder, owner and operator of House Calls LLC, an award-winning program in Montgomery County that arranges mental health care and related services for families and individuals of all ages, from children to seniors.



Whether your child has severe anxiety, your grandfather is moving to a senior facility, or your mother's house is hoarded to the rafters, House Calls can help by providing advocates in the school system, care and benefit coordinators, program advisors, and even realtors, cleaners, and organizers. Clients don't have to travel to a bunch of locations, identify and enroll in a variety of unrelated programs, and wonder how to pay for them. Whatever the need, House Calls' team of professionals can help clients navigate these complex, emotional paths. Beth and her team of specialists assist family members in making difficult decisions about their loved ones with either chronic mental illness or ongoing medical issues.

Among the services House Calls provides are: personal life coaching, counseling, community resources, and advocacy and integration for those facing a life transition or trauma. House Calls also provides direction to community programs, professionals, and facilities. Beth personally brings

to House Calls more than 40 years of experience as a credentialed rehabilitation counselor and certified recreation therapist with additional skills in geriatric care management.

Beth started House Calls in 2004 when a family member moved to her home and required a full range of services over time. Beth was motivated to identify and secure resources for her loved one to ensure she received an optimal level of care. That remains the goal for Beth's clients.

The House Calls team uses techniques and strategies to enhance the physical, emotional, intellectual, and social functioning of clients and their loved ones. The company prides itself in establishing an alternative approach to therapy by meeting clients in the comfort of their home during any acute or chronic life circumstance. At the same time, clients' families are also offered guidance, coaching, counseling, and any other requested service to establish effective family communication.

Beth has received many awards over the years including "Practitioner of the Year" from the Maryland Association of Psychosocial Services, National Society on Experiential Education, Best Buddies, American Association of Therapeutic Recreation and the Montgomery County Police Department. And, she has spoken on various topics of mental health internationally for the World Congress on Mental Health and the International Association of Psychosocial Rehabilitation.

Beth continues to provide in-service training to facilities, homecare agencies, select providers, and the community at large on such topics as validation; reflective and active listening; creating motivation in the home setting; developing a leisure lifestyle; balancing vocation and recreation; developing intrinsic rewards in life; and collaborating with providers for successful outcomes.

Visit: www.callingonbeth.net, or call: 301-346-6732



Eric Weinstein, practitioner of hypnosis, EFT ("tapping"), and shamanic healing

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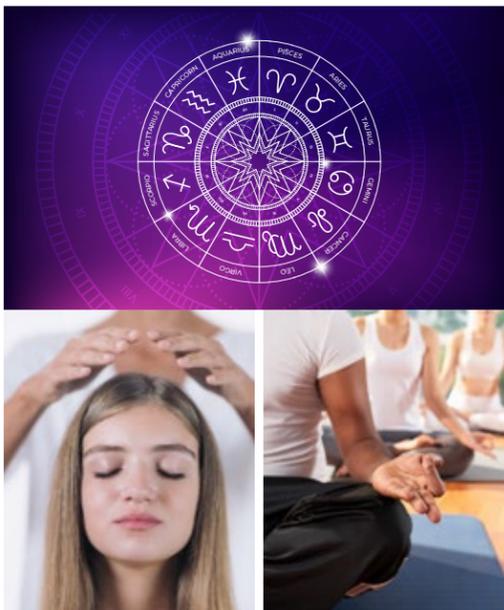
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(CCSI) www.ccsimd.org</p> <p>CRYSTALS S & A Beads www.crystalsbysabeads.com</p> <p>DENTAL Dental Excellence Integrative Center www.dental-alexandria.com Fischer, DDS, Richard www.evergreendentalwellness.com Modern Smile Dental www.dentistofficegaithersburg.com</p> <p>ECKANKAR Eckankar of Northern Virginia www.eck-virginia.org</p> <p>EMPATH COACHING Rose Rosetree Energy Spirituality www.rose-rosetree.com</p> <p>ENERGY HEALING Soul Healing with Roz, LLC Rozkincaid.com The Sky Beckons - Chris Gates Energy Healer www.theskybeckons.com</p> <p>EVENTS Samskara Yoga www.samskarayogava.com United Metaphysical Churches Fall Seminary... www.metaphysicalfellowship.com Unity of Fairfax Church Events www.unityoffairfax.org</p> <p>FINANCE Bach, Eric www.ericbachcpa.com</p> <p>GARDENING Washington Gardener www.WashingtonGardener.com</p> <p>HAND PRINT ANALYSIS Vows And Wows, Inc. / Handwriting Analysis www.gpsyourpath.com</p> <p>HEALING & HEALING CENTERS iHeal Wellness Therapy & Consulting www.ihealwellness.com Intuitive Wellness www.Intuitivewellnesscenter.com It's Not Therapy www.Its-Not-Therapy.com Mindful Soul Wellness www.mindfulsoulwellness.com Rainbow Chi Energy Healing www.rainbowchihealing.com Somatic Energy Therapies www.SETherapies.org Spiritual Spectra spiritualspectra.wordpress.com</p> <p>HEALTH AND WELLNESS CENTERS Acupuncture and Natural Medicine Clinic, Dr. Helena Amos www.rockvilleacupuncturemd.com Blue Heron Wellness www.blueheronwellness.org Firefly Wellness Center www.fireflywellnessmd.com iHeal Wellness Therapy & Consulting www.ihealwellness.com</p> <p>HEALTH AND NATURAL FOOD STORE Glut Food Co-op www.glut.org</p> <p>HEALTH PRODUCTS Healy by Enigma Health www.enigmahealth.org</p> <p>HERBS & HERBAL EDUCATION Green Comfort Herb School www.greencomfortherbschool.com Smile Herb Shop www.smileherb.com</p> <p>HOLISTIC HEALTH PRACTITIONERS Gennaro, MD, Margaret www.drmgennaro.com Tracy Freeman, MD www.tracyfreemanmd.com</p> <p>HOME HEALTH CARE House Calls, LLC www.callingonbeth.net</p> <p>HYPNOSIS It's Not Therapy www.Its-Not-Therapy.com Soul Source Spiritual Center www.theSoulSource.net</p>	<p>INTUITIVE HEALER Amos Snider Medical Intuitive www.amoswithjoy.com</p> <p>MASSAGE / MASSAGE SCHOOLS Potomac Massage Training Institute (PMTI) www.pmti.org Robert Jordan Health Services www.RobertJordanHealthServices.com</p> <p>MEDICAL MARIJUANA K&M Law Firm www.kinnermcgowan.com</p> <p>MEDITATION Peace of Our Minds Meditation www.PeaceOfOurMinds.org</p> <p>MEDIUM Medium Annie Larson www.MediumAnnieLarson.com</p> <p>METAPHYSICAL Golden Otter Divinations www.GoldenOtter.us MultiDimensional Living www.giahooper.com Past Life with Soni Weiss www.thegoldenlighthouse.com The Lotus and The Light Metaphysical Center www.thelotusandthelight.com</p> <p>NUTRITION Stellar Health Nutrition, LLC www.stellarhealthnutrition.com Spiral Path Farm www.spiralpathfarm.com</p> <p>PAIN MANAGEMENT Pain Management - Helena Amos www.rockvilleacupuncturemd.com/</p> <p>PHYSICAL THERAPY Body Balance Physical Therapy www.karenlipspt.com Stretch Health, LLC www.stretch-health.com</p> <p>PSYCHICS Alice Jones www.alicajones.com Light Works Reiki and Psychic Mediumship Readings www.lightworks.biz Marie-Claire www.marie-claire.tv Morning Star, Konstanza www.mediumshamandc.com Psychic Medium Annie Larson www.MediumAnnieLarson.com The Soul Shepherd www.thesoulsherpherd.com Voice of the Gatekeepers www.voiceofthegatekeepers.com Wolf's Haven for Institute of Art www.robynwolf.com</p> <p>REAL ESTATE Souls Home www.soulshome.realtor</p> <p>REFLEXOLOGY Brigitte Wiss Holistic Reflexology www.reflexologyandbeyond.com</p> <p>REIKI Aziza Doumani Reiki & Wellbeing www.azizadoumanireiki.com Heart Centered Reiki, LLC heart-centeredhealing.com Reiki Center of Greater Washington www.reikicenter.info</p> <p>RESEARCH STUDY Maryland Psychiatric Research Center www.goldcanslab.com/participate</p> <p>SHAMANIC Axis Mundi Shamanic Studies www.axismundishamanicstudies.com Shamanic Spring www.ShamanicSpring.com</p> <p>SKIN CARE OM Botanical Organic Skin Care www.ombotanical.com</p> <p>SPIRITUAL ACTIVISM Spiritual Activism Group www.facebook.com/Spiritual-Activism-Group-112796003831843</p> <p>TAI CHI Cloud Hands Tai Chi www.CloudHandsTaiChi.net Glen Echo Tai Chi www.GlenEchoTaiChi.org</p> <p>TAROT Boyd, Tim www.timtarot.com</p> <p>TECH & WELLNESS COACHING Totally Colleen www.facebook.com/totallycolleen</p> <p>TELETHERAPY iHeal Wellness Therapy & Consulting www.ihealwellness.com</p> <p>VISION HEALTH Appelbaum Vision www.VisionHelp.com</p> <p>VOLUNTEERS A Wider Circle www.widercircle.org Montgomery County Stroke Association www.mcstroke.org The New Dream www.newdream.org</p> <p>WOMEN'S HEALTH Birth Care & Women's Health www.birthcare.org</p> <p>YOGA Align with Grace Yoga www.alignwithgrace.com New Future Society Healing & Yoga Center www.newfuturesocietycenter.com</p>
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Bonnie Gordon Patterino

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Handprint Analyst
& Life Purpose Coach

www.gpsyourpath.com

PATHWAYS GUIDE TO NATURAL FOOD STORES

BETHESDA, MD

MARYLAND NATURAL FOOD STORES



Whole Foods Market, Bethesda
5269 River Road, 20816
410-573-1800
www.wholefoodsmarket.com/stores/bethesda
8am-9pm, Monday - Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

COLLEGE PARK, MD



MOM's of College Park
9827 Rhode Island Ave., 20740
301-220-1100
www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

FREDERICK, MD

The Common Market

eat • shop • learn

Common Market - Frederick
Frederick's only natural and organic food co-op.
5728 Unit 1-B Buckeystown Pike, 21704

We feature a wide variety of natural and organic products with an emphasis on supporting local farmers. We offer high quality, local and organic produce; natural and organic meats; sustainable seafood; cheese; groceries; bulk foods and wellness products.

ANNAPOLIS, MD



Whole Foods Market, Annapolis
200 Harker Place, Suite 100, 21401
410-573-1800
www.wholefoodsmarket.com/stores/annapolis
8am-10pm, Monday - Saturday
8am-9pm Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

BOWIE, MD



MOM's of Bowie
6824 Race Track Rd., 20715
240-556-1700
www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

Smile Herb Shop

Your Friendly Emporium for Healthful Living

Smile Herb Shop, College Park
4906 Berwyn Rd., 20740
301-474-8791
www.smileherb.biz
Mon: 10am-6pm, Tues-Fri: 10am-8pm,
Sat: 10am-6pm, Sun: 12pm-5pm

Smile offers bulk organic herbs and spices, vitamins and supplements, aromatherapy, unique gifts, organically grown live plants and herbal education.



MOM's of Frederick
5273 Buckeystown Pike, 21704
240-566-1444
www.momsorganicmarket.com
Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

CABIN JOHN, MD



Bethesda Co-op Natural Food Market
6500 Seven Locks Rd., 20818
301-320-2530

Indulge your "Inner Gourmet"
Since 1975, Fine Wines & Microbrews
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Fresh Pastries & Artisan Breads • Vitamins
& Body Care • Unique Gifts, Cards •
Clothing...and more! Open 7 days a week.

COLUMBIA, MD



David's Natural Markets
5430 Lynx Lane, 21044
410-730-2304
www.davidnaturalmarket.com
Mon - Fri: 8am - 8pm
Sat: 9am - 7pm Sun: 10am - 6pm
A full service market specializing in natural & organic foods and products at three locations. Weekly specials and an in-house nutrition consultant available. David's Café with specials, vegan/vegetarian selections also offers catering and cooking classes.

GAITHERSBURG, MD



Whole Foods Market, Kentlands
316 Kentlands Blvd., 20878
301-258-9500
www.wholefoodsmarket.com/stores/kentlands
8:00 am- 9:00 pm 7 days a week
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

The staff at Pathways thanks these Natural Food Stores for providing their communities with healthy, natural products.

BETHESDA, MD



Village Green Apothecary, Bethesda
5415 Cedar Lane, 20814
301-530-0800
www.myvillagegreen.com

Mon-Fri: 8:30am-6pm, Sat: 8:30-5pm
Expert guidance, knowledge and a custom-tailored mix of nutritional and pharmaceutical products; working closely with nutritionists, chiropractors and holistic physicians through our custom compounding lab; discounts and delivery

CLARKSVILLE, MD



Areas leading natural food market!

Roots Market - Clarksville
5805 Clarksville Square Dr., 21029
443-535-9321
www.rootsmkt.com

Mon-Sat: 9am-8pm, Sun: 10am-7pm
Local and independently owned market specializing in natural, organic and gourmet foods and products.



MOM's of Columbia East
7351 Assateague Dr. #190, 20794
Columbia East Shopping Center
410-799-2175
www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

GREENBELT, MD



Greenbelt Co-Op Supermarket and Pharmacy
121 Centerway, 20770
301-474-0522 • www.greenbelt.coop
A true cooperative, we are owned by our more than 6,000 local members. The primary mission of the Co-Op Supermarket & Pharmacy is to meet the food, pharmacy, and everyday needs of the Greenbelt community. Freshness, Value, Quality and Variety at fair and reasonable prices. Co-Op is open to everyone, you don't have to be a member to shop and save with us.

PATHWAYS GUIDE TO NATURAL FOOD STORES

HYATTSVILLE, MD



Market

Yes! Organic Market, Hyattsville
5331 Baltimore Ave., Suite 101, 20781
301-779-1205

www.yesorganicmarket.com
Mon-Sun: 7am - 10pm

"Your one-stop health food store"
Offers vitamins, herbs, body care products, essential/ fragrance oils, books, produce, bulk foods, sandwiches, soup and sushi.

ROCKVILLE, MD



ROCKVILLE

Dawson's Market, Rockville
225 North Washington St., 20850
240-428-1386
www.dawsonsmarket.com

Dawson's Market is a locally focused organic & natural grocer in Rockville, offering everything from wine & beer to made from scratch breakfast, lunch and dinner items. Powered 100% by wind & committed to sourcing locally (within 100 miles), Dawson's Market encourages supporting community, environment and health.

SILVER SPRING, MD



Whole Foods Market, Silver Spring
833 Wayne Ave., 20910
301-608-9373

www.wholefoodsmarket.com/stores/silverspring
8am-10pm, 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

DC NATURAL FOODS



Everlasting Life Health Complex
2928 Georgia Ave. NW, Washington 20001
202-232-1700

Sun: 11am-9pm and Mon-Sat: 9am-9pm.
Specializes in all vegan foods, all the time. We feature a diverse line of vitamins, food supplements and Tahitian Noni Juice. The Source of Life Juice Bar showcases live raw foods. In addition, we offer shakes, tonics, drinks, vegan sweets and soy cream. Eat-in or carry-out. Nutritional consultations and access to Health Practitioners available.

KENSINGTON, MD

KNOWLES APOTHECARY



Knowles Apothecary

10400 Connecticut Ave., Suite 100, 20895
301-942-7979 • fax/301-942-5544
www.KnowlesWellness.com

Mon.-Fri: 9am-6pm, Sat.: 9am-1pm
Full service pharmacy, complete line of vitamins, supplements and homeopathic remedies.
See page 3 for discount coupon.



MOM's of Rockville

5566 Randolph Rd, 20852
301-816-4944

www.momsorganicmarket.com
Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

TAKOMA PARK, MD



TPSS Co-Up, Takoma Park

201 Ethan Allen Ave., 20912
301-891-2667

www.tpss.coop

Open 9am-9pm Daily.

We are the area's best choice for healthy, natural groceries. We have the best selection of organic produce around, huge bulk section including herbs and coffee, expanded personal care area with a great selection of body care products as well as vitamins, herbs, homeopathic remedies, and other supplements; ecological household products, deli items, pet care and more.

SECRETS OF NATURE

SecretsofNatureHealth.com



Coy G. Dunston

3923 SOUTH CAPITOL ST., SW
WASHINGTON, DC 20032

PHONE
202.562.0041

Secrets of Nature

3923 South Capitol St., SW,
Washington, DC 20032
202-562-0041

With Over 35 years of experience, our health food store has a lot to offer. We have herbs, vitamins, teas as well as raw and natural foods. We also have quite an extensive library of information for you to educate yourself and family on the growing concerns of nutrition, your health and wellness.

MOUNT RAINIER, MD

Glut Food Co-op Natural Foods for People, Not for Profit

Glut Food Co-op, Mt. Rainier

4005 34th St., 20712
301-779-1978 • Since 1969
www.glut.org

Glut provides quality nutritious foods at a reasonable price. We try to avoid overprocessed, chemically tainted foods. We support local and/or organic enterprises over conglomerates and agribusiness whenever possible.

Glut has traditionally supported peace, environmental and social justice movements. This is rooted in our founding by conscientious objectors during the Viet Nam war.

SEVERNA PARK, MD



ORGANIC MARKET

Goodlife Organic Market

485 Richie Hwy North, 21146
410-544-9515

www.goodlifeorganicmarket.com
Mon - Sat, 9am-8:30pm; Sun 10am-6:30pm
The finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun comfortable clean, safe environment. Also offering bulk herbs, natural bakery, seafood, powerhouse sandwiches and hot food bar.

DC NATURAL FOOD STORES



Senbeb Natural Food Coop & Senbeb Cafe

Senbeb Natural Foods Co-Op

6224 3rd St., NW
Washington, DC 20011
Mon. - Sat.: 11am-8pm
202-723-5566

In business for 20 years promoting whole foods, nutritional supplements. One-third of a 3-business complex, with Senbeb Café and "The Sistrum," dedicated to healthy living. Café has an all vegan menu & offers totally raw "live plates." The Sistrum is a boutique specializing in African clothing, cards, gifts.

OLNEY, MD



Areas leading natural food market!

Roots Market, Olney

16800 Georgia Ave., 20832
301-774-1344

www.rootsmkt.com

Mon-Sat: 9:00-8:00, Sun: 10am-7pm
Local and independently owned market specializing in natural, organic and gourmet foods and products.

SILVER SPRING, MD

ECOLOGY HEALTH FOOD

Ecology Health Food, Silver Spring

904 Bonifant Street, 20910
301-589-2188

Lots of vitamins, minerals, herbs and personal care products. We carry many hard to find items—call to see if we have what you are looking for. We also feature a deli that serves delicious, healthy dishes at low prices. We have been serving the Silver Spring community for many years and we invite you to sample our products.

Blue Nile

Blue Nile Botanicals

2826 Georgia Ave., NW,
Washington 20001
202-232-3535

www.bluenilebotanicals.com

Offers over 300 bulk herbs/spices, also herbal preparations, vitamins/supplements organic/natural cosmetics, essential/fragrance oils, candles, incense. Serving the DC area since 1974.



Market

YES! Organic Market, Brookland

3809 12th St., NE, Washington 20017
202-832-7715

www.yesorganicmarket.com
Mon-Sat: 7am-10pm Sun: 7am-9pm
Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CONT'D



Market

YES! Organic Market, Capitol Hill

410 8th St., SE, Washington 20003
202-546-4325

www.yesorganicmarket.com

Mon-Sat: 7am-10pm Sun: 7am-9pm
Washington's original natural food super market, with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

DC NATURAL FOODS



Market

YES! Organic Market, Petworth

4100 Georgia Ave, NW, 20011
202-291-5790

www.yesorganicmarket.com

Mon-Sat: 7am-10pm Sun: 7am-9pm
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches, soup and sushi.

FALLS CHURCH, VA



Nourish Market by Kennedy's, Falls Church
1053 W. Broad St., 22046
703-533-8484

www.nourishmarket.com

Mon-Sat: 10am-7pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.

SPRINGFIELD, VA



Whole Foods Market, Springfield

8402 Old Keene Mill Rd, 22152
703-644-2500

www.wholefoodsmarket.com/stores/springfield
8am-9pm, 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.



Market

YES! Organic Market, Cleveland Park

3425 Connecticut Ave., NW 20008
202-363-1559

www.yesorganicmarket.com

Mon-Sun: 7am-9pm

Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches and soup.

VIRGINIA NATURAL FOOD STORES



HERNDON, VA



MOM's of Herndon

424 Elden St., 20170
703-483-6740

www.momsorganicmarket.com

Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

WARRENTON, VA



The Natural Marketplace

5 Diagonal Street, 20186
540-349-4111

Naturalmarket@aol.com

www.thenaturalmarketplace.com

Store hours: Mon-Fri 10am-6pm Sat. 10 am - 5 pm. Organic Deli Hours : Mon - Sat 10 am - 4 pm. We specialize in Organics offering a variety of Groceries, Meats, Dairy, Fresh Produce, Vitamins, Herbs, Homeopathy, Cosmetics, and a large selection of Allergy-Free Foods as well. We offer a unique experience in customer service, selection of products, atmosphere, nutritional guidance & wellness therapies.

ALEXANDRIA, VA



MOM's of Alexandria

3831 Mt.Vernon Ave., 22305
703-535-5980

www.momsorganicmarket.com

Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

LEESBURG, VA

For Goodness Sake Natural Foods

For Goodness Sake, Leesburg

108 D. South St., SE, 20175
703-771-7146

Mon.-Wed.: 9am-7pm,

Thurs.-Fri.: 9am-7:30pm,

Sat.: 9:30am-6pm, Sun: 11am-5pm

With the best cross section of good quality health foods, supplements, vitamins, cosmetics, and organic products. Wheat and Gluten-Free products.

WOODBIDGE, VA

Natural Grocer Health Food

Essential for Good Living

- Friendly, Personalized Service
- Celebrating 26 Years!

14453 Potomac Mills Road

Woodbridge, 22192

(near Staples)

703-494-7287

Mon-Fri: 10am-8pm, Sat: 10am-6pm

CLOSED SUNDAYS



Market

YES! Organic Market, Adams Morgan

1825 Columbia Rd NW., Washington 20009
202-462-2069

www.yesorganicmarket.com

Mon-Sat: 7am-10pm, Sun: 7am-9pm

Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches and soup.

FAIRFAX, VA



MOM's of Merrifield

8298 Glass Alley, Fairfax 22031
703-663-8810

www.momsorganicmarket.com

Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

MCLEAN, VA



Nourish Market, McLean

8100-E Old Dominion Dr., 22102
703-288-3031

www.nourishmarket.com

Mon-Sat: 6:30am-8pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.



Market

YES! Organic Market, U St. Corridor

2123 14th St., NW, Washington, 20009
202-232-6603

www.yesorganicmarket.com

Mon- Fri: 7am-10pm, Sat./Sun: 8am-10pm,

Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

The Staff At Pathways Magazine Thanks These Natural Food Stores For Providing Their Communities With Healthy, Natural Products.

Please let them know that you saw them in Pathways Online

or on

www.PathwaysMagazine.com

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realities of constant change. From that openness our actions can be precise and appropriate for the situation, rather than just being stale, safe, and inside our familiar conceptual box. This is what compassion means. It's the ultimate kindness, far beyond just being "nice." Finally, the fourth karma is the compassionate activity of destroying, or

cutting, that which is harmful. In an abusive relationship, we may at first give someone the benefit of the doubt, hoping they can change. But at some point, staying with that person becomes harmful and enabling, which is based on confusion and fear of change. Even a poisoned nest can be preferable to the unknown space of the open sky. So, like all compassionate activi-

ties, true kindness is courageous. We don't indulge our child when they are about to touch a hot fire; we simply cut through the situation with a compassionate "No."

Mindfulness is the key to working with our anger. If we aren't aware that we're angry, we're acting on automatic, mindlessly perpetuating harmful cycles of confusion. We have to recognize that we are angry. So mindfulness meditation is the profound key, or the ground, for effectively transforming difficult emotions.

The act of recognition is like waking up within our anger, which immediately begins to transform it. But then we need to sit with that feeling of anger and join it with our awareness as we breathe. We're not rejecting it, but we're also not letting it completely take us over. We just courageously remain with it, breathing in and breathing out. Slowing our breathing down, we can calm the anger even as we remain aware of what it feels like, and where we're feeling it in our bodies. We cradle it with loving-kindness simply by sitting with it, and as we do that we come back to ourselves.

Finally, in this calmer state of mind, it's possible to see more clearly what's actually wrong. Our knee-jerk reaction may have been to feel victimized, for example, but from this new and cooler perspective we may see a more accurate, less personalized version of the story. From this, we'll know better what to do and what not to do, and in this way we can start to shift our unhelpful habitual responses and lead a more wakeful and compassionate life. It's natural to feel angry about injustice and harm. With respect for our anger and the courage to look directly at it, letting go of aggression, we can use its energy for the benefit of others and our world.

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You can read more about mindfulness meditation and related topics in *Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times* by Patricia Ullman, available on amazon.com, and articles and blog postings on her website: www.PeaceOfOurMinds.org

FALL CALENDAR

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Lunar Manifestations Moon Circles

! **Virtual** ! Signup for replay. Feel anxious & alone? Wonder about your life's purpose? Feel like you can never have, be or do enough? Join us for a Lightworkers only Moon Circle at each New & Full Moon and start harnessing the power of the Moon to manifest the abundant life of your dreams! 9/2 Pisces Full Moon Circle, 9/17 Virgo New Moon Circle, 10/1 Aries Full Moon Circle, 10/16 Libra New Moon Circle, 10/31 Taurus Full Moon Circle, 11/15 Scorpio New Moon Circle, 11/30 Gemini Full Moon Circle, 12/14 Sagittarius New Moon Circle, 12/30 Cancer Full Moon Circle. Visit: www.goldenotterdivinations.com/joinnow

March-September Monthly Trainings in Family, Human and Natural Systems Constellation Facilitation with Francesca Mason Boring. www.blueberrygardens.org

Medical Intuitive Amos Snider releases your energetic physical, mental, or emotional blocks. Amos will be at the DC Omni Shoreham Hotel the second full weekend each month. Schedule at www.amosmedialintuitive.com

Meditation Circle offers a quiet, peaceful environment to help you let go of the mental chatter so you can go inward and connect spiritual. Beginners welcome! 1st Monday of the month, 6-7pm at Spiritual Spectra Office in Columbia, Maryland. Cost: \$10. Call: 1-888-934-3642, or email: info@spiritualspectra.com. www.spiritualspectra.wordpress.com

Messages from Spirit with Rev. Carlos Alcocer the last Thursday evening of the Month at 7:30pm. \$20. www.arlingtonmeta.org

Messages from Spirit is a Group Psychic-Medium Reading Event which offers a warm, inviting, community environment whereupon each person receives the benefit of communing with Spirit by hearing and/or receiving messages from Psychic Medium Jennifer Garcia. Email info@spiritualspectra.com or call 1-888-934-3642 (toll-free). www.spiritualspectra.wordpress.com

Mindful Eating Community Dinners at Fox Haven Farm. Mindful Eating is a community cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. Visit: www.foxhavenfarm.org/events/ for dates.

Mindful 365 Sitting Group: Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm. Unity of Fairfax, 2854 Hunter Mill Rd, Oakton, VA. \$10 suggested donation. www.unityoffairfax.org/events

Moon Services, Saturday evenings around the full and new moons. Volunteer led services at Four Quarters Inter-Faith Sanctuary. Check the website or call for details. www.4qr.org Reiki Practitioner Mentoring & Internships. One-on-one, custom-tailored mentoring from general

coaching to working with actual clients as an intern. Aziza Doumani Reiki & Wellbeing. www.azizadoumanireiki.com

Psychic Development Workshop – Wednesday evenings, 7pm, 2 hours, \$20/person. Anam Cara Wellness, 311 Maple Avenue West, Suite K, Vienna, Virginia. For more info: Robyn Wolf, www.robynwolf.com, psychicmediumrobyn@gmail.com

Reiki Practitioner Mentoring & Internships. One-on-one, custom-tailored mentoring from general coaching to working with clients as an intern. Aziza Doumani Reiki & Wellbeing. www.azizadoumanireiki.com

Rev. Dr. Diane Riis “Connecting To The Divine Feminine (In An Upside Down World) Continuing event. www.facebook.com/Spiritual-Activism-Group-112796003831843

Simple Solutions for Technology and Wellness. Join Colleen for her FREE webinars to find out more about taking your health and your business to the next level. Every Tuesday and Thursday at 10am EST. Visit: www.facebook.com/totallycolleen to learn more.

Soul Healing Conversations: Wednesdays at 3pm EST on VoiceAmerica's Variety channel. Roz and her guests get real about healing your past and seeing life from an elevated perspective. Conversation topics range from how to master your energy to

manifesting the vision for your life and everything in between. Visit: www.voiceamerica.com/channel/246/voiceamerica-variety/shows

Spiritual Awareness Group is meeting online to offer open discussions to explore spirituality, including spiritual energy, psychic and intuitive abilities, and meditation techniques to enhance connection to the Divine. Every Tuesday from 7-9pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. www.unityoffairfax.org/events.

Spiritual Growth Study Group, meeting online for discussion and exploration of metaphysical principles, spiritual traditions, and new age spiritual material, every Thursday from 7-9pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. unityoffairfax.org/events.

Sunday Services, 11am, Takoma Metaphysical Chapel. 10501 New Hampshire Ave., Silver Spring, MD 20903 Info at www.takomaparkchapel.org.

“The Sound of Soul”, a holy name for God. When you sing HU, know this is one of the most sacred names for God. 1-800-LOVEGOD.

Transmission Meditation: Join us for meditation with the Masters of Wisdom, a potent form of spiritual growth and world service. Free admission. Please inquire at skourangis@gmail.com.

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Poster by Gail Payne

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Look for the Link to Our Fall 2020 Interactive FlippingBook

We've partnered with FlippingBook to take our digital issue to the next level. Flip through the magazine **online** to enjoy all the content you normally would but with the benefit of **100s of interactive links** to our advertisers, Expo vendors, and the countless resources available in our Calendar, Resource Directory, Logo Listings, indexes, and more.

How to access the digital magazine:

- Online at www.pathwaysmagazine.com
- Check our Facebook page for the link: @PathwaysMagazine
- Look for the link in our Fall 2020 e-newsletter

THE HERB CORNER

Holy Basil: The Highest of the High Plants ...continued from page 9

Ingredients

- 1 handful fresh holy basil leaves
- 1 cup water
- Cotton ball or other absorbent material

Boil the handful of holy basil leaves in the cup of water for 10 minutes. Strain out leaves and allow the liquid to cool. Use a cotton ball to absorb the extract you have made and pat it onto problem areas of skin (avoid your eyes!). Leave on for 10 minutes then rinse with cool water.

Anti-Aging Properties:

The high content of antioxidants in holy basil protect the body from the harmful free radicals that not only damage skin cells, but also contribute to cancer, Alzheimer's disease and osteoporosis. Incorporate holy basil into your everyday moisturizing care, and sprinkle some in your steamy morning tea to receive its benefits.

Heart Health:

Holy basil is known as an adaptogenic herb. An adaptogen is a plant or substance that helps the body deal with stress. Adaptogens support the whole body/mind react more suitably to stress. For people struggling with heart health, an adaptogen such as

holy basil can help overall cardiovascular health in the following ways:

- Improve circulation
- Reduce free radicals
- Lung support
- Blood sugar modulation
- Reduce inflammation

Holy basil originated in the tropical parts of the Asian continent. Doctors used it to help their patients that suffered with fevers, colds, bronchitis, digestive complaints, chronic stress, and mental fogginess.

Why is holy basil an effective treatment for so many illnesses and diseases? Tulsi is rich in some of the most powerful essential oils and antioxidants in the world. These properties can counter the effects of fungal growth, bacteria, and inflammation. Some scientists now speculate that holy basil can effectively reduce symptoms in many cancer patients.

Holy basil is readily available in tea, capsules, and powder form. It is a very easy plant to grow (as easy to grow as Italian basil). In India, it is traditional to keep a tulsi plant in the kitchen.

If you add holy basil to your herbal regimen, you may notice any number of helpful effects. Holy basil is

extremely helpful for supporting a meditation practice, as it helps calm the mind and body, promoting mental clarity and physical balance. You might notice improved stress management skills and better sleep at night. Many people find that their stress bellies are reduced by the addition of holy basil to their diet.

Tulsi and Rose Tea:

A light and refreshing tea, with the calming and focusing effects of Tulsi, and the sweet cooling effects of Rose. This tea is a personal favorite!

Tulsi, or holy basil, is known as The Incomparable One in its native India, and is often taken as tea to center the mind for meditation. Encouraging deep concentration, this is a lovely herb to drink while working or studying to stay clear and energized without caffeine.

Roses are among my all-time favorite herbs. I love to grow them, wear them (usually as Rosewater), smell them, and drink them as tea. Roses are cooling, calming, and cheering. Especially for women, smelling roses can reduce irritability and mood swings, and bring encouragement in times of tension.

One teaspoon each of Tulsi leaves and Red Rose Petals makes 2-3 cups of tea. Pour boiling water over the herbs and swirl. Let stand for about 5 minutes, strain and drink! This tea is lovely on its own or with a little raw honey added.

In addition to Tulsi's better known abilities to help with stress and mental focus, it is also incredibly helpful for easing headaches. In particular, it works better than anything else I have found for the particular headaches that come from crying or emotional overwhelm. A larger dose of tulsi can be taken right away, at least a gram of the powder (2-3 capsules) with lots of water. If tension headaches are a common problem, skullcap can be

added in equal parts. These two also make a soothing tea that can be taken either when upset or as a preventative. In these challenging times there is no shame in feeling more upset more often than usual. Tulsi can help with recovery time from these emotional upsets, and help us get the rest and relief we need to grow stronger. Vishnu Das says in his book *Ayurvedic Herbology East and West* "For headaches caused by stress, holy basil can be applied to the forehead as a paste made with equal parts sandalwood powder and a little aloe vera juice or water."

In what form is holy basil available to buy? Bulk herb, readily available. Krishna basil is the one preferred of the three available. Fresh herb: we will have holy basil for sale in plants once covid leaves us. Tincture: herb pharm, herbalist and alchemist prepare the tincture of holy basil capsules. I like Oregon's Wild Harvest brand here. Supercritical extract: both gaia herbs and new chapter herbs have holy basil in this form.

The benefits of holy basil are for everyone to enjoy. Be sure to choose the right supplement for your own needs by doing the required research or working closely with a trained herbalist.

Since 1975, Tom has co-owned the Smile Herb Shop in College Park, Maryland, and is a Registered Herbalist (American Herbalists Guild) who, along with the Smile staff, including wife Susan, teaches classes throughout the year about all aspects of growing herbs and healing with herbs.

Visit Smile's website, www.smileherb.com, for a list and description of classes, information on individual herbs, and to read their blog on a variety of herbal topics. Volunteer opportunities are also available to assist with Smile's garden upkeep. See the ad for Smile Herb Shop on page 10.

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Ongoing, continued from page 79

Unfoldment into Mediumship Circle - Thursday evenings, 7pm and Saturday Mornings, 10:30am. 2 hours. \$20/person. All levels welcome! For more info: Robyn Wolf, www.robynwolf.com, psychicmedi-umrobyn@gmail.com

World Peace Meditation Hour - Group Meditation. Every 3rd Sunday of the month, more than half a million people in over 100 countries actively share thoughts of peace & calm with our troubled world. Whether or not you know how to meditate, you are invited to join us for an hour of music, silence and guided meditation. Every thought makes a difference. 6:30-7:30pm. Held at the Meditation Museum, 9525 Georgia Ave., Silver Spring, MD and Meditation Museum II, 1984 Chain Bridge Rd., McLean, VA. Free Event. www.meditationmuseum.org.

**Visit our website
for a larger,
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calendar of events
www.pathwaysmagazine.com**

Amma Sri Karunamayi's 26th World Tour was postponed



see her devotees in person. In order to help devotees feel more connected to Amma during this time, a virtual tour of American cities started in August and will continue into September. Amma Sri Karunamayi will be appearing online on Saturday September 13th and Sunday September 14th as the end of Her Holiness' 2020 virtual tour of the West ends. The sessions are free and all are welcome, but virtual space is limited so pre-registration is required. The links for registering for the virtual events with Amma Sri Karunamayi will be posted one day before the actual

Amma Sri Karunamayi's 26th World Tour was postponed this year due to the global pandemic. She remains at Her ashram in India at this time, spending many hours each day meditating for world peace, and for the health and prosperity of all humanity. As the world continues to struggle due to the pandemic and the various social restrictions in place, Amma is deeply saddened that she is unable to

events at <https://www.karunamayi.org/world-tour/north-america/> Pre-registration is required in order to attend the 11 am Eastern time zone virtual meetings. After registering, each person will receive a link for the meeting which is unique for each individual person and cannot be shared with others. While every effort will be made to broadcast these live sessions

with Amma, due to Amma's ashram being located in a remote, forested hill area of Andhra Pradesh, India, you may experience technical and/or connectivity issues before and during the sessions. Sessions are currently scheduled on Zoom Webinar but may be subject to change. Thank you for your understanding. Each session is free and will last about 1-1/2 to 2 hours.

**The Soul Matrix,
by Laurie Timmerman**

Spiritual development in the 3D Earth plane consists of the interplay of evolutionary forces of Light that reconnects us to our divinity, inner light and multidimensional nature and 'Dark' anti-evolutionary forces of separation and lower third density frequencies. Between 1987 and 2030, a great shift of consciousness has been occurring towards a fifth density paradigm of reality, also referred to as a time of ascension, for the planet and many millions of incarnated souls who have chosen this path. There are many Starseeds and Lightworkers who are going through the awakening process and waking up to their mission on the planet. It has been very difficult to maintain a high consciousness within the underlying energetic structures of this dense dimension. Over the past decades, a new high frequency grid has been created on the Earth. Many star races, such as the Arcturians, Pleadians and Sirians, are active in contributing to this new grid. The Soul Matrix platform offers a wide spectrum of free resources and

tools, including guided meditations and transmissions for connecting with the light, higher beings, and higher states of consciousness and for clearing out lower frequencies as part of energy hygiene. These are available on both his website www.theoulmatrix.com and his Steve Nobel YouTube channel. Steve Nobel is the author of five non-fiction books, the most recent is a free Ebook entitled 'Starseeds'. He was a director of a not for profit spiritual organization called Alternatives in London for 13 years until 2012.

**Sue Miller:
On The Cover**

Sue Miller is a professional artist living in Northwestern New Jersey. While her lifelong pursuit has been the fine art of watercolor and mixed media painting, she spent the first 20 years of her professional career in the commercial art field as artist/art director for advertising agencies, newspapers and department stores. About 23 years ago, she felt a change in calling and left the commercial art field to open a teaching studio in her home. Since opening The Magic Palette Art Studio, Sue has taught drawing and painting to several hundred students of all ages many of whom have gone on to pursue careers in art and art related fields. Working at home has also opened the door for her to continue her own painting on a more regular basis and pursue licensing her work to several companies that produce and market art related products. Additionally, Sue's paintings grace the covers of Pathways Magazine and several other periodicals.

Sue began her study of painting as a child with her artist/musician father, Tony Pacheco and continued this pursuit as a Fine Arts Major at The University of Massachusetts, Dartmouth..

Sue and her musician/writer husband, Vern, recently released their own "Fantasy Art and Poetry" book and are currently working on new joint ventures in art and poetry.

Sue also spearheaded the design and production of a beautiful, full-color coffee table art book titled "Pure Inspiration's Fantasy Art Collection" published by Light Stream Publishing, LLC. which is a compilation of inspirational art work by 16 well-known fantasy artists.

Much of Sue's work is presently licensed to several companies that manufacture and distribute products using art such as t-shirts, tags, cross-stitch kits and other products.

Sue's original artwork, books, prints, photographs and postcards are also available from her online gift shop on her website: www.suemillerart.com, and in her home studio.

Sue can be contacted at 973-663-4120 or email angelknock@optonline.net

**Book Reviews
Native Plants for Wildlife Habitat and Conservation Landscaping
Chesapeake Bay Watershed
...continued from page 47**

Topics include "providing habitat for local and migratory animals," conserving native plants, improving water quality, reducing time and money spent on mowing and watering, and nurturing vegetation with a "greater visual interest" more compatible with nature. "Beneficial landscaping" can resolve "problems of erosion, poor soils, steep slopes, or poor drainage." Larger plants that provide food and shelter for a variety of wildlife "have deeper roots that stabilize the soil and capture rainwater."

There are "approximately 30 million acres" of turf grass lawns throughout this country. Turf grass captures no stormwater nor provides food or habitat for wildlife. "The average home mower uses a quart of gas per hour. Grass clippings consume 25 to 40 percent of landfill space." These conventional practices also add to air and water pollution, while using up nonrenewable fuel and water resources. Mowing also dehydrates and compacts the soil. Operating a small gasoline-powered lawn mower

for one hour generates greenhouse gas emissions comparable to driving a vehicle between 250 and 500 miles.

Most mowers in use are much larger and operate from dawn to dusk as landscape workers move from one community to another. Emissions from leaf blowers are thirty-four times that amount, and the carbon footprint from trimmers is twenty times greater. Residents who use electric mowers need to be aware that they are probably relying on coal for energy if their homes are not powered by wind or solar; and they are still destroying food that pollinators and other beneficials need.

Healthy soil generates robust native vegetation and an ample supply of biodiverse insects, which 90 percent of our birds rely on for their survival and population numbers. Nurtured by composted food scraps and other non-toxic garbage buried in deep holes, the enhanced soil attracts and feeds earthworms that generate additional beneficial microorganisms. The soil then becomes even more of a sponge for absorbing and storing carbon from the atmosphere and rainwater during storms, thus protecting our watersheds and water sources by preventing runoff and flooding.

Vegetation to stabilize and enhance nourished soil will emerge naturally,

including native trees and robust local plants that also moderate extreme temperatures. This zero-waste and zero-carbon wildlife corridor will generate a biodiverse bee friendly, bird friendly, climate friendly, and watershed friendly environment.

For additional information, see Bringing Nature Home by entomologist Doug Tallamy; rainscapes.org (Montgomery County Department of Environmental Protection) for "Ten Easy Native Plants for Shady Gardens" and "Ten Easy Native Plants for Sunny Gardens"; the University of Maryland Extension Master Gardener for "Shady Garden Native Plants" and "Sunny Garden Native Plants" (go.umd.edu/mcmg); and Green Infrastructure Corridors, published by the American Planning Association (2013).

Alyce Ortuzar is a freelance medical and social science researcher, writer, and editor. She runs the Well Mind Association of Greater Washington, a holistic medicine information clearinghouse that focuses on environmental and nutritional influences on our mental and physical well-being. For five years, she edited the U.S. Surgeon General's smoking and health reports. She can be reached at 301.774.6617 in Montgomery County, Maryland.