

# PATHWAYS

MIND • BODY • SPIRIT • ENVIRONMENTAL RESOURCES  
IN THE WASHINGTON DC METRO AREA

NOW IN OUR 43rd YEAR  
FALL 19 • FREE



WANDERLUST BY STEPHANIE KIAH

Your Health In Fall: The Five Element Theory & The Season Of Letting Go • One Small Step  
Immunity For The Fall: Herbs & Other Allies • Mindfulness Tools For Activists • Book Reviews  
Yoga Today: The Four Desires: A Beginner's Guide • The Responsibility Of Secrets  
Shamanism: The Soul Retrieval Ceremony • What's Going On With Trump's Aura ?  
Finding Calm In The Storm • Hawaiian Energetic Healing: Maintaining Ancient Traditions In  
A Modern World • [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com) • [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)  
Join Us At Pathways Natural Living Expo 50th Anniversary September 29 • See Page 45



**Pathways  
NATURAL LIVING EXPO  
50<sup>th</sup> ANNIVERSARY**

*Many thanks to our friends and community. We look forward to seeing you at the show!*

**COME CELEBRATE WITH US!**

**Explore,  
Learn, Shop,  
Play, Network**

**And Have a Great Time at Our  
50th Expo of Healthy and  
Unique Goods and Services**

**Pathways Presents the 50th**

# **Natural Living Expo**

**Sunday, September 29, 2019 • 10 AM - 7 PM**

**130 EXHIBITORS • 56 WORKSHOPS**

**FREE INDOOR PARKING • EASY ACCESS AT THE BELTWAY & RT. 50**

**Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church, VA 22042**

**Only \$10 with coupons available at [www.naturallivingexpo.com](http://www.naturallivingexpo.com)**

**See the complete program beginning on page 45**

*Visit our Pathways table for FREE giveaways, enter our raffle and say hi!*

**ALTERNATIVE MEDICINE • ANGEL READINGS • ANIMAL WELL-BEING • ART • ASTROLOGY • AURA PHOTOGRAPHY  
AROMATHERAPY • BEADS & CRYSTALS • BOOKS • CHIROPRACTIC • CLOTHING • COACHING • CRAFTS • DENTISTRY  
ENERGY HEALING • FACE READING • FENG SHUI • HEALTH PRODUCTS • HERBS • HOLISTIC DOCTORS • HYPNOSIS  
JEWELRY • LEARNING CENTERS • MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NUTRITION • PAIN MANAGEMENT  
PALM READING • PHARMACIES • POLARITY THERAPY • PSYCHICS • PSYCHOLOGY • QIGONG • REFLEXOLOGY • REIKI  
SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAI CHI • TAROT • WEIGHT LOSS • YOGA • MUCH MORE • SPEND THE DAY!**

## **The Pathways Event of the Year**

Modern Medicine With Old Fashioned Family Service!

Your Full-Service  
Pharmacy  
& Compounding Specialist



We accept most insurance plans for prescriptions including CVS Caremark.

**Pharmacist Owned & Operated**



Alan Chiet, R.Ph.  
Pharmacist



Hossein Ejtemai, R.Ph.  
Pharmacist



Jessie Nibber  
Clinical Herbalist



Introducing  
Tatiana Veinard  
Nutritional Advisor

**Free Mini Wellness  
Consults Available!**

Personalized Approach  
to Each Customer –  
call today to schedule!



**Gluten/Lactose-Free  
Products & Formulations**

**Biomimetic Hormone  
Replacement Therapy**

**Veterinary Compounds/  
Pet Supplements**

**Natural Health  
and Beauty Aids**

**Vegan & Kosher  
Vitamins**

**Natural/Homeopathic  
Remedies**

*Come Experience the Difference*

10400 Connecticut Ave.  
Suite 100  
Kensington, MD

**Pharmacy Hours:**

**Mon - Fri 9am - 6pm  
Saturday 9am - 1pm**



Annual Fall Sale

**Up to 30% off**  
on Vitamins\* & Supplements  
in November

\*may not include all vitamin lines

**25% off**

Life Extension Supplements  
in September

301-942-7979 | KnowlesWellness.com

fax: 301-942-5544 Follow us on Facebook and Instagram!

# Better Health, Naturally

Leaders in Integrative Medicine, Holistic Dentistry,  
and Rejuvenation & Detoxification Spa Therapies

— *All under under one roof* —

## Holistic & Biological Family Dentistry

Experienced dentists who understand how oral health affects your whole body

- Leaders in mercury free dentistry for over 20 years
- More holistic options for pain and treatment
- Offering all Dental Services: preventive, restorative, crowns (same day), bridges, mercury removal, surgery, emergency, cosmetic and orthodontic care



## Integrative Medical Care

Treat the *root cause* of health issues for long term wellness

Holistic Primary Care for Adults and Children (Pediatrician)

- Acupuncture
- Autism
- Allergy, Food and Chemical Sensitivities
- Anti-aging
- Brain Health
- Breast/Body Thermography
- Cancer Treatment and Support
- Cardiovascular Risk Factors
- Chiropractic Care
- Diabetes
- Functional Medicine Testing
- Hormone/Thyroid and Adrenal Balancing
- IV Therapies (Myers, Detox, B12 and more)
- Lyme Disease
- Naturopathic Care
- Pain
- Sleep Issues
- Weight Loss



## Rejuvenation & Detoxification Spa Therapies

Restore the body to a balanced and healthy state

- Colon Hydrotherapy
- Infrared Sauna
- Ionic Footbath
- Massage
- Reflexology
- Reiki

— OPEN SATURDAYS —



National Integrated Health Associates

5225 Wisconsin Ave., NW, Suite 402

Washington, DC 20015

[www.NIHAdc.com](http://www.NIHAdc.com)

Call 202-237-7000

Please visit our online wellness store at

[www.worldwellnessstore.com](http://www.worldwellnessstore.com)

# Smile Herb

TRUST SMILE TO HAVE WHAT YOU NEED

HERBS | TEA | VITAMINS | SUPPLEMENTS | GIFTS | PLANTS | EDUCATION

We Carry Fine Organic Teas,  
European Fruit & Herb Teas, &  
Medicinal Tea Blends!

**Now Accepting** Vendor, Speaker,  
Musician, and Food Service  
Applications for our Harvest  
Moon & Herbs Festival October  
19th 2019 10 am - 4 pm



Love to Learn?

Smile features **DOZENS** of  
In-Person & Online Education  
Classes Taught by the Best on:

Herbs & Herbal Remedies \* Aromatherapy \*  
Crystals \* Vegan Cooking \* Art \* & MORE

## Professional Herbalist Certification Course

Deepen your knowledge with our extensive  
herbal education & hands-on training course.  
Instructors with over 150 years of combined  
practical herbalism experience.



### COOL FAQs!

Smile carries a large  
selection of hand-  
chosen crystals &  
minerals. We also  
have handmade  
African djembe  
drums & Ashanti  
drum classes!



For full class selections & registration visit [www.smileherb.com](http://www.smileherb.com)

- Vitamins & Supplements
- Bulk Botanicals & Teas
- CBD Products
- Aromatherapy
- Specialty Crystals & Gems
- Botanica Section
- Candles, Incense & Sage
- D.I.Y Supplies
- Unique Gifts
- Handcrafted African Drums



### Dealing with Pain

Have you heard  
about CBD? Smile  
carries a wide  
selection of Full  
Spectrum CBD  
Products

4908 Berwyn Road College Park, MD 20740 | (301) 474-8791  
[www.smileherb.com](http://www.smileherb.com) | [asksmileherb@gmail.com](mailto:asksmileherb@gmail.com)



# Pathways

www.pathwaysmagazine.com

## WHAT WE'RE ABOUT

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.

## FINDING PATHWAYS

Pathways circulates 40,000 copies quarterly by direct mail and through over 350 local businesses. Check the directory section under Natural Food Stores for a partial list of our distribution points. These points are also key locations where you can make connections with people of interests similar to your own. You can also find many of our locations at [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com). **You can also download a free copy of our complete online version of the print issue with hundreds of live links from our website!**

Pathways disappears quickly each quarter from many of our distribution points, so it's a good idea to get on our mailing list. Send us \$25 for a one-year subscription and have Pathways delivered to your door each quarter. Make all checks payable to Pathways and send to us at 6501 Eastern Ave., Takoma Park, MD 20912, or call us at 240-247-0393.

## ADVERTISING IN PATHWAYS

If you would like to advertise with us, contact us for specifications and rates. You can find our rates and specifications at: [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com). You can now even place and pay for your ad on our secure website. Or write to: Pathways, 6501 Eastern Ave., Takoma Park, MD 20912, or call us at 240-247-0393 (Mon.-Thurs. 12 PM - 5 PM). You can e-mail us at [advertising@pathwaysmagazine.com](mailto:advertising@pathwaysmagazine.com) or fax us at 888-262-0870 (toll-free).

We publish four times per year, 3/1, 6/1, 9/1 and 12/1. Advertising Deadlines are 2/1, 5/1, 8/1 and 11/1. If it is past the deadline, give us a call anyway—we may have space. Listings on our website are a free benefit to our display and logo listing advertisers.

**CELEBRATE PATHWAYS 50TH ANNIVERSARY NATURAL LIVING EXPO - SEE PAGE 45**

**Go to [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)  
for additional articles and resources.**

Lou deSabla  
**EDITOR/PUBLISHER**

Erin deSabla  
**MANAGING EDITOR**

Claudia Neuman  
**OPERATIONS MANAGER**

Christopher White  
**ARTICLES EDITOR**

Barbara Carpenter  
Cam MacQueen  
Daniel Redwood  
Harvey Wasserman  
Tom Wolfe  
**CONTRIBUTING EDITORS**

Ann Silberlicht  
**GRAPHIC DESIGN**

Michelle Alonso  
Geraldine Amaral  
Helena Amos  
Jay Arovas  
Karen Hardie  
Gareth Higgins  
Kathy Jentz  
Misty Kuceris  
Claudia Neuman  
J.P. Rippetoe  
Rose Rosetree  
Mack Rowe  
Laurie Timmerman  
Patricia Ullman  
Harvey Wasserman  
Chris White  
Susan Wolfe  
Tom Wolfe

**CONTRIBUTING WRITERS**

Alyce Ortuzar  
**BOOK REVIEWS**

*Wanderlust*  
by Stephanie Kiah  
see page 94 For Info  
**ON THE COVER**

HD Delivery Service  
571-435-2161  
**CIRCULATION**

### FALL 19

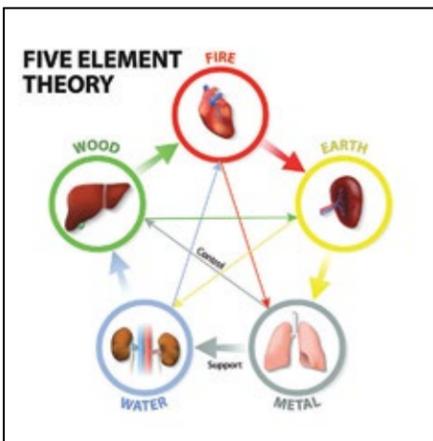
Volume 44, Number 3  
Published quarterly  
with the season change by  
LOU DESABLA  
PATHWAYS MAGAZINE  
6501 Eastern Ave.  
Takoma Park, MD 20912  
[www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)

**PHONE** 240-247-0393  
(Mon.-Thurs. • 12:00 PM - 5:00 PM)  
**FAX** 888-262-0870 (toll free)

**ADVERTISING E-MAIL:**  
[advertising@pathwaysmagazine.com](mailto:advertising@pathwaysmagazine.com)

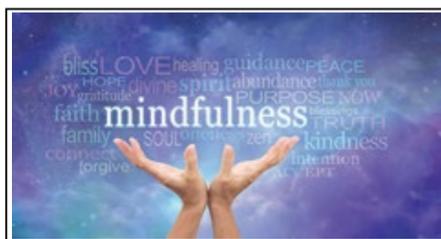
AD RATES ARE AVAILABLE  
ON OUR WEBSITE:  
[www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)  
Deadlines for Editorial and  
Advertising are  
2/1, 5/1, 8/1 and 11/1  
Publication is approximately  
four weeks after the deadlines.  
© 2019 Pathways Magazine  
Please e-mail all articles as  
attached files to the Editor at:  
[articles@pathwaysmagazine.com](mailto:articles@pathwaysmagazine.com)

mind • body • spirit • mind • body • spirit • mind • body  
 body • spirit • mind • body • spirit • mind • body • spirit  
**What's Inside**  
 spirit • mind • body • spirit • mind • body • spirit • mind  
 mind • body • spirit • mind • body • spirit • mind • body



**YOUR HEALTH IN FALL:  
 THE FIVE ELEMENT THEORY &  
 THE SEASON OF LETTING GO**  
 BY HELENA AMOS  
 PAGE 9

Holistic health practitioners employ a transdisciplinary approach to wellness that combines the knowledge from both Eastern and Western medicine to treat the whole person. One popular aspect of this layered method is the Five Element Theory. It is a road map between each of five elements—metal, water, wood, fire, and earth—and the human experience and environment.



**MINDFULNESS TOOLS FOR ACTIVISTS**  
 BY PATRICIA ULLMAN  
 PAGE 13

**RESOURCES FOR  
 CREATIVE LIVING**

- Book Reviews by Alyce Ortuzar... 24  
 —*The Schoolhouse Gate*  
 —*The Invention of Nature: Alexander von Humboldt's New World*
- Washington Gardener: My Two Cents: Thoughts On Gardening  
 by Kathy Jentz ..... 37
- Natural Living Expo Program ..... 45
- Network of Light News  
 by Barbara Carpenter ..... 70
- Classes and Learning Centers..... 73
- Health Services..... 77
- Metaphysical Sciences..... 79
- Personal Services ..... 81
- Psychology and Therapy ..... 81
- Resource Directory ..... 82
- Online Directory ..... 90
- Natural Food Stores Guide..... 91
- Advertiser Index ..... 94
- On The Cover ..... 94

**TO YOUR HEALTH**

**YOUR HEALTH IN FALL: THE FIVE ELEMENT THEORY & ..... 9**  
**THE SEASON OF LETTING GO**

BY HELENA AMOS

**HERB CORNER**

**IMMUNITY FOR THE FALL: HERBS & OTHER ALLIES..... 11**

BY TOM WOLFE

**MIND • BODY • SPIRIT**

**MINDFULNESS TOOLS FOR ACTIVISTS ..... 13**

BY PATRICIA ULLMAN

**YOGA TODAY**

**THE FOUR DESIRES: A BEGINNER'S GUIDE ..... 15**

BY CLAUDIA NEUMAN

**MIND • BODY • SPIRIT**

**ONE SMALL STEP ..... 17**

BY REV. GERALDINE AMARAL

**ASTROLOGICAL INSIGHTS**

**THE RESPONSIBILITY OF SECRETS ..... 19**

BY MISTY KUCERIS

**MIND • BODY • SPIRIT**

**SHAMANISM: THE SOUL RETRIEVAL CEREMONY..... 31**

BY PAUL SIVERT

**ENERGETIC LITERACY**

**WHAT'S GOING ON WITH TRUMP'S AURA ? ..... 34**

BY ROSE ROSETREE

**MIND • BODY • SPIRIT**

**FINDING CALM IN THE STORM ..... 39**

BY MACK ROWE

**MIND • BODY • SPIRIT**

**HAWAIIAN ENERGETIC HEALING: MAINTAINING ANCIENT ..... 41**

**TRADITIONS IN A MODERN WORLD**

BY JAY AROVAS

**PATHWAYS 50TH ANNIVERSARY NATURAL LIVING EXPO**

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

Please set aside Sunday, September 29 on your calendar to share our joy at our

**50th Natural Living Expo.** It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. We have been blessed with the honor of hosting this mind, body, spirit event for all these years and we are 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. We are back at the Fairview Park Marriot Hotel And Conference Center in Falls Church, VA.

At only \$10, it's cheaper than most movies. You can visit 130 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. See the full program beginning on page 45.

**www.PathwaysMagazine.com • www.NaturalLivingExpo.com**



# EVOLUTION

JANUARY 16-20, 2020

ARLINGTON, VIRGINIA

[www.InterfusionFestival.com](http://www.InterfusionFestival.com)

# Your Health in Fall: The Five Element Theory & the Season of Letting Go

BY HELENA AMOS M.A.C., L.A.C.,  
EURO. PHYSICIAN

Holistic health practitioners employ a transdisciplinary approach to wellness that combines the knowledge from both Eastern and Western medicine to treat the whole person. One popular aspect of this layered method is the Five Element Theory. It is a road map between each of five elements—metal, water, wood, fire and earth—and the human experience and environment. Each element corresponds to an internal organ system, and each organ system is associated with specific emotions, all of which is linked within their related seasons. When the health and wellness of one's body and mind is compromised, Traditional Chinese Medicine (TCM) and holistic health practitioners use their knowledge of all these correlations to identify causes and treatments.

Using the seasons as our guide, we'll start a series to explore the Five Element Theory with a brief overview of each associated element and emotions; describe the organs/meridians associated with TCM, and the physical and psychological conditions & imbalances that can occur (and how to spot the indicators on your face); and review what East-West treatment approaches can be used for healing. (Each season will follow in subsequent articles.) We'll begin with the Fall season.

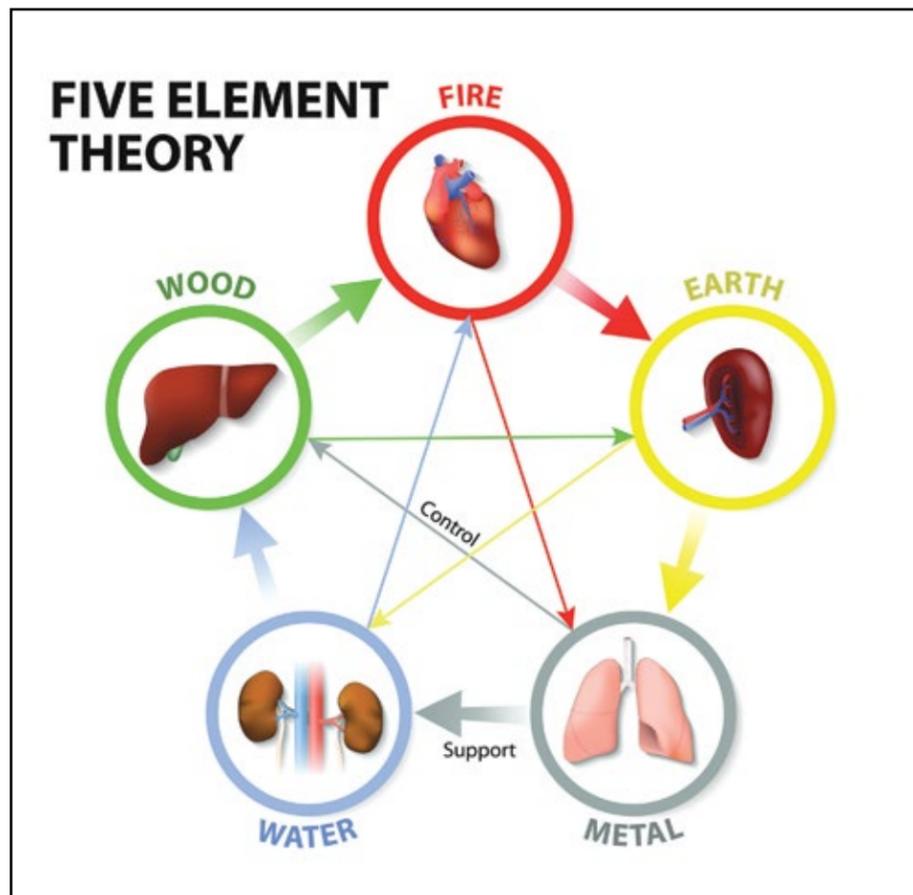
## Fall: The Season of Letting Go

In the Five Element Theory, the autumn is associated with the Metal element. The emotion associated with autumn is grief. While there is no good or bad emotion according to Chinese medicine, the emotion of grief is connected to autumn because it is an emotion of letting go in order to create the new. It's when nature is finishing its yearly cycle.

Someone who has an imbalance in the metal element may feel stuck in the cycle of grief. Psychologically, it makes a person unable to cleanse and prepare for their personal growth. In order to allow new energy and inspiration, we should be able to process grief in a timely and healthy way.

Physically, the organs associated with the metal element are the lungs and large intestines. Generally speaking, the large intestine's role is elimination of toxicity from our bodies. In terms of the body-brain connection, a healthy large intestine meridian helps to let go of toxic thoughts. It also follows that the health of one's lungs is critical for breathing, both physically and mentally, especially if the goal is exhaling – a literal letting go!

Conditions associated with metal element during the fall season directly affect the health of the lungs and large



© Designua | Dreamstime.com

intestines. Ailments like allergies and bronchitis flair up, while mood swings take a downturn in response to darker, colder days. Here is a list of conditions in fall affecting the metal element:

- Common colds
- Flu
- Asthma/allergies
- Sinusitis
- Bronchitis
- Constipation/diarrhea
- Colitis, diverticulitis
- Leaky gut syndrome
- Skin disorders
- Arthritis
- Grief and sadness (lung)
- Self-esteem issues (lung)
- Inability to let go (colon)
- Perfectionism (colon)

## Facial Signs of Lung and Colon Imbalance

Your face is often the first place to find visible indicators that something is amiss. Imbalance in the lung meridian fails to nourish and moisturize the skin. On your face, this translates to dry, rough, itchy skin and wrinkles, which are related to the quality of your Lung Chi, or energy. Any issues with or around the mouth, like chapped lips or the presence of a cold sore, may indicate a problem with the colon. Excessive wrinkles at the nasolabial area and puppeteer lines can also indicate a weak colon. Sagging jowl areas and lower cheek-area wrinkles indicate

a weak lung meridian. Everything is connected. Besides local facial acupuncture points, it is important to support and to take care of internal conditions and balance the whole body.

## Sinusitis. Allergies. Bronchitis.

Sinusitis in many individuals tends to become a chronic condition. The reason for this is that most methods of treatment fail to drain the sinus cavities completely of mucus and discharge, which creates a pattern of ongoing infection. Treatment of the infections with antibiotics can weaken an immune system; furthermore, they may cause the development of secondary fungal infections that is often overlooked. TCM uses natural supplementation and change of diet to treat pathogens thereby boosting, not damaging, the body's immune response. Acupuncture can also be very effective in opening up nasal passages, allowing patients to breathe easily; the most common acupuncture point is called the Bitong point, which translates to "opening up the nose." Herbal, nutritional, and homeopathic remedies would enhance and expedite the results.

## Leaky Gut Explained

Intestinal hyperpermeability, or leaky gut, is a common condition in which the intestinal membrane is damaged and becomes too permeable. Mucus membranes of the gut develop

enlarged spaces that create a dangerous situation in which undigested material enters the blood stream through these gaps. The body recognizes the foreign matter and creates an immune response. As a result, antibodies are created. This autoimmune response manifests as allergic sinusitis, arthritis, asthma, colitis and more.

What causes the condition known as leaky gut syndrome? Leaky gut may result from a combination of genetics, environmental irritants (mold, pesticides) and other lifestyle factors (food preservatives, nonsteroidal anti-inflammatory drugs, etc.). Candida overgrowth as well as SIBO (small intestine bacteria overgrowth) and parasite infection can cause leaky gut, too.

Leaky gut syndrome is a cause of the following common conditions: asthma; food allergies; chronic sinusitis; eczema; urticarial; migraine; irritable bowel; fungal disorders; fibromyalgia; and inflammatory joint disorders including rheumatoid arthritis. It also contributes to PMS, uterine fibroids, and fibrocystic breasts.

An individual experiencing leaky gut syndrome may suffer from bloating, fatigue and brain fog. As a result, it may also cause obesity, depression, ADD, autism, ulcerative colitis, Crone's disease and the autoimmune diseases.

Removing inflammatory foods, such as sugar, dairy, white flour is a first step to balance. Certain tests will help to determine your food sensitivities, with treatment approaches ranging from a BIOSET protocol to individually designed diet plans and supplements. Research has also shown that neurotransmitters and other chemicals are produced in our gut and also affect the brain. To repair leaky gut syndrome, use of probiotics and prebiotics, colostrum, L-glutamine, Chinese herbs and homeopathics, plus digestive enzymes would restore the integrity of the gut lining, and prevent mucous membrane from "leaking". By restoring good types of bacteria in the intestinal tract it may be possible to improve brain health, to help anxiety, depression and more.

## Autumn Transition For Mind and Body

Restoring balance within the metal element and the emotions it associates with will go a long way to helping your health in the fall season. There are several ways to accomplish this transition from conditions of dis-ease to wellness:

- Breathe. Focus on some deep breathing techniques, which help lung function and relaxation.

continued on bottom of page 61



## *Uma Alexandra Beepat*

*Intuitive Consultant, Metaphysical Teacher,  
Psychic Spiritual Mentor  
Owner of Lotus Wellness Center  
Manassas, VA  
www.umalotusflower.com*

### **Sessions with Uma:**

- Spirit Communication
- Intuitive Readings
- Mentorship for Spiritual Development
- Past Life Regression/Hypnosis
- Life Coaching
- Access Bars
- Reiki/IET
- Bach Flower Blends

*Check out our calendar for dates and class descriptions:  
www.meetup.com/thelotusandthelight*

### **Upcoming Classes with Uma:**

- Psychic Development Circle
- Channeling Circle
- Group Past Life Regression
- Reiki I, II and III Classes
- Introduction to Spirit Communication
- Angel Tarot Card Workshop
- Tuning Fork Therapy Workshop
- Access Bars Class
- IET Beginner, Intermediate and Advanced Classes
- and many more!

### **PATHWAYS SPECIAL**

***FREE***  
***one card reading***  
***with Uma!***

Email Uma with your question at  
uma@lotuswellnesscenter.net  
and you will receive an email with  
your angel tarot/oracle card reading!

Expires: November 30, 2019



**Lotus Wellness Center**  
**Healing for the Body, Mind & Spirit**

*Follow me on Social Media for  
FREE readings and spiritual discussions!*

- Facebook: Uma Alexandra Beepat
  - Twitter: lotuswellness1
  - Instagram: umalotusflower78
  - YouTube: Lotus Inspiration1111

703-369-6762

uma@lotuswellnesscenter.net

**www.umalotusflower.com**

# Immunity for the Fall...

## Herbs and other Allies

BY TOM WOLFE

*“Collectively, these diseases where the immune system attacks itself affect more than 24 million people in the United States. An additional eight million people have auto-antibodies, blood molecules that indicate a person’s chance of developing autoimmune disease. Autoimmune diseases are affecting more people for reasons unknown. Likewise, the causes of these diseases remain a mystery.”*

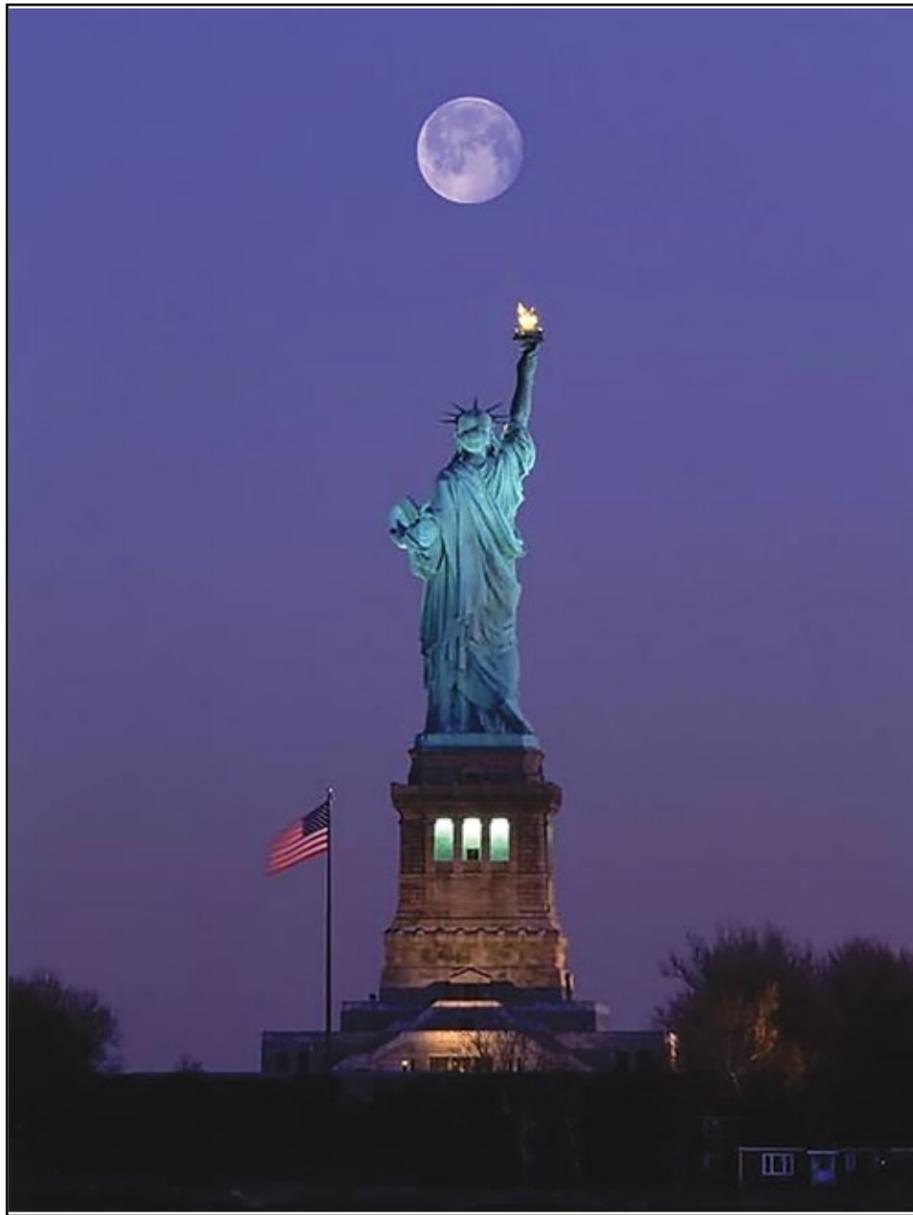
—National Institutes of Health  
National Institute of Environmental Health Sciences Website 8.08.2019

Well, I must be getting older, for with this issue yours truly has been writing Herb Corner for Pathways Magazine for over 30 years. And this issue’s Herb Corner, oh Readers of Pathways Magazine, is about using herbs and other allies to build immunity. The population of the United States is (as of 2018) 327.5 Million people. The above quote from the National Institutes of Health gives the startling statistic that 32 million people are affected by some stage of immune disease. That would be almost one in ten citizens of the USA. Possibly more than any other category of herbal use, immunity has a greater gap in perception as to efficacy. Immune building herbs may have more support from professional herbalists, and less support from the scientific community, than any other category of herbal medicine.

Last month the founder of the American Botanical Council, Mark Blumenthal, came over to my house for a visit. Mark was on his way back to Austin, Texas where his work in compiling scientific studies on medicinal herb use is based. Mark shared with me that he now has nine databases representing over 6,600 studies worldwide on the medicinal use of herbs. One of these databases, the German Commission E Monographs, Mark and I co-published in 1998. As we discussed which of these databases would be used on Smile Herb Shop’s new website, Mark asked me if I was interested in scientific or folklore-based data. My response without hesitation was “both please!” As you will see in the next few paragraphs there is still quite a lot of work to do in establishing the responsible use of herbal medicine in immune function. This will involve deep research (and deep listening) for there is quite a consensus among herbalist that plant-based medicine helps immunity that is not yet shared by the dominant paradigm.

First of all what is the definition of immunity?

Immunity: “A condition of being able to resist a particular disease especially through preventing development of a pathogenic microorganism



or by counteracting the effects of its products.” Merriam Webster

Immunity: “The ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells.”  
Oxford English Dictionary

To determine what research is accepted by our scientific community let us look at Harvard’s website. Here are the 9 strategies the Harvard Medical School Website reports work to build immunity.

- Don’t smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

You will notice as I did, that although

Harvard says there is enough evidence to support the use of fruits and vegetables in building immunity, there is no mention of herbs. This omission in reporting the data about herbs and immune function reminds me of 1997, when I was the principal investigator of a great team of herbalists and scientists on the use of hawthorn and garlic in stage one high blood pressure. As we were preparing to present the data we had found to the Society of Teachers of Family Medicine, we discovered that the 5<sup>th</sup> Joint National Commission on Hypertension in 1997 said there was “no evidence on the use of herbs helping in high blood pressure.” We had just found over 500 valid scientific studies just on hawthorn and garlic alone, and our conclusions were well received at the Society of Teachers of Family Medicine’s annual conference. Under the circumstances it made us wonder how so much herbal research was being unreported on such an important condition as high blood pressure.

Having worked with Mark on the

over 6,000 studies on herbs represented in the German Government’s Commission E Monographs, many of which had to do with immunity, the idea that there is more evidence about fruits and vegetables than herbs is weak science at best. When it comes to herbs Harvard Medical says on their website that there is “not enough evidence yet to support using herbs to help immunity.” Really, fruits and vegetables are approved, but not herbs? These many thought provoking (and God willing research provoking) studies are available at [www.Herbalgram.org](http://www.Herbalgram.org). Here is what Harvard Medical Schools website has to say about the use of herbal prevention of Immune disorders.

Improve immunity with herbs and supplements?

Walk into a store, and you will find bottles of pills and herbal preparations that claim to “support immunity” or otherwise boost the health of your immune system. Although some preparations have been found to alter some components of immune function, thus far there is no evidence that they actually bolster immunity to the point where you are better protected against infection and disease. Demonstrating whether an herb — or any substance, for that matter — can enhance immunity is, as yet, a highly complicated matter. Scientists don’t know, for example, whether an herb that seems to raise the levels of antibodies in the blood is actually doing anything beneficial for overall immunity.

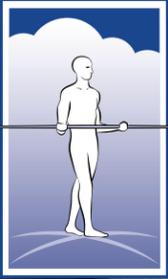
Harvard Medical School Website  
8.07.2019

So, having acknowledged that the scientific community does not give much credence to the consensus within the herbal community on the valid use of herbs in immune function, let us look at some of the top herbs for immunity. The human immune system is a complex and beautiful set of relationships among the nerves, lymph, blood, and organs. Our bodies’ ability to fight off pathogens, grow new tissue, and resist environmental toxins is nothing short of extraordinary. And yet it is the most ordinary thing in the world.

In the Autumn, with Winter approaching, it is a perfect time to give our immune systems a little extra nourishment and support. Taking good care of ourselves now can help protect us from colds and flus as the weather changes.

The herbs that help the most in preventing illness are the immune tonics and the adaptogens. These herbs both support immune function and help our bodies deal with stress. Herbs to stimulate immune function, such as echinacea and oregano, are best saved for later, when we are actually ill. So, for prevention, we are going to look at

continued on page 61



**You asked... and we heard you!**  
**PMTI's acclaimed program is now available in 9-month and 18-month formats!**  
**Same great program! Same amazing experience! Same low price!**  
**Join us September 7th for our first start!**

Find out more – RSVP to our next FREE Info Session: visit [www.PMTI.org](http://www.PMTI.org) or call (202)686-7046

# Potomac Massage Training Institute



## Be a Professional Massage Therapist

- We provide one of the most comprehensive and respected Professional Massage Training programs in the US
- Over 600 hours of Professional Massage Therapy Training
- PMTI graduates have a **98% average pass rate** on the National Massage & Bodywork Licensing Exam (MBLEx) (vs. national average of 62% – source: FSTMB 2010-2018)
- Lowest Cost Tuition Massage School in Maryland
- **Continuing Education and Workshops to fulfill licensing requirements and help your practice grow**
- Easy Metro access in Silver Spring, Maryland



## Serving Professionals in Bodywork

PMTI is one of the largest DC-area retailers of Biotone®, Oakworks®, and Young Living Essential Oils®. We also carry a wide selection of books and supplies to enhance your massage education or practice, for both licensed therapists and the wellness-aware community.



**New Client Special:**  
**50% off\***  
 your first session  
 \*Limitations apply, call for details.

Book your next massage at the  
**PMTI Clinic: Student \$45 / Graduate \$65**

Appointments online: [www.PMTI.org](http://www.PMTI.org)  
 Appointments by phone: (202) 686-7046  
 Join our email list for specials deals!

## Community Workshops & Continuing Education

- Couples Massage: Sept 15, Oct 12
- Touch Of Massage: Sept 14, Oct 20, Nov 9
- YogAnatomy (Lower Body): Sept 22
- Ayurveda for Bodyworkers: Oct 5-6
- Restorative Hot Stone Therapy w Deep Tissue: Oct 26-27
- Nurturing The Mother®: Oct 4-6
- Reiki I: Sept 28 • Reiki II: Sept 29 • Reiki III: TBA
- Manual Lymph Drainage® 3 & 4 (Therapy II & III): Sept 4-15
- Advanced Topics in Craniosacral Biodynamics 3: Sept 27-29
- Oncology Massage: Oct 11-13
- Visceral Manipulation: Oct 18-20
- Mentastics - Gravity & Levity: Sept 20
- Mentastics - Fascia & Fluids: Oct 25
- Mentastics - Intake & Integration: Nov 22
- Functional Bowen™ Therapy: Concepts I©: Mar 6-8

### WEEKLY WORKSHOPS

- Community Yoga: Mondays & Thursdays
- Mindfulness Meditation: 2nd & 4th Wednesdays

### CERTIFICATIONS

- CPR & First Aid (Red Cross Approved): Oct 27
- CPR for Healthcare Practitioners: Nov 17  
(meets MD-LMT Licensure Requirements)

### COMING SOON

- Biodynamic Craniosacral Therapy Certification:  
next series starts in 2020
- Healing Bowls with Ram Sharon Nepal
- Trager® Practitioner Certification with Roger Tolle  
next series starts in September 2019

**Visit [www.PMTI.org](http://www.PMTI.org) for updates**  
**New classes added regularly**

Dates and times subject to change.

8380 Colesville Rd., Suite 600 • Silver Spring MD 20910  
**[www.PMTI.org](http://www.PMTI.org) (202)686-7046**



© Nikki Zalewski | Dreamstime.com

# Mindfulness Tools for Activists

BY PATRICIA ULLMAN

Activists are at a high risk of burnout, which can lead to disengagement. This is so prevalent that it's considered a syndrome that constitutes a significant and systemic obstacle to social justice movements. One of the root causes of this type of burnout is an activist culture which lionizes sustained passion and effort, often discounting or even looking down on the importance of self-care. The urgency of issues can lead to feelings of guilt when any personal time is taken, so more education is needed in the necessity of restorative time for optimum effectiveness—the idea of “putting on your own oxygen mask first” before you can help others. This is counter-habitual, and often very difficult logistically, but it's necessary to find some way of taking even small steps to sustain us as we engage in the important work required of us.

This intersection of activism and mindfulness was brought into the spotlight for me in the spring of 2017, when Washington was gearing up for a vote on the Affordable Care Act. Republican determination to repeal the entire bill without an alternative plan threatened healthcare for millions of people, including cutting off funding to Planned Parenthood for at least a year.

I was working at a mindfulness studio in the DC area when Planned Parenthood contacted us inquiring about a private session for their group. Staffers from around the country were flying in to Washington to confer, lobby, and protest, and they were working around the clock in a high charged, high stakes situation. They were concerned about burnout, interested in self-preservation, and aware of the urgency of being awake and focused while they navigated this political maze.

My studio owner asked me if I would be able to provide an hour-long session one weekday during the lunch hour, so I planned for it and headed downtown on a warm April day. The Planned Parenthood group was using

the ACLU headquarters on 15th Street for their meetings and had set aside a conference room for this gathering. There were about 25 people present; it was impressive that they were taking this time to sit still, considering it felt like we were in the eye of a hurricane.

~  
Thich Nhat Hanh, the Vietnamese Buddhist teacher and activist who worked to end the war in Vietnam and was nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr., was an advocate for peaceful protest. He talks about burnout in his book *At Home in the World*:

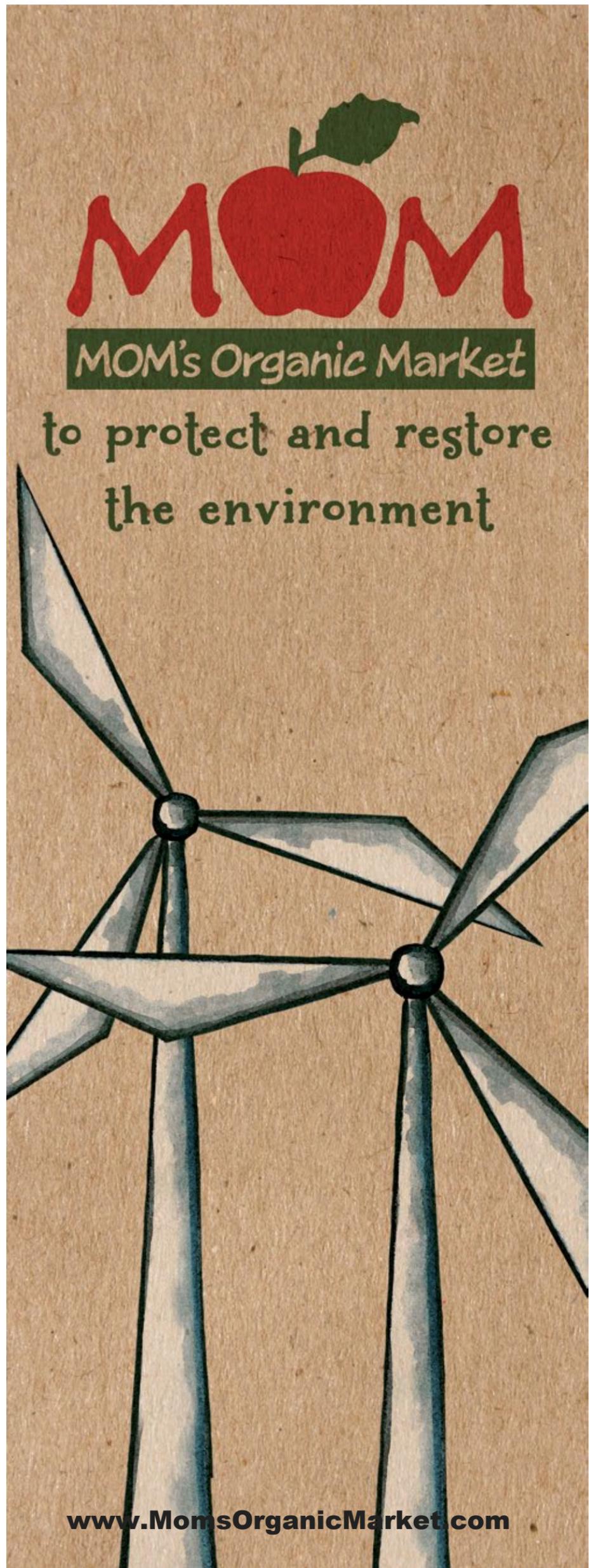
*[I]f we don't maintain a balance between our work and the nourishment we need, we won't be very successful. The practice of walking meditation, mindful breathing, allowing our body and mind to rest, and getting in touch with the refreshing and healing elements inside and around us is crucial for our survival.*

This quote beautifully encapsulates what we can do to balance the demands of our intense lives with, as he says, the “nourishment we need.” In order to sustain our physical and mental health in the midst of everything our important work demands, we need to find ways to allow our bodies and minds to rest and recuperate. We need to “get out of our heads,” so that our brains can refresh and we can return to our work with renewed attention and focus.

There are a number of studies suggesting that we benefit in many ways by stepping away from our outer and inner busyness. Deliberately creating simple opportunities for more peace and quiet, like walking in nature, eating a quiet meal, or gazing out of a window, puts us in touch with our non-ruminative, non-discursive mind. This not only helps to reduce anxiety and increase awareness of our present situation, but it tends to lower blood pressure and reduce stress-related hormones.

Stopping to scan our bodies, check

continued on page 63



[www.MomsOrganicMarket.com](http://www.MomsOrganicMarket.com)

# HEALING AS NATURE INTENDED

## Colon Hydrotherapy & Herbal Cleansing Programs

**Colon Hydrotherapy** is a safe, painless, and effective method of removing waste from the large intestine without the use of drugs or laxatives. By introducing ultraviolet-light purified, carbon filtered, and temperature controlled water into the colon, waste is softened and loosened resulting in evacuation through natural muscle contraction or peristalsis. This process is repeated many times during a therapy session.

State of the Art FDA approved colon hydrotherapy equipment, disposables and WSSC Clean-Water-Act Certified.

**Privacy + Comfort + Support**



**Herbal Cleansing:** Along with colon hydrotherapy, it may be helpful to cleanse the body in stages: liver, gallbladder, lungs, kidneys, bladder, lymphatic system, bloodstream and even your skin! We use only Certified Organic, Wildcrafted and Responsibly Harvested herbs. **5 to 21 days herbal cleansing programs available.**

## Soft Tissue Release A Pain Reduction-Elimination Therapy

Soft Tissue Release is a unique injury treatment technique for soft tissue dysfunction that can provide relief from chronic or acute pain in as little as one session. At the heart of STR is a specific compression and precise extension. This coordinated movement is administered in a systematic manner resulting in a profound opening effect on all micro trauma and scar tissue. Muscle memory is engaged and relief from pain starts immediately.

### Who needs STR?

- **Repetitive Strain Injuries** that may take the form of muscle spasms, strains, inflammation of joints and various soft tissues, loss of motion, and chronic pain. Some examples are carpal tunnel syndrome, tennis elbow, golfers elbow, rotator cuff injury, and frozen shoulder problems.
- **Chronic low back pain:** including Piriformis Syndrome and the referred problems of Quadratus Lumborum – the two most overlooked, insidious perpetrators of low back pain
- **Whiplash injuries:** including Levator Scapular, Scalenes, and SCM, pain “between the shoulder blades”, and repetitive use problems involving Rhomboids, mid and upper traps
- **Sports injuries:** including Plantar Fasciitis, heel pain, shin splints, knee pain, Hamstring, Quad, and IT band problems, and Adductor and groin injuries
- **Fibromyalgia and Thoracic Outlet Syndrome** including myofascial pain syndrome and primary fibromyalgia

## Lymphatic Therapy

### Benefits:

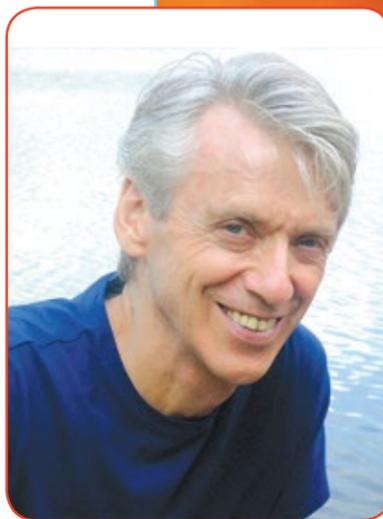
- Removes metabolic wastes, excess water, toxins, bacteria, large protein molecules and foreign substances from the tissues.
- Helps to alleviate pain by reducing the pain signals sent to the brain.
- Relaxes the sympathetic nervous system, thus helping to relieve stress.
- Supports and enhances the action of the immune system.
- Helps the body heal more quickly from injuries, surgical trauma, chronic conditions, and edema.
- Helps to minimize scar formation.

## Juicing & Raw-Living Food Menu Preparation Coaching

Learn first hand to make Cold-Pressed, Cleansing and Nourishing Juice Recipes, Wondrous Appetizers & Side Dishes, Creamy Nut Milks & Non-Dairy Yogurt, Tasty Soups, Breads & Crackers, Sassy Sauces, Dips & Spreads, Hearty Entrees, Super Salads, Marinades & Condiments, Delicious Dressings, and Delectable Desserts & Drinks.

Instruction given by Robert Jordan – 35 years background in raw foods preparation and Living Foods Lifestyle.

*“As I see it, every day you do one of two things: build health or produce disease in yourself.” — Adelle Davis*



**Robert Jordan,**  
M.A.Ed., LMT, BCTMB,  
I-ACT Certified  
Colon Hydrotherapist,  
President

Robert Jordan Health Services LLC  
6810 Tilden Lane, Rockville, MD 20852

[www.robertjordanhealthservices.com](http://www.robertjordanhealthservices.com)  
[info@robertjordanhealthservices.com](mailto:info@robertjordanhealthservices.com)

Mastercard, Visa Accepted  
Gift Certificates Available

For appointments and  
additional information call:

**(301) 468-3962**



## The Four Desires: A Beginner's Guide

BY CLAUDIA NEUMAN

*"You are what your deep, driving desire is. As your desire is, so is your will. As you will is, so is your deed. As you deed is, so is your destiny."*  
-Brihadaranyaka Upanishad IV. 4.5

Although many of us don't think that yoga has anything to do with our psychology and mental health, I want to assure you that yoga has everything to do with it. One good reading of the ancient texts, such as the Bhagavad Gita, is testimony to the tradition's primary aim, which is and always has been, to address the inner turmoil of the human condition through applied yoga practice.

Our current day interpretation of yoga is heavily colored by our fascination with doing yoga poses. We receive endless instruction about how to place our bodies in the poses, but hardly ever does a yoga class provide instruction on how live in the world when we aren't doing yoga poses. One should speak to the other; the practice should be our vehicle for assessing our lives off the mat. If it is only about the physical, we have not realized the full

potential of what yoga is.

The Four Desires work is exactly about this: using the wisdom of the Vedic principles to take an honest look at how you have shaped your life, consciously, and, unconsciously. In the quote above, from the Brihadaranyaka Upanishad, we are being encouraged to contemplate what our deepest driving desire is, because, our desires create our reality. The founder of this work, Yogarupa Rod Stryker, adds that the question we all ask ourselves thousands of time a day is 'What's Next?' The way we answer the question, according to Stryker, is how our lives are created.

For example: if you have always wanted a fulfilling relationship or a successful career and have not been able to make that happen, it is because the deepest drive underneath it all might be

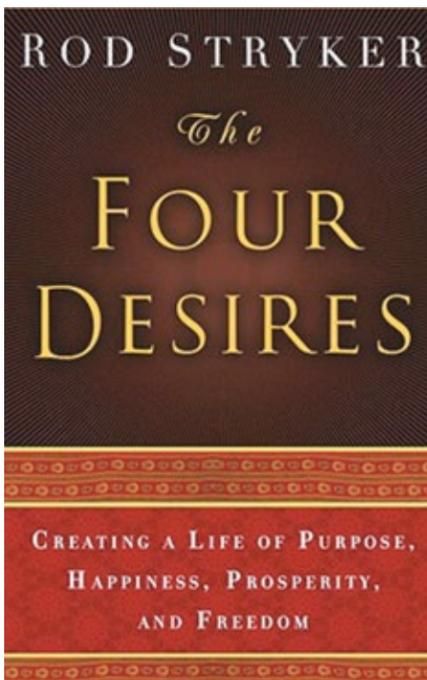
holding you back. The yoga tradition, as mentioned, is psychology. Throughout all the seminal texts, we are being asked to self reflect and uncover the sources of limitation within ourselves. The point is made, over and over again, especially in the Yoga Sutras, that we are creatures of habit. We have tendencies, called Samskaras, that are so deeply entrenched in our DNA we often times cannot find the truth for ourselves. The practice of meditation and contemplation eventually help us to see.

The basic idea is: we all play a part in the larger scheme things, and, our souls are meant to guide us. To fulfill the soul's purpose is the key to living a fulfilled life: not only does it create happiness for you, but benefits all those around you as well. If, at your

core, your deepest desire is an unconscious drive not to be rejected, or, to stay safe, because of how past events have influenced you, your chances of fulfilling the career or relationship plan is slim. In a Four Desires workshop, one of the things you will be asked to do is to evaluate the lessons in life that you have learned, and, the ones you haven't. The ones that you have to keep repeating hold some insights into what might be holding you back.

It's not always easy to know what we are here to do. We see plenty of examples in our world today of people who might be successful in their lives, but still show no moral compass or awareness of the impact their actions have on the whole of society. Money, power, and accomplishments are not always the measure of fulfilling one's life's purpose. Another thing you will do in a Four Desires workshop is to contemplate the times in your life when you were thriving. As you evaluate this, you will find that there are aspects of yourself that came into play to help you overcome your limitations. This is another key, and, quite helpful insofar as determining your soul's purpose.

continued on bottom right of page 64

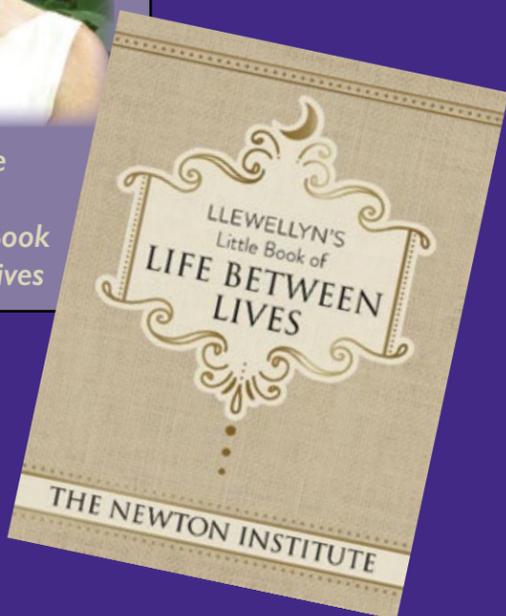


## Soul Source ~ discover your soul's plan for this lifetime



Joanne Selinske  
Co-Author  
Llewellyn's Little Book  
of Life Between Lives

*Join me to discover your life purpose and destiny; and to understand patterns of behavior and relationships!*



**Past Life & Life Between Lives Regression®**

**Spiritual Counseling**

**Transpersonal Journeys**

**Quantum Consciousness**

**Spirit Releasement**

[www.theSoulSource.net](http://www.theSoulSource.net) 18015 Muncaster Road, Derwood MD 20855 410.371.7950

# It's all about YOU!

You are a unique person, and you deserve an individualized approach to your healthcare needs.



VillageGreen<sup>®</sup>  
Apothecary

*Individualized Nutrition, Pharmacy and Healthy Living*

At Village Green, you'll find a full range of nutrition and healthy living resources, as well as traditional pharmacy services, plus...

**Personal attention & top-notch service** We offer the kind of person-to-person help that mass-market pharmacies just can't give you.

**Extensive product selection** We have over 10,000 nutritional supplements, plus natural beauty care products, homeopathic remedies, and health-related books.

**Personalized health plans/Essentials of Healthy Living™ program** Consult with our health experts about an individualized health plan and get a free, customizable information packet. Private consultations are also available.

**Individualized testing** We work with doctors and health practitioners who test for nutritional deficiencies, hormone imbalances, food sensitivities, heavy metals, and environmental toxins, and then recommend a plan that includes specific supplements or specially compounded formulas.

**Extensive knowledge & expertise** Our 45 team members (including pharmacists, nutritionists, naturopathic doctors and clinical herbalist) are knowledgeable about the highest quality forms of nutrients and how they work together.

**Drug/nutrient interaction and depletion review** Ask us for help in making sure your prescriptions and supplements aren't working against each other.

**Educational resources** Visit MyVillageGreen.com and discover our healthy living blog, free email newsletter, and "Ask the Expert" service. And tune in to our weekly radio show, "Essentials of Healthy Living" Sunday mornings from 10-11am on 1500 AM (WFED).

**Customized compounded prescriptions (Just what the doctor ordered!)** Allergic to dyes or fillers? Need an easy-to-swallow liquid? Looking for a special formulation for your dog or cat? We're experts at compounded prescriptions — custom-blended in the form, flavor, and size you prefer.

**Save up to 20% everyday** on nutritional supplements and body care products including specialty and practitioner brands like Xymogen, Metagenics, Nordic Naturals, and Thorne.

## SAVE \$5.00

when you spend \$50 or more on nutritional supplements.  
Shop in-store or online.



VillageGreen<sup>®</sup>  
Apothecary

Valid on nutritional supplements only. Excludes prescriptions, compounded Rx, personal care products, over-the-counter items and special orders.

Limit one per customer from Sep. 1, 2019 to Nov. 30, 2019.

Online shoppers, enter code: **Pathways5** at checkout.

Expires: November 30, 2019

Store code: 4511



### DELIVERY SERVICES

We conveniently deliver in the suburban MD area.

Tel 301.530.0800 | Info@myvillagegreen.com  
www.myvillagegreen.com

5415 W. Cedar Lane, Bethesda, MD 20814  
M-F 8:30 am – 6 pm | Sat 8:30 am – 5 pm

Directions: Traveling on Route 355 (Rockville Pike), take W. Cedar Lane (3rd light inside the Beltway/I-495). Travel 1/2 mile, and Village Green Apothecary is on the right.

BY REV. GERALDINE AMARAL

# One Small Step

Jesus spoke and He said: “For I assure you *and* most solemnly say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.” *The Holy Bible*, Matthew 17, v. 20

“What shall we say the Kingdom of God is like?” asked Jesus. “What parable shall we use to explain it? It is like this. A man takes a mustard seed, the smallest seed in the world, and plants it in the ground. After a while it grows up and becomes the biggest of all plants. It puts out such large branches that the birds come and make their nests in its shade.” *The Holy Bible*, Mark 4:30-32

What does it really take to make lasting changes in our lives? Now that we have passed the half way mark of 2019, and the New Year’s Resolutions you made so passionately at the beginning of the year have all been forgotten, maybe it’s time to reflect on those promises and goals. Or maybe there are some improvements you wish to make in your life, but feel paralyzed by how to begin. Sometimes it does seem daunting to find the time to focus on the changes we want to make, it seems there is always something standing in the way of achieving our goals. So, even with the best of intentions, the prom-

ises we make to ourselves do not prevent our self-defeating patterns. Dr. Robert Maurer describes New Year’s Resolutions (and any promises that we make to ourselves at the start of a new cycle) the “ritual of failure.”

So how do we make changes that stick? It seems that everywhere you look—newspapers, emails, internet websites – all claim to have the answer on how best to achieve our goals: miracle weight loss plans, guaranteed stress reduction, learning a new language in 3 weeks, and so on. But today, I offer you an antidote to the various “rituals of failure.” It is a philosophy for making changes in life called Kaizen. Kaizen comes from Japan, meaning “Good Change.” It is a system of making *small incremental* changes that will lead to big results.



The Kingdom of God is like a mustard seed... the smallest of all the seeds on the earth. But once it is sown, it springs up and becomes the largest of plants. - Mark 4:31-32

I discovered this philosophy when someone gave me a little book entitled, *One Small Step Can Change Your Life* by Dr. Robert Maurer. It has not only helped me in achieving the results I want, but it has also given me a sense of ease and peace about the process. I know it sounds counter-intuitive, but by taking steps that you can easily stick to, you have a better chance at success, all with less struggle and pain.

### The Parable of the Mustard Seed

The Parable of the Mustard Seed from *The Holy Bible* is a perfect metaphor for the philosophy of Kaizen. In the parable, we learn about the tiny mustard seed that produces a giant tree. The Kaizen philosophy is built on this model. It encourages us to ask these questions: *What small step can I*

*take immediately to bring about a change in my life?* Another way to ask this question is: *What is my personal “mustard seed” step?*

Many of us are afraid of failure, or feel embarrassed or ashamed about the need to make certain changes. I am not sure how it works for you, but I set really high expectations for myself, and then feel bad when I don’t achieve them. It is probably human nature to give up, saying that we don’t have the time, or we blame someone or something *outside of ourselves* for not making the changes we want to make. This fear of failure often prevents us from *even trying* to make changes. Instead of setting high and unachievable goals, I have learned to set *small* goals and the results have been positive. But more importantly, I am much kinder to myself using this method.

The Kaizen philosophy offers us a way *out* of our own self-sabotaging attempts to make changes, or our fear of failure. The idea is to take small, comfortable, and very doable steps toward improvement. And there is actual scientific evidence for why *small* steps work. We are actually wired to resist change, especially any kind of radical change. Change makes us uncomfortable; it can even be terrifying for some of us. Our brains and our nervous systems are programmed such that when we think about making changes in

continued on page 66

## The Mindfulness Center



SOMA: The Science of Mindful Awareness  
Online Certification

Featuring Deborah Norris, Ph.D., C-IAYT, ERYT-500



Evidence-Based • Community-Focused  
• Self-Empowering

[www.TheMindfulnessCenter.org/mtto](http://www.TheMindfulnessCenter.org/mtto)

## Meditation Teacher Training



Join an ONLINE Community of  
**Meditation Teachers**  
from ALL OVER THE WORLD!

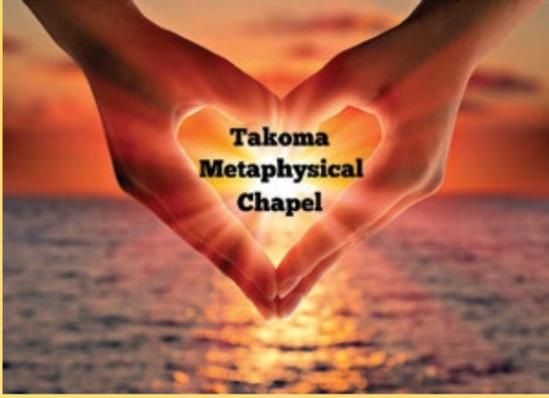


Apply Today! Rolling Admission!

301-986-1090

[www.TheMindfulnessCenter.org/mtto](http://www.TheMindfulnessCenter.org/mtto)





*A Spiritual Community  
That Supports Your  
Individual Development*

**Sunday Services now at  
10501 New Hampshire Ave  
Silver Spring, MD**

Sunday Services 11:00 a.m.  
Meditation & Healing 10:30 a.m.

Our Mailing Address Is:  
1901 Powder Mill Road,  
Silver Spring, MD 20903

#### **Classes and Workshops Include:**

**SPIRIT SPEAKS ON PAST LIVES**  
Mondays at 7:30 p.m.

**HEALING PAST TRAUMA**  
Thursdays at 7:30 p.m.

**SPIRITUAL EXPANSION SERIES**  
(check website for details)

See website [www.takomachapel.org](http://www.takomachapel.org)  
for other classes and more details.

Also click on the website's media tab  
for a wide array of online spiritual  
tools.

#### **OTHER EVENTS INCLUDE:**

**Wednesday Evening Healing/  
Meditation Circles**  
7–8:30 p.m. at 1901 Powder Mill Road

**All Message Service**  
2nd Sundays at 1:00 p.m.

**3rd Sunday Goddess Circle**  
7:30 p.m. at 756 Silver Spring Ave.,  
Silver Spring, MD 20910

**Hospitality** 2nd Sundays at 1:00 p.m.

Sunday Workshops after many  
Services (Visit [www.takomachapel.org](http://www.takomachapel.org)  
for details)

**Rental Space Available  
For Your Class / Workshop**

# *Takoma Metaphysical Chapel*



## **Imagine A Place Where....**

Your beliefs are supported and embraced. Everyday events are explored from the physical, mental and spiritual perspective. Like-minded individuals support you in your spiritual journey.

## **At the Takoma Metaphysical Chapel, you will find such a place.**

The Takoma Metaphysical Chapel is a growing community of people committed to spiritual growth and development resulting in transformation and emotional well-being. You'll find uplifting services, you'll feel the spirit of Love, and you'll learn practical ways to put this energy to work for your greatest good.

## **Relevant, Practical Themes.**

Teachings based on numerous "new thought" spiritual traditions that show you how to apply timeless spiritual principles in practical ways to navigate your life with more peace, joy and grace.

## **Come As You Are**

Come experience uplifting music, meditation, prayer and messages designed to touch your heart and uplift your spirit. Experience wisdom from various spiritual traditions to heal your heart, mind and soul.

The Takoma Metaphysical Chapel meets on Sundays at 11:00 a.m. at 10501 New Hampshire Ave. in Silver Spring MD, 20903 on the campus of the National Labor College (George Meany Campus). The National Labor College is north on New Hampshire Avenue from the Capital Beltway, opposite the Hillandale Shopping Center. Turn left on Powder Mill Road, and continue into the National Labor College. Parking is free and plentiful on the right or left as you enter the campus, and go forward to the Chapel Building.

**(301) 587-7200 • [takomachapel@netzero.com](mailto:takomachapel@netzero.com)  
[www.takomachapel.org](http://www.takomachapel.org)**

## The Responsibility of Secrets

BY MISTY KUCERIS

During the Fall quarter of 2019, you'll find difficulty communicating with others because of secrets that people want to keep. They don't necessarily want to tell you what's really on their minds. At the same time, you realize that it's important to both make your plans, and then only share those concepts with people once you're ready to implement them. As a result, you also realize that you're not responsible for the actions of others, but you are responsible for your own actions, because you also need to keep secrets.

On September 14<sup>th</sup>, a full Moon with Sun in Virgo and Moon in Pisces occurs. There is a strong energy of Virgo at this time with the Sun, Mars, Venus, and Mercury all in the sign of Virgo. This is a day where you want to simplify your life, find a balance between your aspirations and a practical approach. At the same time, you don't want to create a system that is so cumbersome that it's difficult for you.

At the time of a full Moon, you want to let go of barriers that stand in your way, and this full Moon is no different. It's important for you to reassess your life and determine if you're making situations more complicated than they need to be. You may even want to re-evaluate some of the boundaries you've created to make certain they aren't keeping important people out of your life.

Because there are a lot of planets in Virgo you may think you need to do it all. You're not that willing to delegate or ask for help. But, with the Moon in Pisces, you'll feel overwhelmed if you don't ask for that help. Listen to that feeling, because it's accurate. This is a day to learn that you can get support from others if you ask for it.

On September 21<sup>st</sup>, Jupiter forms a square to Neptune retrograde. This is the third time this square occurs in this triad sequence. The first time it occurred was on January 13<sup>th</sup> when both Jupiter and Neptune were direct. The second time it occurred was on June 16<sup>th</sup> when Jupiter was retrograde and Neptune was direct. Both Jupiter and Neptune represent the need to remove boundaries in some form. Jupiter represents your desire to push those boundaries beyond their limits so you can grow. Neptune represents your aspirations and decision to ignore any boundaries.

With this square occurring for the third and last time in this cycle, you may want to re-evaluate your life and the boundaries that you've established. You may decide that you need to make changes in your life, or you may find that the old rules don't work and you need to establish new ones.

The key is to be true to your goals and aspirations. Don't let other people determine what's best for you. Hold on to those important spiritual values, but make appropriate changes in order to achieve your spiritual goals in a material world.

On September 23<sup>rd</sup>, the Sun enters Libra and starts the second half of the astrological year. It is the time of the fall equinox, when you start thinking about harvesting your crops on both a physical and metaphysical level. During the first part of the astrological year you were busy developing and growing your plans. Now is the time to see

what you can reap from those plans.

With this fall equinox you want to focus on healing old wounds and releasing negative energy. With the Moon in Cancer, you want to take care of things at home. You may want to redecorate or upgrade your home. You may decide that you want to spend more time with family and friends who you feel are your

family.

At the same time, Mars forms a square to Pluto retrograde and Saturn forms a conjunction to the Moon's South Node. While you want to spend more time with family and friends, you also realize that you're not responsible for their lives, you're only responsible for your own actions. This is a great day to understand that some of the old rules you created in life no longer apply and it's time to make some changes that make life easier for you.

When the new Moon occurs on September 28<sup>th</sup>, you want to reach out to your friends and associates, since this new Moon has the Sun and Moon in Libra. In addition, Venus and Mercury are also in the sign of Libra, indicating that you don't want to do everything on your own. You want to share experiences with other people.

But, you will need to be a little cautious as the planets in Libra also form a square to the Moon's South Node, Saturn, and Pluto retrograde. While you want to share your experiences with others, you don't want other people to tell you what to do. You realize that you're not responsible for their actions. You may want to help them, but they need to take the final steps in helping themselves.

When the full Moon occurs on October 13<sup>th</sup> you're still focused on relationships. This is because the Sun is in Libra and the Moon is in Aries. However, the focus on relationships will be slightly different. With the Moon in Aries you don't want to lose your individuality in any relationship. You want to remain true to your ideals. And as the Moon in Aries forms a trine to Jupiter, you understand that your true friends will support your spiritual ideals.

continued on page 23



## The Soul Shepherd

Eileen Strange

Messages to You  
through "Me"

medical  
intuitive

intuitive  
empath

medium

psychic

The Soul Shepherd, Eileen Strange, is an international Intuitive Empath, Psychic/Medium and Medical Intuitive recently 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 8 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.

### CURRENT SCHEDULED SHOWS

**Empowered Light Holistic Expo** ~ September 6 – 8, 2019

Friday, 4:00 p.m. – 9:00 p.m., Saturday, 9:00 a.m. – 7:00 p.m.,  
Sunday, 10:00 a.m. – 5:00 p.m.

The Greater Philadelphia Expo Center

100 Station Avenue (Enter through Lobby A), Oaks, PA 19456  
www.EmpoweredLight.com

**Illuminate Columbia** ~ September 14, 2019, 10:00 a.m. – 6:00 p.m.

Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville, MD 21029

**Natural Living Expo** ~ September 29, 2019, 10:00 a.m. – 7:00 p.m.

3111 Fairview Park Drive, Falls Church, VA 22042 (Beltway & Route 50)

**Illuminate Frederick** ~ October 20, 2019, 11:00 a.m. – 6:00 p.m.

Clarion Inn Frederick Event Center

5400 Holiday Drive, Frederick, MD 21703

**Illuminate Annapolis** ~ November 2, 2019, 11:00 a.m. to 6:00 p.m.

Anne Arundel Community College (Arnold) – Student Union

943 Anne Arundel Community College Road, Arnold, MD 21012

**Illuminate Baltimore** ~ November 3, 2019, 11:00 a.m. – 6:00 p.m.

Delta Hotels Baltimore Hunt Valley

245 Shawan Road, Hunt Valley, MD 21031

The Soul Shepherd has several healing modalities but focuses mostly on her Crystal Healing Bed (one-hour sessions on the bed along with 15-minutes of Intentionalized Energy (something she has been practicing since she was a child). Investment of \$75.00 per session (cash or check).

Please check out [www.thesoulshepherd.com](http://www.thesoulshepherd.com) for descriptions of services, testimonials and investment pricing. Join her Facebook with the link on her website!

FOR APPOINTMENTS: PLEASE CALL  
443-838-9147 or 410-833-0222  
or email [ekstrange@comcast.net](mailto:ekstrange@comcast.net)



## Why Savvy Rest?

More homes around the DMV area are switching over to Savvy Rest organic mattresses, bedding, sofas, and naturally finished furniture. Why? Because our mattresses are organic, customizable, and locally made in Charlottesville, Virginia.

At Savvy Rest, we value empathy, health, empowerment, and sustainability. With these values, we take pride in the exceptional products that are created consciously with comfort, health, and sustainability in mind for each member of your family, even for the four-legged furry ones.

Our flagship mattress, the Serenity, is made with 3-inch layers of natural latex, Dunlop or Talalay. The Serenity can be customized for your body with combinations of Soft, Medium, and/or Firm Dunlop or Talalay. Couples can choose to customize their side of the mattress in Queen, King, or Cal-King sizes. Complete the organic sleep set up of your dreams by pairing your new Savvy Rest organic

mattress with our organic bedding and naturally-finished platform bed frames.

There's more! Savvy Rest didn't stop at just designing and creating organic mattresses—we went further. Our Verona line of organic sofas is made with natural Talalay latex, organic fabrics, sustainably-sourced maple wood, and zero-VOC stains, hand-built using mortise and tenon joinery for a furniture piece that will last for years to come. Savvy Rest knows the importance of quality and craftsmanship; our organic sofas, loveseats, and armchairs will make a great addition to any home.

Visit our Savvy Rest Natural Bedroom retail store, located on Maple Avenue East in Vienna, Virginia for more information.

***Sleep savvy, sleep Savvy Rest... Because inspired, rested people change the world!***



**An organic mattress made just for you.** Our flagship natural mattress features personalized combinations of Soft, Medium, and/or Firm natural latex. The sturdy organic cotton casing has organic wool batting quilted inside. The organic wool fill promotes a cooler, drier environment and more comfortable sleep. The Savvy Rest organic casing closes with a strong brass zipper.

*Savvy Rest*

Improve your Homes Positive Energy!

# ALL ECO DESIGN CENTER

Happy Healthy Homes Start Here



ALLECOCENTER.COM 301.949.4326

**ONE STOP SHOP REMODELING:** Design - Materials  
Full Service General Contractors  
Ask us about your Pathways discount



2662 University Blvd. West  
Wheaton/Silver Spring MD 20902



## ASTROLOGICAL INSIGHTS

### The Responsibility of Secrets ...continued from page 19

At the same time the full Moon is creating a cardinal T-square in the chart by forming a square to Pluto. You may need to stand up for your rights, and if others aren't supporting your goals, it's time to re-evaluate your relationships with them. You may even find that it's time to move on from some of these relationships.

Between October 14<sup>th</sup> and October 19<sup>th</sup>, Mercury in Scorpio begins a series of three triad sequences. A Mercury triad sequence begins just before Mercury goes retrograde and ends a week or so after Mercury goes direct. This means that Mercury forms three aspects (hence triad sequence) over a short period.

The series of triad sequences which occur between October 14<sup>th</sup> and October 19<sup>th</sup> are Mercury forming a sextile to Saturn on October 14<sup>th</sup>, Mercury forming a trine to Neptune retrograde on October 15<sup>th</sup>, and Mercury forming a sextile to Pluto on October 19<sup>th</sup>.

When Mercury starts a triad sequence before it goes retrograde, you start feeling the energy of that retrograde period earlier than usual. So, although Mercury won't go retrograde until October 31<sup>st</sup>, you'll actually feel it starts now.

With Mercury in Scorpio, you feel as if you need to be more secretive about

your personal life. You'll experience more difficulty in getting information from other people. But there will be information leaks because secrets will be difficult to keep. It's also important that you protect your privacy more than even before. The number of privacy breaches will increase between October 14<sup>th</sup> when these triad sequences begin and December 3<sup>rd</sup> when they finally end.

At the same time, there are some very positive things which can occur as a result of these three triad sequences. It will be easier to tune into your spiritual side. Your intuition will be elevated, so pay attention to your feelings. You'll be able to delve into your subconscious mind and understand what's important in your life. You'll even be able to develop creative solutions to old problems.

With the new Moon that occurs on October 27<sup>th</sup>, you feel comfortable keeping secrets since both the Sun and Moon are in Scorpio. But it will be very difficult keeping any secrets because the new Moon forms an opposition to Uranus retrograde. Unexpected news will be announced. Secrets will be revealed. You won't be able to keep any information away from other people.

On October 31<sup>st</sup>, Mercury in Scorpio turns retrograde. It will remain retrograde until November 20<sup>th</sup>. Although Mercury turns retrograde today, you may have felt as if Mercury actually

turned retrograde on October 14<sup>th</sup> when the first of three Mercury triad sequences occurred. Now with Mercury in actual retrograde motion, you understand just how important it is to keep information to yourself. You need to review your life and determine what's important. If other people ask you to keep their secrets, realize there may be a price to pay because those secrets will be revealed after Mercury goes direct on November 20<sup>th</sup> or as late as December 3<sup>rd</sup> when the last of the Mercury triad sequences are completed. The best thing to do for yourself during this Mercury retrograde is to analyze what's important in your life and start planning any changes you want to implement in December. Take this time to rid yourself of any unwanted items.

As the month of November begins, Saturn forms a sextile to Neptune retrograde on November 8<sup>th</sup>. This is the last time that Saturn forms this aspect in this triad sequence. The first time that it occurred was on January 31<sup>st</sup> when both planets were direct. The second time it occurred was on June 18<sup>th</sup> when Saturn was retrograde and Neptune was direct.

Saturn represents the need to establish boundaries, while Neptune represents the need to dissolve boundaries. Saturn represents your practical side and Neptune represents your idealistic side. With these two planets forming

a sextile, you're able to create realistic dreams. Perhaps you came up with some new ideas in January 2019 but you weren't quite ready to put them into operation. Perhaps you even re-evaluated those plans in June 2019 but again didn't feel ready. If you've been thinking about some possible changes in your life over the past year, now is the time to consider implementing some of those small little milestones, even if Mercury is retrograde.

What's good about this aspect is that you'll find harmony in implementing your dreams in a practical manner because you're open to new ideas. You'll even be more flexible in your approach to situations. If things didn't quite work out the way you hoped in January or June 2019, you'll be able to correct any of the problems.

The second series of Mercury triad sequences occur between November 9<sup>th</sup> and November 13<sup>th</sup>. This time the aspects occur in a slight different order: Mercury retrograde forms a sextile to Pluto on November 9<sup>th</sup> and Mercury retrograde forms a sextile to Saturn and a trine to Neptune retrograde on November 13<sup>th</sup>. In between this second series of triad sequences, a Mercury transit will occur on November 11<sup>th</sup> and a full Moon will occur on November 12<sup>th</sup>.

The underlying current that you'll feel between November 9<sup>th</sup> and November 12<sup>th</sup> is a sense of...  
continued on page 19

### Excellence in Service

**NOW Featuring:**

#### OZONE/OXYGEN THERAPY!

Dental Excellence Integrative Center offers innovative technologies in holistic dental practice. Ozone/Oxygen is a non-invasive, drug free, highly effective therapy technique that can stimulate gum health, heal infected areas, kill bacteria and more!

No More Harmful Antibiotics!

#### LASER PROCEDURES:

- No-Needles, No-Anesthesia, No-Pain Advanced Laser Therapy
- Non-Surgical Sleep Apnea / Snoring Treatment

AND:

- TMJ and headache treatment with Neuromuscular and EMG therapy
- Immune System Reactivity Testing for Dental Material Biocompatibility
- Lip & Tongue Tie Laser Release
- High-Quality Green Material



### Whole Health Solutions with Biomimetic Dentistry

Dr. Sheri wants everyone to grow to their genetic potential! The goal of each treatment revolves around whole body wellness, improved airway function, temporomandibular joint (TMJ) strength and proper facial aesthetics. Her team works with the body's inherent ability to heal itself to achieve patient's unique dental, health and beauty goals.

Our signature approach to treatment focuses on creating harmony in the body and correcting the underlying causes of your discomfort.



**Dr. Sheri Salartash,**  
DDS, FAGD, FICOI, FAAIP



The Latest Technology in Laser Dentistry



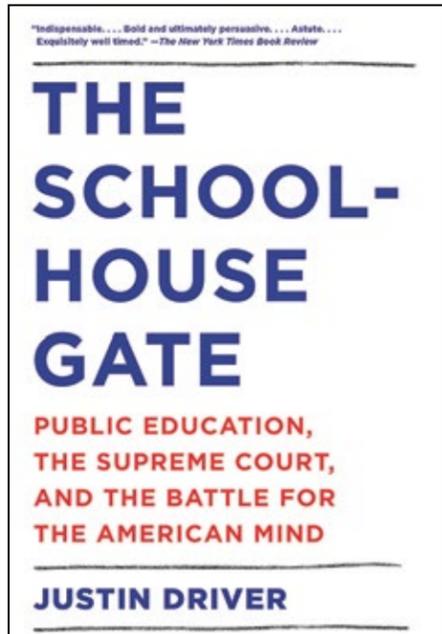
As a mercury safe office, we are aware of the potential danger of excess exposure to mercury and follow IAOMT protocols.

Present this coupon to claim promotion. Offers Valid through December 1, 2019

**Dental Excellence Integrative Center • 3116 Mt Vernon Ave. Alexandria VA**  
**703-745-5496 • care@dentalexcellenceva.com**

## BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR



*in the form of a poster that would proclaim "The secular application of the Ten Commandments is clearly seen in its adoption as the fundamental legal code of Western Civilization and the Common Law of the United States."*

Kentucky statute struck down as unconstitutional by the United States Supreme Court, excerpted from *The Schoolhouse Gate*

Author, attorney, and constitutional scholar Justin Driver has achieved an amazing task of organizing and clearly explaining so many court cases on different constitutional issues throughout our history, through the lens of interactions between our public schools and the U.S. Supreme Court. For some issues, Driver indicates how state courts and state constitutions can be viable pathways for action. His discussions are thoughtful, thorough, and relevant in the context of how we got to where we are as a society; while prompting us to probe what remains to be accomplished and how we might learn from the successes and disappointments that comprise this engaging and well-written book.

### Religion and Public Schools

In no sphere has the Supreme Court's jurisprudence involving education generated more sustained acrimony than its regulation of religion in public schools." Since

the 1960s, the Court has banned "long-standing, cherished practices" that took place daily around the country such as prayers in the classroom during the school day and at school-sponsored events. The Court prevented religious families from using the First Amendment's Free Exercise Clause to claim exemptions from public school assignments perceived to conflict with their religious beliefs (studying the existence of dinosaurs contradicts creationism); in addition to prohibiting the posting of the Ten Commandments anywhere in public schools.

### Homeschooling to the Rescue

It might be surprising to learn that homeschooling was at one time considered illegal in this country. The courts were hostile toward the idea for decades, well into the 1990s in some parts of the country. States were permitted to outlaw it and to prosecute parents. The reasons the courts tended not to support it are the very reasons religious families now find it a necessary and welcome solution. The Supreme Court acknowledges that attending a public school familiarizes students with different "attitudes, values, morals, lifestyles," career options, and intellectual abilities. Yet for many if not most religious families, it is important that these experiences be

in the context of their chosen religious beliefs and mores.

By choosing homeschooling, these religious families also offer relief to the students and their families who remain in the public schools. There is no longer a strong need to fight or litigate over curricula, assignments, and textbooks. The author views these compromises as satisfying "the overarching constitutional principle of religious neutrality" as an underlying principle in public schools. Turning to homeschooling as a remedy "may also help to explain why the Supreme Court has not needed to invalidate a state law in more than thirty years that seeks to promote creationism as a scientific theory." That may also clarify why so many Americans still believe in creationism rather than in the science of evolution.

### Equal Protection II: Funding Disparities

It is shocking to read about the breadth of problems in the Cleveland (Ohio) elementary, middle, and secondary public schools. In the 1990s, every city school "failed to satisfy even one of the state standards for measuring minimal proficiency; approximately two-thirds of its students dropped out before graduating."

In response to those dismal statistics, a federal district court instructed the State of Ohio to take control of the

continued on page 27

# Holistic Family Dentistry at National Integrated Health Associates

## Healthy Dental Care for the Whole Family

### AREAS OF EXPERTISE

- Safe Mercury Filling Removal
- Biological Root Canal Therapies
- Dental Sleep Apnea
- Lyme Literate Dentists



### SAME DAY CROWNS!

BEAUTIFUL RESTORATIONS WITH **CEREC**®  
ONE-VISIT DENTISTRY

Digital Impression  
No Temporary Crowns  
Same Day Crowns



NIHA is proud to welcome Dr. Stephen Jaeger, DMD, to the Holistic Family Dental Team! Dr. Jaeger is accepting Pediatric and Adult patients.

### BIOLOGICAL DENTISTRY SERVICES

- Zirconium Non-Metal Implants
- BioCompatible Periodontal (Gum) Therapies
- TMJ Treatment (non-surgical)
- Smile Enhancement Services
- Invisalign (Non-Metal Braces)
- Functional Orthodontics & Early Childhood Interventions
- BPA Free Composite Fillings
- Autism Spectrum Patient care



Convenient Early Morning, Evening and Saturday Hours  
**EMERGENCY CARE** WELCOME NEW PATIENTS

5225 Wisconsin Avenue NW, Suite 402, Washington DC, 20015

Please call so we can help you:  
call: 202-237-7000 x 2  
web: [www.NIHAdc.com](http://www.NIHAdc.com)

# 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.

With personalized treatment, patients have a partner and a plan to begin the journey towards long term health and optimal wellness.

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.

## AREAS OF SPECIALTY:

- Holistic primary care
- Medical weight loss
- Women’s health and hormones
- Diabetes/prediabetes/insulin resistance/metabolic syndrome
- Chronic disease management and treatment



[www.NIHAdc.com](http://www.NIHAdc.com)  
Call 202-237-7000

National Integrated Health Associates  
5225 Wisconsin Ave., NW, Suite 402  
Washington, DC 20015

# YOUR BODY WANTS TO HEAL Natural health care to restore optimum health



Randy Gastwirt ND, PhD

**Dr. Randy Gastwirt** is a Naturopathic Physician who focuses on adult care and personalized medicine. He has additional training in Herbal Medicine, Biofeedback Therapy and Functional Medicine and Nutrition to diagnose and treat the root cause of health issues using the most effective natural and therapeutic options.

## NATUROPATHIC MEDICINE FOR:

- Acute Illness
- Men’s Health
- Cardiovascular and Metabolic Disease
- Digestive Disorders
- Stress/Anxiety/Mood Disorders
- Allergies
- Acute and Chronic Pain

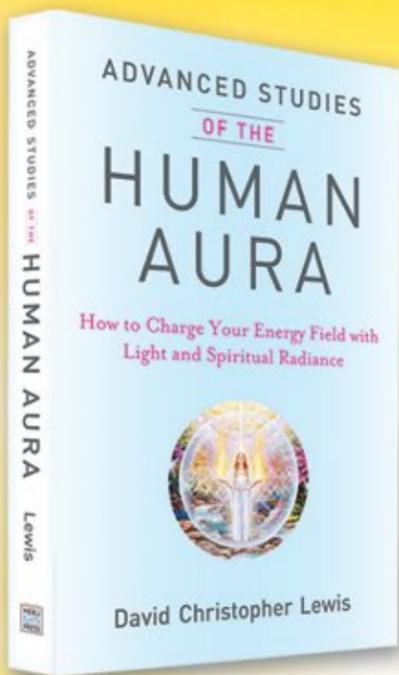


[www.NIHAdc.com](http://www.NIHAdc.com)  
Call 202-237-7000

National Integrated Health Associates  
5225 Wisconsin Ave., NW, Suite 402  
Washington, DC 20015

The Hearts Center Community Presents

# How to Develop a Solar-Fired Aura: Morya's Advanced Studies of the Human Aura with David Christopher Lewis



~ Workshop ~  
at the Natural Living Expo  
Sunday September 29, 2019

Fairview Park Marriott Hotel  
& Conference Center  
3111 Fairview Park Drive  
Falls Church, VA

*Learn how to use your aura  
and chakras as powerful resources  
for personal and global transformation,  
with a guided meditation overshadowed  
by the ascended master El Morya.*

*You will feel a cosmic transmission of solar-fired energy  
to bring you greater divine awareness and joy!*

## Visit us at booth 99

The Hearts Center is back at the Natural Living Expo with Soul-Raising Sessions, books, orgonites, crystals, beautiful images of celestial beings, angels and nature spirits and free ascended master wallet cards and booklets on spiritual topics.

## Soul-Raising Sessions with David Christopher Lewis

Receive a direct teaching from the Holy Spirit, uniquely personal for you. Feel accelerated and invested with greater light, divine joy and beingness. Sign up during the expo at Booth 99.

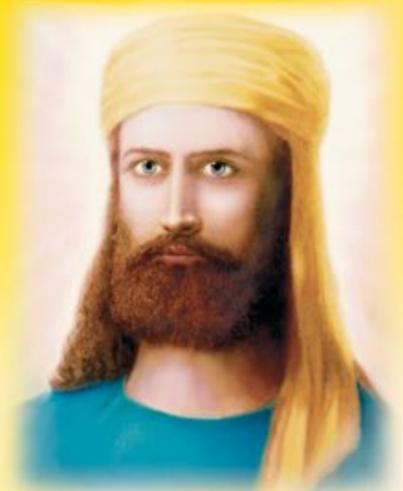
*Each 10-, 20- or 30-minute Soul-Raising Session includes:*

- Soul reading
- Aura clearance
- Chakra balancing
- One question answered

**Also offered:** A 5-minute blessing with a gemstone talisman; receive a charge of light from the Holy Spirit!

## Local activities and contacts in Baltimore

For book study and teleconference prayers please contact Sharon (443) 226-0054 or Donna (443) 520-2882.



Ascended Master El Morya



David Christopher Lewis, mystic, author and composer, is a spokesperson for the ascended masters, sharing their practical, progressive revelations for Self-realization. He is the co-founder of The Hearts Center, Meru University, and Paradise Permaculture.

VISIT US AT  
BOOTH 99

[www.heartscenter.org](http://www.heartscenter.org) 630-894-4410

## BOOK REVIEWS

### The Schoolhouse Gate

...continued from page 24

Cleveland public schools. Ohio then developed a voucher program paid for with tax dollars and premised on an idea floated in 1955 by University of Chicago economist Milton Friedman, a free market advocate. Vouchers have been linked to tensions between religious schools, their communities, taxpayers, and the government. Using vouchers to enable public school students to transfer to a parochial school means that tax dollars are going to religious schools, which some believe violates the First Amendment's Establishment Clause that prohibits the government from establishing a religion.

Supreme Court decisions have consistently protected public school students from involuntary exposures to or participation in religious practices. Driver's in-depth discussion of the Establishment Clause refers to "a more useful test" to prove a violation that "turns not on strict separation but on neutrality" of and toward religion by the government. In other words, whether the state's conduct "advances or inhibits religion and nonreligion."

In Cleveland, a debate ensued between taxpayers who wanted their tax dollars invested in the ailing public schools and those who preferred the right to invest in vouchers to expand

access to private and particularly to parochial schools. Then a 2002 Supreme Court case, *Zelman v. Simmons-Harris*, "upheld the legitimacy of voucher programs for students who elect to attend private schools—including religious schools." It was a 5-4 decision opposed by the four more liberal justices.

#### English Only Laws

In 1923, the Court in *Meyer v. Nebraska* invalidated a state law that prohibited all schools—including private and parochial institutions—from teaching students in languages other than English earlier than high school. "In 1925, the Court decided in *Pierce v. Society of Sisters* that Oregon could not, consistent with the Constitution, eliminate private and parochial schools." This ruling affirmed the legitimacy of nonpublic schools. "In 1927, the Court in *Farrington v. Tokushige* invalidated Hawaii's effort to impose onerous regulations on private language academies in an effort to purge them."

We should also not forget the efforts of the religious right and President Ronald Reagan throughout his presidency to pass a constitutional amendment mandating the right of any individual to pray in public schools and other public institutions and facilities. The Court remained steadfast in its opposition to these efforts. In addition

to protections from the Establishment Clause, Justice Kennedy noted that the opportunity "for coercion within the nation's public schools demanded vigilance."

Additional topics of discussion include Freedom of Expression and Racial Segregation. This book reveals "a remarkable and underappreciated legacy of the Supreme Court's constitutional decisions involving schools." However, the discussions raise troubling unanswered questions. For example, details about one case include "a destitute neighborhood in San Antonio, Texas." How does a community become "destitute"? In the context of how communities fund their local schools, why do we have "property-poor areas" with "substandard academic achievement"? Do districts that charge families for riding the school bus leave kids behind without transportation and possibly without an education? How do we remedy and prevent these conditions?

One vote on the Supreme Court can alter the outcome "and the legal framework governing public schools on a particularly volatile topic." Beginning in the 1940s, the Court made several high-profile declarations that public schools had a special responsibility to honor the constitutional rights of students, so they would not incorrectly conclude that governmental authority has no limits. "Public schools should

never resemble Constitution-free zones."

#### Due Process Rights in the School Setting: Intolerable "Zero Tolerance" Policies, School Suspensions, and Corporal Punishment

To call the abuses of students perpetrated by school officials who call themselves educators unacceptable—is a gross understatement. In April 1977, the *Ingraham v. Wright* decision permitted schools to not only "inflict corporal punishment upon pupils by striking them with foreign objects," but they could do so without any due process protections. "School suspensions and expulsions have escalated dramatically in recent years, and have assumed a severe form that would have been difficult to envision as recently as the early 1990s." These incidents include police in the schools that evidence indicates increase arrests for minor incidents and generate "suspicionless" searches in lockers, and "suspicionless" drug testing. Research strongly suggests that schools should replace police officers with full-time social workers, nurses, and academic counselors—real human resource specialists.

"In perhaps no arena of education law is there greater need for renewed attention than in assessing how schools sanction wayward students. The need

continued on page 29



## Modern Smile Dental

## Holistic Approach in a Relaxing Environment



Michelle Janbakhsh MS, DDS

At Modern Smile Dental, we strive to create a high quality of care with the least amount of pain. Our conservative and holistic approach, latest technology and relaxing environment put our patients at ease. Modern Smile Dental is committed to satisfying unique individual needs and welcome every new patient into our friendly office. We are dedicated to developing life-long relationships and educating our patients to reach our shared goals.



- Invisalign Clear Braces
- Bonding
- Cosmetic Contouring
- Porcelain Crowns and Bridges
- Root Canal Therapy
- Cosmetic White Fillings
- Implants
- Teeth Whitening
- Sealants
- Laser Dentistry
- Non-surgical Gum Therapy

- Safe Mercury Removal
- DNA Appliance Therapy
- Child & Adults Orthopedics
- Extractions
- Scaling and Root Planing
- Partial and Full Dentures
- TMJ Treatment
- Veneers
- Oral Cancer Screening
- Digital X-rays
- Lyme Literate Dentist

901 Russell Avenue, Suite 100  
Gaithersburg, MD 20879  
(across from Costco)

**301-977-8640**

[www.dentistofficegaithersburg.com](http://www.dentistofficegaithersburg.com)

**\$145**

Exam, Cleaning and X-rays  
(value of \$270)

**Laser Whitening  
special \$385**

(value of \$600)

Offer not valid with insurance.  
Expires November 30, 2019



**Lotus Wellness Center**  
**Healing for the Body, Mind & Spirit**

[www.lotuswellnesscenter.net](http://www.lotuswellnesscenter.net)

703-369-6762

Lotus Wellness Center offers a range of holistic services, workshops and classes to meet the needs of everyone in the community. Whether you are new to your spiritual path or an advanced being, we have something for everyone. Come on in and check us out! We are glad to have you!



**Uma Alexandra Beepat**  
*Owner of Lotus Wellness Center*  
*Spiritual Teacher, Psychic Medium,*  
*Intuitive Consultant*



**Rob Pritchard**  
Spiritual Teacher, Master Energy  
Healer, Life Coach  
reikiwlb@gmail.com  
703-966-6878



**Jason Knepper**  
Reiki, Access Consciousness,  
Astrological Charts, Personalized Sigils  
greenstar806@gmail.com  
703-369-6762



**Nikita Omar**  
Reiki, Healer, Spiritual Facilitator  
purplelotusholistic111@gmail.com  
240-221-1761



**Chris Gates**  
Reiki, Integrated Energy Therapy, Tuning  
Fork Therapy, Infinite Possibilities Trainer  
theskybeckons@gmail.com  
443-424-2837



**Melanie Suraci**  
Access Consciousness, Reiki,  
Angel Tarot Readings  
melaniesuraci@gmail.com  
310-384-7809



**Karen Promisel**  
Reiki, Access Consciousness, Meditation  
reikibarshealing@gmail.com  
703-819-0664



**Banita Negi**  
Reiki, Access Consciousness,  
Chakra Balancing, Meditations  
Shaarvi33@gmail.com  
571-337-7613

## BOOK REVIEWS

### The Schoolhouse Gate

...continued from page 27

is great due to the staggering number of students annually removed from school and the potential for ruinous consequences," such as academic difficulties and failure; involvement in the criminal justice system; and incarceration. "No governmental practice today more violently contravenes core American ideals than permitting educators to beat their students."

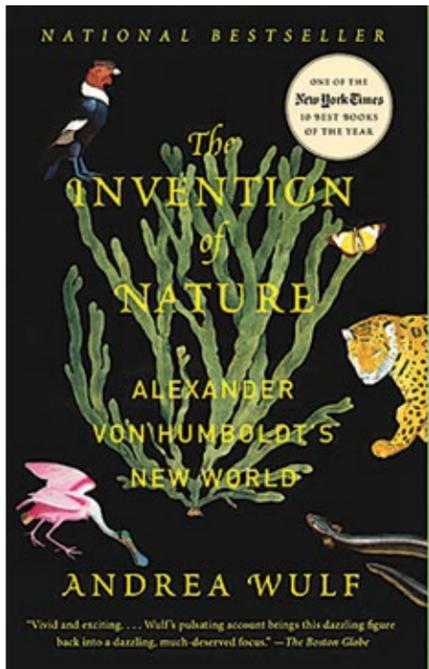
#### The Invention of Nature: Alexander von Humboldt's New World

by Andrea Wulf

2016; 473pp; New York: Alfred A.

Knopf; \$30.00 (HB)

ISBN 978-0-385-35066-2



Some North American thinkers even argued that the climate had changed for the better since the first settlers arrived. With every tree that was cut from the virgin forest, they insisted, the air had become healthier and milder. Lack of evidence didn't stop them from preaching their theories.

Excerpted from *The Invention of Nature* by Andrea Wulf

Born in 1769 into an affluent Prussian aristocratic family, acclaimed explorer Alexander von Humboldt dedicated his life to scientific observations of the natural world that he believed also

incorporated senses and emotions. He traveled all over the world, and his bold visions of nature and the world around us reinforced his "interconnectedness of everything" paradigm. He traveled around the world demonstrating how the earth is "one great living organism." He spread a love of nature that can only be understood and experienced through senses and feelings.

Humboldt's unique observations paid attention to and compared over time and location the smallest of details: the color of soil, the shape of a leaf, the layers of rock, and temperature readings. He had extraordinary gifts for identifying similarities in vegetation found in areas separated by thousands of miles or more. Alpine plants that he observed on the highest mountain in Venezuela were similar to those he had collected on Swiss mountains; and lichens he found there were similar to those he had seen in the Arctic Circle and Lapland.

He was the first scientist to make such comparisons of vegetation and climate zones. He thus transformed how we view nature by finding and comparing his observations and identifying these connections everywhere he went. He rejected narrow classifications used in conventional plant science. He thus changed our understanding of nature by viewing it as "a global force with corresponding climate zones across continents" in a "great chain of causes and effects." He introduced the "web of life" concept of nature that remains the accepted paradigm today. "Not even the tiniest organism can be looked at on its own" he maintained, and "no single fact can be considered in isolation."

Humboldt's warnings about harmful human effects leading to "human-induced climate change" resonate today. He was the first scientist to introduce and connect

this concept with the threats it posed for future generations. His concerns and criticisms in 1800 included the "devastating environmental effects of colonial plantations in Venezuela" where deforestation "had made the land barren." He pointed out how the water levels of the adjacent lake were declining, and the loss of brushwood enabled torrential rains to wash away topsoil on nearby mountain slopes.

He never stopped talking about the vitally important benefits from leaving forests intact and untouched. "Humboldt was the first to explain the forest's ability to enrich the atmosphere with moisture and its cooling effect, as well as its importance for water retention and protection against soil erosion." He applied these same concerns to unnecessarily destructive practices used in conventional agriculture. In this wonderfully written book, Andrea Wulf "traces the threads that connect us to this extraordinary man," including "many of the greatest thinkers, artists, and scientists of his day" and ours. They include Germany's acclaimed poet Johann Wolfgang von Goethe, U.S. Presidents Thomas Jefferson and James Madison, Simon Bolivar, Charles Darwin, Ralph Waldo Emerson, William Wordsworth, Samuel Taylor Coleridge, Henry David Thoreau, John Muir and the legacy of his

continued on bottom of page 31



## Restore Your Youthful Skin ...Non-Surgically!

This innovative combined procedure effectively tightens and firms the face, neck and chest while smoothing facial lines, and revitalizing skin tone and texture. The use of painless Microcurrent and Acumotor Acupuncture points helps to tone, lift and re-educate the muscles back to their original position. The penetrating current also causes an increased production of collagen, which smoothens and softens lines and wrinkles.

You will experience overall improved skin quality and a natural youthful appearance to the face, neck and chest. The number of treatments needed is determined in your free consultation, and there is no downtime!

**The improvements can be quite dramatic!**

**Visible benefits include:**

- Tighter, firmer muscles in the face
- Redefined natural contours and facial features
- Reduced appearance of fine lines, wrinkles and puffiness
- Increased cell renewal and elasticity promote healthy tone and glow

Facial Acupuncture and Microcurrent treatments are safe, non-invasive, and pain-free — this is especially important for use on saggy, un-toned facial muscles.



Before



After 4 Treatments

**Facial Rejuvenation with Acupuncture and Microcurrent Facial Sculpting** are non-surgical facelift techniques that can turn back the clock on aging.

**Call for a FREE 20-minute consultation and short demonstration — see the results!**

**Acupuncture & Natural Medicine Clinic**  
**Helena Amos, M.Ac., L.Ac., Euro. Physician**

11140 Rockville Pike, #530

Rockville, MD 20852

**301-881-2898**

**[www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)**



Follow on Facebook:

@AmosAcupunctureAndNaturalMedicine

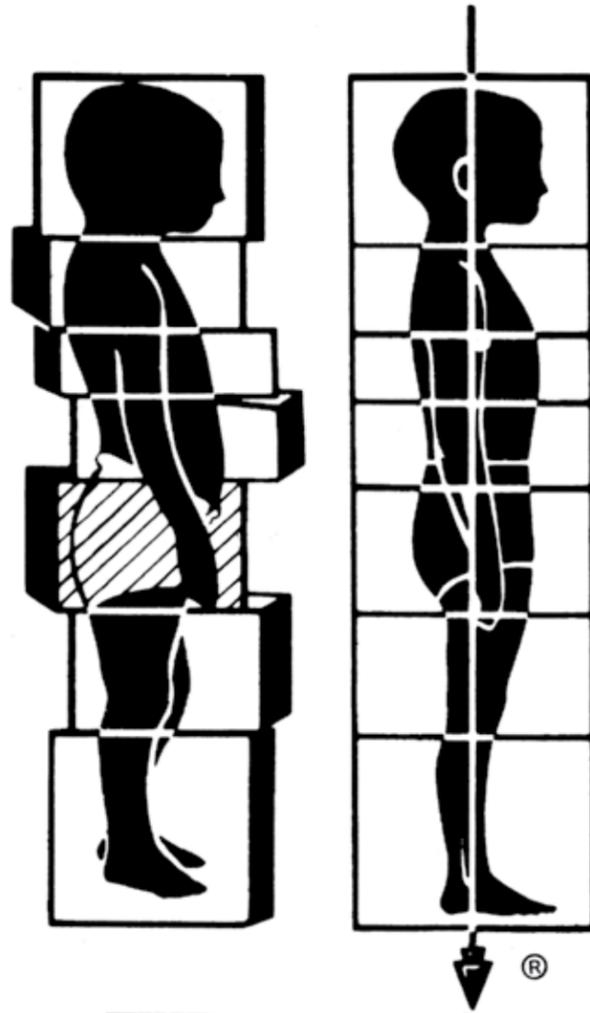
# ROLFING®

POOR  
POSTURE.  
IT'S WORSE  
THAN IT  
LOOKS.

■ Poor posture is the result of poor structure. When the body's parts are lined up improperly, maintaining good posture is impossible.

■ Poor structure often leads to inflexibility, pain in muscles and bones, less energy, more injuries, a less attractive appearance and lower self-esteem.

■ ROLFING® improves structure in a gentle, safe and lasting way. The ten sessions of careful manipulation of muscle wrappings reorganize the structure so that it becomes more vertical and symmetrical.



## CERTIFIED ROLFERS

- |   |  |
|---|--|
| ■ <b>JOY BELLUZZI</b><br>Chevy Chase, MD...(301) 654-5025 | ■ <b>THOM SHENK</b><br>Rockville & Bethesda, MD...(301) 452-6630 |
| ■ <b>KAT BURNETT</b><br>Fairfax, VA...(703) 863-7653      | ■ <b>BILL SHORT</b><br>Washington, DC...(202) 328-3441           |
| ■ <b>EMILY GORDON</b><br>Frederick, MD...(240) 575-0454   | ■ <b>MARY STARICH</b><br>Silver Spring, MD...(301) 437-2825      |
| ■ <b>YUICHI MIYOSHI</b><br>Bethesda, MD...(240) 988-0927  |  |

**Call now for an appointment or more information**

# Shamanism: The Soul Retrieval Ceremony

BY PAUL SIVERT

Your soul retrieval begins with you. From my perspective as a Shamanic Practitioner, your increased awareness and desire to seek a solution prompts you to contact someone like me. Your request for help may take the form of an email or phone call but one thing is for certain, you feel that something is missing from your life.

You describe an unshakable trauma, or feel that you are worn down over time, or that something has vanished from your life. This feeling has been ongoing for a while, possibly years. You have tried various other healing modalities, therapy, or treatment, all were not wholly successful, and in fact may have made everything feel worse. You just know that something is missing; you desire and deserve relief.

Shamans know that you are describing soul loss. This is normal. Soul loss occurs to all of us. What is out of kilter here is the *amount* of soul loss, which can feel intolerable and varies from person to person.

You wonder, "What has happened to me?" Indeed, you require a Soul Retrieval Ceremony to heal. Some of you can adjust to the loss and be "ok." However, for many of you the feeling of vast emptiness and deep loss impact all areas of your life, you become de-

pressed, anxious and shut down with ache and pain.

As a Shamanic Practitioner for nearly 40 years I know you have a soul body. The soul body is an energy body. Your soul body interacts with your physical, mental, and emotional bodies. Therefore, you are four-bodies-in-one! A Shamanic Practitioner knows how to facilitate healing your soul through Ceremony. If you heal at the soul, then the physical, mental, and emotional bodies heal too.

Through teaching and ceremony Shamanic practitioners focus on healing four issues at the soul level. The first is an interfering energy, the second is a lost power, the third is a loss of soul, and the fourth is healing the wound of an ancestor. Let me tell you about soul loss, the Soul Retrieval Ceremony and the healing impact that is possible for you.

## Shamanism in the World

Shamanism is one of the oldest energy medicine practices on planet Earth. Over the course of 50,000 years, the indigenous ways of relating to the living world energy "kawsay" has had ebbs and flows of acceptance by mainline religious institutions. The Shaman is a man or a woman who works through

continued on page 32

## BOOK REVIEWS

### The Invention of Nature: Alexandervon Humboldt's New World ...continued from page 29

grassroots environmental organization the Sierra Club, Rachel Carson's book *Silent Spring*, and scientist James Lovelock's "Gaia theory of the earth as a living organism."

International tributes to him include the biannual Humboldt Games sponsored by German-speaking schools throughout Latin America, the Humboldt Current that runs along the coast of Chile and Peru, Sierra Humboldt in Mexico, Pico Humboldt in Venezuela, Kap Humboldt and the Humboldt Glacier in Greenland, the Humboldt Redwoods State Park in California, Humboldt Parks in Chicago (Illinois) and Buffalo (New York), the Humboldt penguin, and the Humboldt squid.

This book is filled with his vivid images of flora, fauna, magnificent rocks, and "humid bamboo forests with colorful orchids." He spent five years exploring Latin America and lived in Paris, Berlin, and London. His findings highlight vivid descriptions of the Kazakh Steppe at the Russian-Mongolian border. In 1802, he climbed a dome-shaped inactive volcano in the Andes that rose almost 21,000 feet. He was customarily equipped with a barometer, thermometer, sextant, and an artificial horizon with a cyanometer

to measure the blueness of the sky. He routinely measured altitude, gravity, and humidity. He invented isotherms, the lines of temperature and pressure on today's weather maps; and discovered the magnetic equator. During his travels, he also fiercely criticized colonialism and slavery.

Author Andrea Wulf explains that this book is the result of Humboldt's "exploration through landscapes and letters, through thoughts and diaries. *The Invention of Nature* is my quest to rediscover Humboldt, and to restore him to his rightful place in the pantheon of nature and science. It is also a quest to understand why we think as we do today about the natural world." This book is intended for everyone.

*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.*

## SHAMANIC HEALING INSTITUTE

WHERE YOUR HEALING COMES FIRST

SPIRITUAL HEALING CEREMONIES

DIVINATION READINGS

PRACTITIONER TRAINING

SOUL RETRIEVAL



RETREATS  
WORKSHOPS  
EDUCATION

EXTRACTION  
PAST LIFE THERAPY  
DISTANCE HEALING

www.SHAMANIC-HEALING.ORG



Paul M. Sivert, L.C.P.C., Cross-Cultural Shaman, and Founder of the Shamanic Healing Institute, has provided effective Healing Ceremonies for over 30 years. He is a clairvoyant and his ceremonies are known worldwide for their effectiveness. Paul has been initiated by the most renowned medicine people of South America to practice and preserve the ancient medicine ceremonies.

Paul is an expert in Divination and Soul Retrieval Ceremony restoring your soul's energy to live your life with purpose and happiness.

SHI's active community of mesa carriers is the largest and oldest Ayllu in the Mid-Atlantic region.

Become a Mesa Carrier and join thousands of shamanic practitioners from around Mother Earth. Be active in a community with like-minded people who support your spiritual growth.



Begin Your Healing Today!

Shamanic Healing Institute

Paul@shamanic-healing.org



130 HOLIDAY COURT • SUITE 102 • ANNAPOLIS, MARYLAND 21401  
PHONE: 410-573-9800 • www.SHAMANIC-HEALING.ORG

# Knowles Rock Shop



Each Piece Hand Picked for Its Unique Energy

- Natural Rock Specimens
- Mystic Pendulums
- Mineral Orbs & Wands
- Dreamcatchers
- Healing Stones
- Full line of Smudge Supplies
- Chakra Accessories
- Himalayan Salt Lamps
- Crystal Pendants
- Natural Bracelets & Pendants



Located at Knowles Apothecary

10400 Connecticut Ave #100

Kensington, MD 20895

Mon-Fri: 9am-6pm,

Sat: 9am-1pm

PHONE: 301-942-7979

[www.KnowlesWellness.com](http://www.KnowlesWellness.com)

**FREE Hematite Ring with  
Rock Purchase of \$25 or more**

## MIND • BODY • SPIRIT

### Shamanism: The Soul Retrieval Ceremony

...continued from page 31

ceremony, not an institution. The ceremony is like a container for healing to occur.

I work with my spirit guides. I have developed relationships with the spirit world through years of training, practice, and experience. I interact with the spirit world through a process called the shamanic journey, which is a willful, intentional shifting of my attention from this material, three-dimensional world to a more energetic, spirit world.

Our ancestors knew all about this relationship with the spirit world. However, over the course of time and civilization, many generations have lost this spiritual connection and relied on a very small group of people, such as priests or ministers, to interact with the spirit world on their behalf. The over-reliance on someone other than ourselves to interact with the spirit world has caused many, many problems.

Our birthright and responsibility as Shamans is to live in a well-intentioned and meaningful way, interacting between our souls and the energy beings of the spirit world. The spirit world is here to help us. Yes, we may have encountered situations when an energy was not of the highest good. Human beings have always projected the energetic forms of anger, hate, greed, lust, disease, and all other forms of malevolent thoughts. These energies have infiltrated the consciousness of every human being.

The spiritual energetic atmosphere has not been able to keep up with the ongoing clearing and needs of the billions of soul bodies on planet Earth. We are finding it increasingly difficult to maintain our own souls' consciousness and awareness. Therefore, the souls here on planet Earth continue to experience trauma after trauma, and those energies that are lost go into the Earth.

#### A Shaman's Duty is to Heal the Soul

It is the Shamanic Practitioner's purview and responsibility to journey into these spirit worlds, to the landscapes of the lower and upper world, to track and retrieve soul elements, that is, energetic pieces of your soul that have been lost. They can be retrieved in a soul retrieval ceremony.

The soul retrieval ceremony begins when the Shamanic Practitioner evaluates the extent of your soul loss. At the Shamanic Healing Institute where I practice, I use the Divination Ceremony and a chart to evaluate wounds to your soul and whether you have had soul loss. The list of soul wounds is, unfortunately, very familiar. The wounds of soul loss include abandonment, abuse, betrayal, boundary violation, criticism, failure, neglect, ostracism, terrorism, and surgery. Terrorism is an increasing form of a soul wound.

You may feel a sense of emptiness or overall inability to be successful when someone else has instilled a fear in you that you are not enough to be great. People and institutions may use their authority to create fear to control your actions and keep you in a "shutdown"

position. You have literally and figuratively been depressed and oppressed.

When you awaken from this oppressive sleep you will discover that fear has been used against you so that you think and behave in a very predictable way. Therefore, your consciousness does not expand, and remains in a very limited, almost locked position. When a person uses fear as a weapon, it can impact your soul loss. Fear intimidates and manipulates you so that you will feel that you do not have the power to make your own decisions. The Soul Retrieval Ceremony is the container within which soul loss is healed.

#### The Four Chambers of the Soul

The Soul Retrieval Ceremony is a three-step process. The first step is to identify the wounds that have effectively created soul loss. The second step is to remove the wound energy. The third step is the shamanic journey where the shaman journeys and retrieves both the energies that have been lost, and the energies that will help heal and bring integration back to the soul.

After establishing which soul wound on which to focus, Shaman creates the ceremonial platform or "space" for you to participate in the releasing of the soul wound energy. This energy is removed through one of your chakra centers. After the energy has been removed, the Shamanic Practitioner will journey into the four chambers of the soul with the intention to retrieve the soul elements, medicine gifts and power spirit.

The Shaman journeys into the lower world, to the landscape of the four chambers of the soul. This landscape is managed by a spirit guide named "Wiracocha." The first chamber is named the Chamber of Woundedness the second the Chamber of Agreements, the third is the Chamber of Passion and the fourth is the Chamber Treasures. The Shaman knows the landscapes very well and uses their own individualized spirit helpers at each one of the chambers to help facilitate the retrieval of the energies that are so important for your healing.

The Chamber of Woundedness is a dark, dreary place. Often this chamber contains the lost pieces of your soul or soul elements. The Shaman may engage what we call the hungry ghosts, a symbol of the perpetrator of your soul wound such as a physically abusive parent. In the Chamber of Woundedness the Shaman might see an energy that represents the parent and aggressive, violent behavior. The Shaman might find also the energy of the child that left as a result of the repeated abuse.

The second chamber is called the Chamber of Agreements. This Chamber contains the records of your soul. In my experience, it appears as a huge library of records such as the contracts, agreements, promises you made in coming to Earth in the body you have now. When you entered into your body your free will and other external

## MIND • BODY • SPIRIT

factors have guided you away from certain agreements while others were very important lessons you have accomplished.

Planet Earth is a place where we are to learn our lessons. However, certain times we do not find the agreements or promises that we are looking for, such as true long-term romantic commitment with a love partner. This is a very important lesson could be one of the major reasons that we are here. Whatever circumstances might have come into play, soul loss has prevented you or made you unavailable for this kind of relationship. Therefore, you have continued to go through life searching and making very shallow relationships with others that have not fulfilled the true goal or intention.

The number of agreements, contracts, and promises one has is difficult to know. I believe that your experience on planet Earth is to be generally happy. So, in this chamber we are looking for agreements and promises that have not been fulfilled and what the causative issues might be.

The third chamber is called the Chamber of Passion. The Chamber of Passion is about your power. The landscape is an ancient fort and inside are the sources of power. As we indicated above, the soul is an energy body, so therefore it runs on "Kawsay." It's your power. Without your power your soul's light becomes dark, dingy, or tarnished.

Our soul's body is meant to be bright, shiny, and luminous. The Incas we're able to be seen by the other members of their community as Incas because their bright, light body shown right through their physical body. Wouldn't that be something wonderful, if all our light bodies were so bright they would shine through our physical body, and then we could see each other's luminous bubbles?

In the Chamber of Passion, Shamans look for your relationship with the seven Sources of Power, which are the Sun, the Earth, the Wind or Air, the Healing Waters, the Animal and Bird spirits, the Plant spirit, and the Stone spirits. The Stone spirits are important in Andean cosmology. The people from the Andes Mountains have a special relationship with the stones of the mountains.

The Shaman looks at your relationship with the Sources of Power; are you connected to Mother Earth? Do you have a good relationship with water, which generally is about emotions? The Shaman analyzes the relationships and looks for the healing energies.

The fourth and final chamber is called the Chamber of Treasures. In my experience, it appears as beautiful castle filled with gifts. The Chamber of Treasures is as it sounds, filled with gifts for everyone. The Shaman finds the gifts that are the most appropriate for your healing.

### Soul Energy Restored and Healed

When I am on your soul retrieval shamanic journey, I retrieve three kinds of energy. The first is a soul element, the second is a medicine gift, and the third is a power spirit.

The soul element is returned to you in two forms, the soul element of a specific age, and the soul element of soul's 'fill in the blank.' A few examples of the soul element are the soul's peace the soul's song, the soul's beauty and the soul's safety. The list of soul elements is probably endless. I have been providing this ceremony for years and I am still retrieving new soul elements that I have never seen or heard of before. The soul element of age "fill in the blank" usually corresponds to a tragic event in your past. Many times the age is quite young, and you may welcome back your 4 year old self.

The second type of energy that will come as a medicine gift. The medicine gift takes a form that is very meaningful to you, and while it might have absolutely no meaning to the Shamanic Practitioner, it is an energy that will help you heal. An example of a medicine gift could be a candle, a birdhouse, a bouquet of flowers, a special rock or crystal, maybe a flashlight or compass to guide your healing. The medicine gift can be just about anything that you can imagine, and it will have relevance for you when it is returned.

The third type of energy is called a power spirit. At the Shamanic Healing Institute, we recognize five different kinds of power spirits. The most common are a power animal, a power plant, a power place, an angel, and an Ascended One. These are spirits that come to help facilitate healing and growth.

### Munay, Love and Beauty

Upon returning from the shamanic journey, the Shaman will gift retrieved energies through your heart, and then the energies are activated with the energy of munay. Munay is the energy of love and beauty. It is an energy that connects each of us, and it is an energy that we are to experience and practice with everyone we meet. After the gifting and activation, the Shaman reviews with you what they have brought back for you.

If you heal at the soul, then the physical, mental, and emotional bodies heal too. Soul retrieval is a life-changing journey. Join thousands of people who have made their soul's health a priority stepping toward wellness, wholeness, and happiness.

Munay, Paul.

*Paul M. Sivert, L.C.P.C. is the Founder and Owner of Shamanic Healing Institute. He is a Licensed Clinical Professional Counselor (L.C.P.C.) and Cross-Cultural Shamanic Practitioner. Paul's expertise is in Divination, Soul Retrieval and Indigenous Healing Traditions including the Andean Cosmology. Paul has been initiated by the most renowned medicine people to practice the energy medicine of South America. Paul holds a Master's degree in psychology, and a degree in Ministry of Spiritual Counseling, as well as certificates to practice Integrated Awareness, Past Life Regression and Munay-Ki. Paul has provided clinical counseling for 40+ years and he has provided healing ceremonies and energy medicine educational programs for 25+ years. Email him at paul@shamanic-healing.org. See also his ad on page 31.*

## New at Knowles Apothecary!

**Aromatherapy Supplies**  
Candle and Electric  
diffusers available



**doTERRA, Aura Cacia &  
NOW Essential Oils and more**

**Selection of Himalayan  
Singing Bowls**



**Himalayan Salt Lamps**  
Dimmable Lights and  
USB powered lamps  
available



**Harmony's ear candles**  
available in Eucalyptus,  
Lavender, Peppermint &  
Unscented

**Full line  
of Smudge  
Supplies**

## Knowles Wellness Center

Traditional & Alternative Health Care  
For The Entire Family



**Detox for Fall!**

**Intestinal Health,  
Natural Allergy  
Relief  
& Weight  
Management**

**Free Mini Consults**

Limited number available

**Call today 301-942-7979**

to guarantee your appointment

## Knowles Apothecary & Wellness Center



ALAN CHIET R.Ph



JESSIE NIBBER  
Clinical Herbalist



TATIANA VEINARD  
Nutritional Advisor

10400 Connecticut Ave. Suite 205, Kensington, MD 20895  
**301-942-7979 • www.KnowlesWellness.com**



## Align with Grace & Wisdom Yoga

Claudia Neuman  
MSW, ERYT-500, YACEP

### Align With Grace Yoga: *Yoga for Every Body*

Join me for a **FREE** information session for the Blue Heron Wellness 200 hour Yoga Teacher Training. Receive a free class! Have a look at the curriculum and get your questions answered about coming into the training!

#### 200 Hour Yoga Alliance Yoga Teacher Training Information Socials

Sunday, Sept. 22, 4:45–5:45 pm

Friday, Sept. 27, 6:30–7:30 pm

Friday, Oct. 4, 6:30–7:30 pm

Saturday, Oct 12, 12:30–1:30 pm

Friday, Nov. 11, 6:30–7:30 pm

Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com) for more information and registration.

#### UPCOMING SPECIALTY CLASSES WITH CLAUDIA NEUMAN:

**September 14** — Enlightened Rest Yoga Nidra and Yin Yoga combo  
Baltimore Yoga Village 2–4:30 pm Visit: [www.baltimoreyogavillage.com](http://www.baltimoreyogavillage.com)

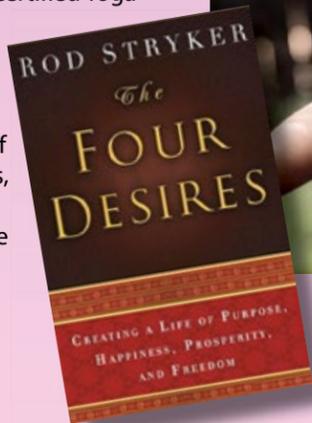
**September 21** — Enlightened Rest Yoga Nidra and Yin Yoga combo  
Blue Heron Wellness, 4–5:30 pm Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

Visit: [www.alignwithgrace.com](http://www.alignwithgrace.com) for information about Claudia.

#### Special Para Yoga Master Training with Rene Quenell

The Four Desires, November 8, 9 & 10, 2019

Explore your true dharma and destiny through the eye opening journey of Para Yoga's Master Training, 'The Four Desires'. Rene Quenell, E-RYT-500, Certified Yoga Therapist, Certified Four Desires Trainer, Para Yoga Level III, Director of Certification in Para Yoga and Founder and Owner of Yoga Madre in Los Angeles, CA. visits the DC Metro area to teach this awesome event in Nov. Held at Blue Heron Wellness. Register early as it is filling fast.



Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com) to register

**Blue Heron Wellness**

10723 B Columbia Pike, Silver Spring, MD 20901

Call: 301-754-3730

Visit: [Alignwithgrace.com](http://Alignwithgrace.com) to learn more about Claudia.

Visit: [www.yogamadre.com/team/rene-quenell/](http://www.yogamadre.com/team/rene-quenell/) to learn more about Rene Quenell.



## ENERGETIC LITERACY

# What's Going on with Trump's Aura?©

BY ROSE ROSETREE

Are you still struggling to wrap your head around the idea that Trump is president? Do you find everything about him... repulsive? Have you ever wondered what's going on with Trump's aura? Or even feared that it might be contagious? Then I might be able to help. Because energetic literacy skills can bring you detailed information about what is – and isn't – making Trump tick.

For this column, I'll be calling you "Truth Seeker", in contrast to a man who, according to the Washington Post's Fact Checker Database, has by June 7th publicly told 10,796 outright lies or misleading claims.

#### But How Can I Read Trump's Aura from a Regular Photograph?

Don't I need an aura photo, the kind you can actually get at the next Pathways Expo? Those colorful pictures sure are pretty. And they can definitely provide reassurance. Back in the day, I didn't read auras yet, wasn't even convinced that I really had one, so getting a photo like that brought me hope. But now I prefer using the system of aura reading through All Your Senses®. Today, I'll use a skill set that you can get too: Stage 3 Energetic Literacy (clairvoyance not required). It's the equivalent of fluent word literacy – like what you've got right now, Truth Seeker, reading this article. Only this kind of literacy helps you to read *what's going on with somebody's energies*. Once you've got Stage 3 Energetic Literacy... hello! *Every* photo is an aura photo.

Not only will I be reading Trump's aura for you today from a regular photo, I'll probe all the way down to the super-deep level of his chakra databanks. His what? In case you don't already know about chakra databanks, let me give you a quick summary. Every chakra – you've heard of chakras, right? – every chakra contains 50 databanks. They're tubes of energy, always named after something very human. At any given moment, each of these chakra databanks has both a *symbolic size* and a *quality*.

Once I get into the swing of reading Trump's aura, all this won't sound so abstract. But what if you're curious to understand more? Then you might follow up by googling "chakra databanks". Of course, you can also find hundreds of aura readings at "Deeper Perception Made Practical," my blog. All these aura readings are loaded with details about chakra databanks.

#### Which Photo Will I Use Today for Researching Trump?

The choice of picture always matters quite a lot. Why, exactly?

You see, Truth Seeker, energetic literacy is different from a psychic reading, where one might receive a reading of a person's aura for all time. Instead, this

is literacy. It involves reading what's before you *now*. Thus, you learn about a particular individual... at the time of that particular photo.

Humans can always use our free will to grow and become better people. Even one hour from now, your aura might be a bit more evolved than before. Comparing chakra databanks in a pair of comparison photos, an aura might show subtle but meaningful improvement. If you'd like to compare what I've found about Trump, after reading this article you might want to check out my YouTube video from when he was campaigning. Search "Aura Reading Donald Trump."

For today's research I'll refer to an image from the Washington Post on July 18, 2019. Although you may not remember this date in particular, if you follow the news, you might remember exactly what happened. Here's how the Post described it:

*As thousands chanted "Send her back!" at a campaign rally Wednesday night in Greenville, N.C., the president paused to let it amplify.*

*He listened for 13 seconds, as the stray shouts stretched into a uniform roar. Some raised campaign signs or fists to the rhythm of the crowd as they yelled. Some only murmured along. A few were children, following the lead of the adults sitting in front-row seats behind President Trump.*

*"Send her back! Send her back!" they yelled in unison, advocating for deporting Rep. Ilhan Omar (D-Minn.), an American citizen and refugee, to Somalia, where she was born.*

Okay, Truth Seeker, let the research begin!

#### #1. Root Chakra Databank for Presence in the Room

*All about the first impression you make to others.*

##### Symbolic Size

Out to the moon. Symbolically, trillions of miles.

##### Quality

Only about 1 inch of this chakra databank involves Trump as a person. Instead, mostly the databank is filled with discarnate beings. Loads of astral entities are running him. They're *gently* in charge, in a way that suggests they have amicably run him for years. Using him as a kind of puppet, just human enough to walk through the door

Hold on! What on Earth Is Going on with This Man's Aura?

Are you shocked? I sure was, back when I first encountered this sort of thing. In 2000, I had two clients who'd been taking a workshop with John of God. Both women felt weird after they returned home, so they booked sessions with me. For each one, I facilitated cutting her cord of attachment to the healer. And what I found was astounding. Both cords were loaded with what

# ENERGETIC LITERACY

I'll call "opportunistic entities," trying to get a piece of the human action.

Since then, helping clients and doing energetic literacy research for my blog, what have I noticed? A steady – and truly icky – increase in this kind of thing. I've even developed a name for what was going on with John of God: extreme spiritual addiction. In my experience, if I find discarnate beings running one chakra databank, it's going to be happening all the others, with variations. Truth Seeker, let's continue:

## #2. Root Chakra Databank for Financial Integrity

*Beliefs and behavior about the need for honesty when dealing with money.*

### Symbolic Size

Out to the moon. Again, way over-functioning.

### Quality

Once again, Trump's being run by entities. Yet this chakra databank reserves 1/8 inch for Trump, personally. Not only is that down from the 1 inch in the previously-read chakra databank. That size of 1/8 inch indicates that he's completely shut down regarding financial integrity. Truth Seeker, here's one of the wacky skills I've gained from professional aura reading for over 30 years; whenever I find a stumpy, shut down chakra databank (or component of one otherwise run by spirits, in Trump's case), I don't give up reading. By now, I've developed enough in-

testinal fortitude... and curiosity... to continue gathering information about what's going on for that person.

Persisting then, here's the deal. The man's a money worshipper. He loves accumulating wealth, then hoarding it. By way of analogy, if you're a spiritual person, deep down you may care most about God. Well, in the case of Trump, substitute "my personal treasure" and you'll get the picture.

## #3. Belly Chakra Databank for Sexual Integrity

*Fidelity in a marriage, degree of ethics around sexual behavior*

Not living in a cave, of course I've heard the recording where he said, "Grab 'em by the p\*\*\*\*". Since then I've also learned about hush money payments to porn star Stormy Daniels. Still, this is where it helps to have a dependable sequence of aura reading skills, just so it will be relatively easy for me to put aside my personal knowledge and simply read the guy's aura.

### Symbolic Size

Out to the moon. Over-functioning.

### Quality

What else is in that chakra databank, aside from the huge throng of astral beings? In this case, the Trump component extends 80 feet. So far, this is the biggest showing of what personally remains in this puppet of a man: a disturbing, distorted insistence upon sex. Essentially, there's a trio of patterns:

Trump's porn-flavored fascination with sex; his insistence upon always having his way; and the absence of any concern about women (other than as convenience objects for satisfying his lust).

## #4. Belly Chakra Databank for Power Integrity

*Commitment to following through, with action, on your promises.*

### Symbolic Size

Out to the – guess where? Moon.

### Quality

When it comes to power integrity... yowza! In addition to the usual entities driving him, Trump maintains 18 feet of his personal version of power integrity. And it's a doozy!

Have you ever heard the idea that telling a lie the first time, one doesn't quite believe in it, but by repeating that same lie 20 more times, one believes in it more and more? And after telling that lie 1,000 times? The liar totally believes in that lie... and is even quite proud of it. Golly, a person like that – somebody really good at that – would be a perfect candidate for inventing and pushing a term like "Fake News."

Personally, Trump has a triumphantly absent version of power integrity. His values are upside down. He is proud of the stories he's made up about himself, they're "true" enough to satisfy him.

## #5. Solar Plexus Chakra Databank for USING Power

*Saying and doing things to get what you want.*

### Symbolic Size

Out to the moon.

### Quality

Full of entities, sure. But is there anything notable about this particular chakra databank, rather than the usual ETs and astral entities? Actually, yes. The part of this databank that's still Trump's flatlines at 1/8 inch. In short, utter shutdown. As for the quality, the man doesn't care at all if entities use him as their puppet. "Amoral" doesn't begin to do justice to Trump's passive indifference to ethics. All that matters to him is grabbing more power.

## #6. Solar Plexus Chakra Databank for SHARING Power

*Interest in cooperating with others, including leadership style.*

Just to get this thought off my chest before I resume the aura research... sharing power is one of the most important things that a U.S. president can do. And yet here's a man who already shares power routinely, giving nearly all of it to the entities who run him. So horrible! Okay, now I'm letting go of all that, back to the aura reading.

### Symbolic Size

Out to the moon. Surprising?

continued on page 36

Change your thinking,  
change your life



**Rev. Alex Escudaro**  
202-906-0754  
Washington, DC  
www.csldc.org



Serving the Greater  
DC Metro Area



**Rev. Trish Hall**  
703-677-7102  
Arlington, VA 22201  
www.cslmetro.org



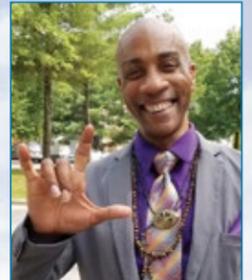
Creating a world that works for all  
Join us!



**Rev. Brian Akers**  
410-750-8559  
Columbia, MD 21044  
www.onenesscsl.com



**Rev. Faith Woods**  
703-560-2030  
Falls Church, VA  
www.celebrationcenter.org



**Rev. Dr. Raymont Anderson**  
Baltimore, MD  
www.cslgreaterbaltimore.org



## What's Going on with Trump's Aura?

...continued from page 35

### Quality

Within that distorted chakra databank, filled with discarnate spirits, Trump maintains 18 feet of his own interesting self. Quite lively still!

Until I researched this chakra databank, I had forgotten that the man is above all a showman. Like some of you other Truth Seekers, I've never watched even one episode of "The Apprentice." I've got a loathing for hucksters. Yet showmanship is the great public delight of this American president. He adores:

- Performing.
- Using trickery.
- And misleading people through (what he would consider) his ample charm.

Being president doesn't interest Trump nearly as much as flaunting this showmanship. No wonder he gives so many campaign rallies to thrill his hat-wearing followers....

### #7. Heart Chakra Databank for Emotional Self-Honesty

*Willingness to seek – and find, and care about – your true feelings.*

#### Symbolic Size

Out to the moon once again!

#### Quality

All but 1/8" here is under the influence of astral beings. And how about

that teensy, Trump part of the aura real estate? It's sheer indifference. Quite the opposite of being a Truth Seeker, don't you think?

### #8. Throat Chakra Databank for Verbal Integrity

*Style of telling the truth; caring about telling other people the truth.*

#### Symbolic Size

Entities Score: Out to the moon

Trump's Score: 1/8 inch. Shut-down.

#### Quality

What's happening in this chakra databank might be the most distinctive and important news from the entire aura reading. To put it simply, several gangs of discarnates run Trump – and they're having a ball. Since he has no verbal integrity whatsoever, even that last remaining bit of Trump's ego positively delights in what happens. Because who knows which words will come out of his mouth?

Yes, my research suggests that several different groups of entities take turns supplying the words that Trump speaks. And to them, it's hilarious, just as he also appears to find it amusing. Incidentally, I've read hundreds of auras of people who are also in extreme spiritual addiction. So far, Trump's the only one who juggles multiple groups

of entities. Everybody else with this problem lives in service to one particular group of discarnate beings, promoting its own particular agenda.

### #9. Third Eye Chakra Databank for Connection to Spiritual Source

*Personal interest in the Divine, and degree of energetic connection.*

#### Symbolic Size

1/8 inch. Total shut-down.

#### Quality

Laughter and sneering. Entities who run Trump rejoice in expressing sentiments like this one, "God, we've made you into a nothing."

### #10. Third Eye Chakra Databank for Connection to Psychic Guidance

*Relationship to astral beings, such as spirit guides, ghosts, Extra-Terrestrial entities.*

#### Symbolic Size

Out to the moon. Of course!

#### Quality

Given that this chakra databank involves receiving guidance from spirits, Trump's aura shows total comfort in doing whatever those spirits want. To Truth Seekers like us, that would be a spiritual nightmare. But in his case? More like the entities enjoy what's happening. While the 1/8 inch left of pure Trump likes it too. For these opportunistic beings, running the president of the U.S. constitutes kind of a triumph. However, from my perspec-

tive, their pathetic attempts to manipulate human beings aren't going to win. Not by a long shot.

### In Conclusion

Not only don't most people have enough energetic literacy to tell that Trump is now a puppet, many are struggling to make sense out of his changing positions. Really, it's this simple: different groups of entities who run our president, have different agendas for influencing human beings. When they take turns running him, they'll take positions differently from the group that was in charge minutes ago.

Overall, seems to me, playing around like this a big joke to *all* the groups of entities involved. Because what do they have in common? All of them enjoy chaos. In particular, they find it good sport... to weaken the humans who earnestly try to figure out Trump's mismatched positions.

So where do you go from here? Truth Seeker, today you've read a lot of aura-level truth: insights into what runs our president's subconscious mind and aura. What can you do about this? Other than being politically active, volunteering, donating, etc? I'm going to devote my next Energetic Literacy column to supplying some practical strategies that you can use to minimize Trump's impact on you.

continued on bottom of page 37



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



**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 study is to learn how to be more helpful to people who struggle with their voices.

- If you have these kinds of experiences, we would be 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 other psychic abilities, please contact us so we can determine if you are eligible. If you are 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.
- Each visit is likely to take 2-3 hours, with payment of \$20 per hour.

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

For additional information please contact:  
Sharon August at ([saugust@som.umaryland.edu](mailto:saugust@som.umaryland.edu), 410 402 6057)

## My Two Cents: Thoughts on Gardening

BY KATHY JENTZ

The old adage goes “ask two gardeners, get three opinions” and I am just as guilty as the next green thumb of having very definite ideas about growing plants and our relationship with the natural world. Perhaps you agree, perhaps you don’t, but I hope to provide you with at least a few thoughts to ruminate on.

### Foliage versus Flowers

It is said that the “mature” gardener cares far more about foliage than flowers. If that is the case, color me infantile, since I’ll never prefer any leaf to

the inflorescence of a peony. Not that I don’t also treasure all my fine foliage friends, but saying they will ever surpass flowers as the main attraction in most gardens is ludicrous.

I could be happy for a time in a garden of all moss and ferns—two of my favorite plant families—yet, if a trillium or even a tiny common dog violet popped up amongst them, you know my heart would start to beat a bit faster.

This is the time of year when plant combinations are at their fullest and we can really enjoy the interplay of foliage textures and colors against one another. There is a gorgeous new heuchera ‘Wine Rose’ that I am trialing

and I must admit that it is stunning. I have it in hanging baskets with purple-flowering torenia and white-flowering bacopa. Both of these are annuals and will soon fade away, while the heuchera will play on with other combinations. Sometimes it will be the “thriller” plant, but most of the time it will be the “filler.” And that is as it should be. Foliage fades and flowers wilt, but the gardener’s memory endures.

### To Know It, You Got to Grow It

At a recent talk about magnolias and hydrangeas, Scott Aker, supervisory research horticulturist at the U.S. National Arboretum, mentioned that he hates going to plant talks where the person clearly has *not* grown the thing they are

talking about. I thought, “Who does that!?” But then I recalled talking to a fellow garden writer who doesn’t even have a garden! I suppose there are such posers out there, but they are easy enough to sniff out—and really, what is the fun in writing about something you have not experienced? That seems about as meaningful or gratifying as waiting in a long bank line.

I like to grow a few of everything to test them out and my chaotic jungle of a garden reflects that fact. Plants are stuffed wherever I can find room for them and my driveway “pot ghetto” attests to those unlucky ones who have not made it in the ground yet.

And growing it just once is not enough. As Tony Avent of Plants Delight Nursery in Raleigh, NC, says, “I consider every plant hardy until I have killed it myself ... at least three times.” You have to attempt it a few times to really say that either you’ve mastered it or it is truly beyond you.

Further, there are those plants that like to mess with you. They may be dormant for a season, like cyclamen or lycoris (aka Naked Ladies). They go along like gangbusters and then disappear. You think they died and plant something else in their place, only to see them come roaring back after they break dormancy.

They could also be biennials that come up one year in quite a different

continued on page 38

### What’s Going on with Trump’s Aura? ...continued from page 36

For now, let’s conclude this article with a couple of practical points:

#1. Have you been trying to figure out Trump? Stop wasting your time. Although many people with a psychological bent may find it reassuring to analyze the heck out of him... with all respect, they can’t possibly figure him out. Because Trump’s being run by astral beings, and several different groups of them, actually.

#2. Please don’t fear that Trump’s disgusting state of consciousness – extreme spiritual addiction – is conta-

gious. More on that in part two. Meanwhile, don’t live in fear of Trump’s energies. Instead, live in pursuit of your own human power, integrity, and happiness.

Recently Rose Rosetree’s blog ([www.rose-rosetree.com/blog](http://www.rose-rosetree.com/blog)) passed 50,000 comments.

Soon she’ll be represented at the Pathways Expo Booth “Age of Awakening with Rose Rosetree,” where experts she’s trained will give a workshop, personal readings, and thoughtful answers to your questions.

Now, today, you can benefit from her online workshops, books, and personal

sessions, plus a brand new workshop, “Spiritual Clarity on Your Enlightenment Path,” to be offered in person just once: September 14-15, 2019.

Rose is the founder of Rosetree Energy Spirituality (RES), helping people like you with emotional growth and spiritual awakening, using energy healing techniques that work now, in the Age of Awakening.

Rose’s 1,000+ media interviews include the *Washington Post*, the *Los Angeles Times*, *USA Today*, and “The View.” Learn more at [www.rose-rosetree.com](http://www.rose-rosetree.com). \* [mitch@rose-rosetree.com](mailto:mitch@rose-rosetree.com). \* See Rose’s listing under *Classes & Learning Centers on page 75*.



Dr. Vikram Raya, MD, FACC

## We all deserve a life of vitality!

### Areas of Specialty:

- Functional Medicine
- Integrative Cardiology
- Reversing Diabesity
- Weight Management
- Vitality Engineer
- Lifestyle Optimization
- Advanced Biomarkers

Dr. Vikram Raya practices functional and integrative medicine. He looks beyond the conventional labs to also assess the emotional and behavioral triggers preventing optimal wellness in all areas of life.

Dr. Raya is a double board-certified cardiologist and internal medicine doctor who is a recognized expert on reversing chronic health conditions. Through his practice, weekly seminars at local restaurants and international speaking engagements, Dr. Raya works diligently to disrupt the health care system and help individuals reclaim their health and accelerate their wellness.



[www.vinstitute.com](http://www.vinstitute.com)  
Call 703-506-1113

8302 Old Courthouse Road  
Suite B  
Vienna, VA 22182

# WASHINGTON GARDENER



## My Two Cents: Thoughts on Gardening ...continued from page 37

form from what you expected. Biennials that I have inadvertently weeded out include Hollyhocks, Lunaria, and Forget-me-nots (oh, the irony!).

By growing a plant you get to know not only its habits, but also what creatures visit it—be they pollinators or hungry bunnies. You get to experience it during different weather and across the seasons. You know what its seedlings look like when they pop up

40 feet away. Finally, you get to know whether you want to keep it in your garden or not.

### Editing the Garden

At the DC Environmental Film Fest screening of the "Five Seasons: The Gardens of Piet Oudolf," I was lucky enough to chat with the film's subject in person. We talked about the long, cool spring and the facts that he loves the look of "dead" (actually just dormant) plants in his designs. Grass seedheads, bare stems, dried flowers, etc., all play a role in the garden as it travels through the seasons of the year and it ages over the years.

The conversation turned to editing my local gardening magazine, the movie, and his own writings. He said that editing the garden is his favorite of the landscape designing tasks. "You mean weeding?" I asked. "A bit of that," he replied. But, he went on to explain, it is more about knowing what plants should stay and which should be taken out to let the garden evolve "naturally"—editing the plantings to reveal patterns and connections between groupings, to guide the eye in a pleasing way that appears as if Mother Nature created it, when actually it was an intense amount of planning and labor to establish and maintain.

And there it was: the key idea that separates a great landscape designer

from the hobby gardener. How many of us are willing to plant thousands of grass and perennials plugs in a precise plan, then go back every season and ruthlessly edit out all those plants that don't fit the plan? Most of us would choose to adapt the plan to fit in those plants that are most successful, rather than constantly fighting to maintain a certain vision. Soon, we'd end up with big swaths of Monarda, Goldenrod, and Northern Sea Oats, while the Echinacea and Pink Muhly Grass would have long ago been overpowered and likely disappeared from our gardens.

We gardeners are essentially editors of nature's plantings, selecting and growing what we like best, but eventually conceding that the small Rhododendron we loved so much when we first planted it is now a monster that needs removing and replacing with another dwarf shrub selection.

My favorite gardening moments are the natural "accidents" that occur without the gardener's direct efforts. The Clematis that fell off its trellis and wound its way through a bed of Rudbeckia, was one stunning display in my garden that would never have happened had this gardener been dutifully editing the bed, and not let the vine escape its ties. I believe the genius of Oudolf and why his work is so beloved is that he has a knack for seeing and creating these "accidental" combinations and mak-

ing it all appear utterly effortless. I hope you leave room to experience these "happy accidents" in your own garden as well.

*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's 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 [www.WashingtonGardener.com](http://www.WashingtonGardener.com).*

*Washington Gardener magazine also makes a great gift for the gardeners and new home owners in your life. See their ad on page 71.*



[unitedmeta.org](http://unitedmeta.org)  
540-562-4889



Dr. Rocco A. Errico, Ph.D., Th.D.



Marina Shakour Haber



Jeannette Sullivan, Ph.D.

## UNITED METAPHYSICAL CHURCHES

### CELEBRATING 55 YEARS OF PROGRESSION & GROWTH !

With an education program for metaphysical students who desire to become ordained Ministers, Intuitive Practitioner, Church Administrator, Certified Metaphysical Teacher & Spiritual Healing Practitioner. Ongoing weekends & Programs  
[www.unitedmeta.org](http://www.unitedmeta.org) - Ph:540-562-4889

The United Metaphysical Churches is an association which provides an education program for metaphysical students who desire to become ministers. It furthers and promulgates the concepts of Divine Metaphysics, issues charters for study groups and churches, ordains and issues certification for spiritual healers and mediums. The United Metaphysical Churches is a nationwide organization which is listed in the Cumulative List of Organizations described in Section 170 © of the internal Revenue Code of 1986 as a central organization holding a group exemption letter and is celebrating its 55th year of service to the planet.

Anyone seeking a spiritual pathway, a better way of life, and a desire for inner peace is invited to join us at UMC! We are a non-judgmental place of love where all people can feel safe exploring their spirituality. We support the spiritual growth and development of everyone and respect all religious and spiritual traditions. We provide ministry and education for all members, friends and the community at large through our example and through our services based on the principles and teachings of Divine Metaphysics. We are an Association that is based on Metaphysical philosophy, utilizing the various inspired truths from many religions and doctrines. We use a variety of music that ranges from traditional, classical to contemporary. Our aim is the glorification of God through worship and service. Our purpose is to teach and practice the science, philosophy, and religion of Divine Metaphysics as a serene way of life.

A diverse selection of SPIRITUAL RETREAT WEEKENDS during the entire year OPEN to all who are spiritually seeking. Center is also available for rent..... Plan your next retreat with us in the beautiful mountains of Roanoke, VA. We will provide the lodging, food and meeting rooms at a very reasonable rate. COME EXPERIENCE the ambience and renewal healing energies of 21 acres with comfortable rooms, elegant library with fireplace, modern cafeteria, beautiful spacious Chapel with Rodgers Organ and Baldwin Piano for your meditation & meetings. Roanoke Metaphysical Chapel conducts services every Sunday at 11 AM, with Adult Study 9:30 AM Children's Church 11 AM.

## 2019 WEEKEND PROGRAMS

### SPRING, SUMMER AND FALL SEMINARY SESSIONS

**Fall Seminary** – October 4 thru 9, 2019

**UMC 55th National Convention** – Roanoke Hotel & Conference Center—October, 11,12 & 13.

Readings, Circles, Workshop, Banquet, Great Fellowship Many Mediums to serve you! Special Guest Rocco A. Errico, Ph.D.,Th.D. October 12, 1 PM "STATES OF HAPPINESS: Secrets of Joy, Bliss & Health"

**Feldman Fundraiser** – November 7, 8 & 9, 2019

**Human Flourishing: A Metaphysical Approach** – Marina Shakour Haber & Jeannette Sullivan, Ph.D November 15, 16 & 17, 2019

**UMC Fundraiser** – December 12, 13 & 14, 2019

MORE WEEKEND EVENTS WILL BE ADDED! VISIT OUR WEBSITE



National Headquarters, Roanoke, Virginia



Rev. Justin Terry



Rev. Reed Brown



Rev. Sally Knuckles

## Finding Calm in The Storm

BY MACK ROWE

Let's begin with a word montage of life today. See how many times you can find yourself:

*Rush -- do it now -- hurry -- push -- frantic -- scared -- check email again -- run -- no time -- push -- computer crashed -- don't be late -- get the app -- rush hour traffic! -- do it now -- multi task -- deadlines -- no let up -- time! -- give me a break -- keep up -- angry -- overtime! -- play a game -- skip vacation -- work -- x@#</X! -- check email -- the awful news -- keep up -- push!*

Want to add some of your own words? Go ahead. Energy has built this country. The result is a history of frantic growth. And doesn't it seem to be accelerating? We all have our lists of things to accomplish. And they never get finished. They just keep growing with new mandates. Feels like we're in a soup of negative energy. Let's look at some of the things that compose this energy picture.

I'm watching a boy walking along staring at the phone in his hand. The day is full of sunshine and spring. A wonder to see -- except the boy doesn't see it at all. It's as though the screen has locked on his eyes with a tractor beam. He's totally occupied, poking and rubbing that screen as he continues up the street. He's missed out on the beautiful positive experience of that moment in Nature. What did he get? A technology fix. I recently saw a TV drama where the main character is getting her cell phone returned. She exhales with relief and says "I felt like I was missing my arm!" Technology, which didn't exist in this form a few years ago, makes continuous demands on us for our time. I see this going on everywhere I look.

Now let's look at the NEWS. I used to call it the OLDS, because they kept repeating the same stories all day long. Is that all there is? And what kind of "news" do you actually get? Terrible disasters -- horrible suffering -- murders -- corruption -- politics. You know. So how do you feel in the face of all this? It's negative energy. Doesn't feel good, does it? As you absorb that energy, do you feel your breath getting shallow? Sense your body becoming tense? Do you really need it? Is it good for your health? No!

Can you do something about it? Yes! People go on food fasts to cleanse their bodies, why not go on a Media Fast to cleanse your mind? Think about it. Negative energy coming into your body can make you sick.

OK, so what else is going on?

People used to relax by taking time off. Over the years workers have increasingly short-changed their vacation time. Are we afraid of falling behind, losing? Remember when "they" told us technology would give us more leisure time to relax and do what we really wanted to do? Let me give you an example of that fairy tale. In my earlier years as a graphic designer, I sent proposals and designs to clients by

courier or US Mail. I had in-between time to do other things while I waited for responses. Later I got a fax machine to be "more timely and receive quicker response." Thus, that in-between time began to shrink. In those days, I could specify typesetting on a manuscript and call for a courier to take it to the typesetter. That also gave me time until the courier delivered typeset proofs. The advent of the computer with its attendant printer took away that waiting time, as now I could set my own type. *So time kept getting compressed.* And the deadlines kept getting pushed up. Getting more done in less time is what has been happening. Pressure! So who has time for vacations? Do you take your cell phone and laptop with you on vacations? Of course you do! It has become unheard of to be without your phone. At a restaurant, it is always on the table so you won't miss a call or text.

Then multi-tasking came along: That'll work. *NOT!* That idea brought about the reduction of quality work/focus time -- followed by errors and the time to correct them (the oops! factor). Now you're working your computer while discussing a different issue with someone on the phone. Then you hear the faint tap-tap-tap in the background of the other person's conversation. Multi-tasking leads to reduced mental focus and incomplete thinking through -- flitting from one thing to another. Quality time suffers.

Now for the rapidly growing electro magnetic frequency technology -- EMF. EMF is behind the kitchen microwave/computer/internet/smartphone/Ipad technology. They all use wireless transmission, which you can't see or feel. However, it surrounds our bodies and our brains. And it's dangerous. Yes, it's been with us since the days of radio, but now we are swimming in a sea of it. And with the new 5G tech coming, it will get worse. Since it's been with us for a hundred years, what's the big deal? You don't feel a thing, and it has so many advantages. But it's also dangerous. Don't believe me? Google EMF Radiation Exposure. "They" don't want you to worry about this, because they're making huge amounts of money.

The World Health Organization has classified wireless phone radiation as a Class B carcinogen, the same category as DDT and lead. So this popular, ever-present technology is definitely dangerous to our health. Even more so if you stick a Blue Tooth in your ear right next to your brain or carry your phone in your back pocket.

It's also habit forming, i.e., addicting. Almost half of Americans say they could not live without their smartphones. We know that addicted teens are increasingly depressed, anxious, sleep-deprived and impulsive. (Google smartphone addiction.) Have you noticed the "zombie" effect you see in some kids. Researchers have found imbalances in the brain chemistry of

continued on page 40



## STRIVING FOR HEALTH



Want to feel and look your best naturally?

Want rapid long-term results?

We can help!

We offer a variety of natural therapies at our full-service holistic clinic. Our goal is to help you enjoy your life to the fullest without any unwanted symptoms.

### Facial Rejuvenation Treatments

Turn back the clock naturally to reduce fine lines and wrinkles, tighten lax skin, invigorate the complexion and get healthy glowing skin... all while working on the underlying health of your body!

We offer a variety of natural therapy options for a more radiant, healthy and youthful you: cosmetic acupuncture, microcurrent, facial cupping, facial gua sha, LED light therapy, microneedling, facial exercises and organic facial products.

### Allergies / Sensitivities

Suffering with Allergy or Sensitivity symptoms? We can help! Our needle-free treatment gets rapid results so you can enjoy life, without the unwanted symptoms! It's great for any age.

### CBD Coaching & Products

Need help navigating the CBD world -- is it right for you, what to take, how much, and why? We can help! We offer certified CBD coaching services and a nice selection of CBD products.

Plus: acupuncture, herbs, gut restoration, ear seeds, cupping and detox therapies.

We offer FREE consults to ensure we match you with the best therapy for your specific needs.

[www.strivingforhealth.com](http://www.strivingforhealth.com)



Phone - 703.707.7777



451 Carlisle Dr. | Herndon, VA 20170



**Finding Calm in The Storm,  
cont. from page 39**

those addicted to smartphones.

So, who's addicted? Are you? How many times a day do you disrupt your attention to check your email? Can you limit those times? How about texting? Facebook? Twitter? The News? How about limiting those interruptions by extending the time in between them? And what about your kids? Can you make sure they aren't using their phones in their rooms, particularly at night? Some schools require kids to drop their cell phones in a basket as they enter the classroom. Good idea!

It's interesting to observe how we're handling all these pressures and anxiety drivers we try to live with. There's a huge drive for *entertainment*- a way of dealing with today's complexities and pressures. We seem to need it to distract ourselves. Destructive games, sock-you-in-your-seat movies, belly-busting outrageous meals advertised on TV, violent TV series (something for the whole family?), all -terrain driving, sports extravaganzas, you name it.

It's increasing, and it's not peaceful. I'm reminded of a sci-fi story a friend of mine once mentioned. It was set in a future society that had become so enormously complex people couldn't deal with it. So all they could do was to start laughing! It indeed was called the "Laughing Sickness." This sounds to me where we are headed by focusing so much on entertainment today

Why worry about all this? There's a very good reason. By living this way, we can miss the development of our own inner Wisdom and our personal Creativity. Really!

First, all this wireless fun-stuff pulls you out of yourself. When do you get to access your own thoughts and ideas? Are all the answers I need out there on the Net or Facebook? Polling others for answers robs us of our ability to tap our own wisdom. Each of us can have our own ideas and creative thoughts. But we must learn to access them. I can tell you it was work for me to learn to trust mine. I needed to learn to take quiet time without disruptions. It required asking and listening to "hear" my inner "voices." It can be done -- and it's powerful. Consider this:

"If I don't go within --  
I go without."

*Conversations With God, Neal Donald Walsh*

I have what I call my inner team to which, in quiet, I can turn and trust. I visualized them one night when sitting quietly in the dark and asking for help. Five members, each with different talents to offer, showed up in my mind's eye. I focused and asked them for ideas/decisions on any topic I'm working on. I then had to learn to trust their answers. It took me some time and practice. I began with simpler Yes-or-No questions. Later I learned to ask more serious questions. It was hard to

trust them, but eventually I learned to believe. In other words you, could say that I Googled myself. Has this all been worthwhile? Oh yes! Let me share with you a favorite quote of mine:

Teach me how to trust  
my heart, my mind,  
my intuition, my inner knowing,  
the senses of my body,  
the blessings of my spirit.  
Teach me to trust these things  
so that I may enter my  
sacred space and  
Love beyond my fear, and  
thus walk in balance with the  
passing of each glorious Sun.  
*Lakota Prayer*

So what I'm talking about is accessing a personal creative space where I can be meditative. I can daydream, consider possible futures, free my mind. Having faith in myself (and my team) gets me the answers I need. They may come up immediately in thoughts or in dreams or with intuitive nudges later. I am simply accessing my own depths and trusting what I get. And I'm finding a more peaceful daily life.

Let me return to the frantic word montage I presented at the beginning. This go-go lifestyle is unhealthy in the long run. So the business of finding and trusting your inner wisdom has the added benefit of finding your inner calm and healing yourself.

You can understand you don't

need the daily news. You can drive and not use your smartphone to talk or text. *Hang up and drive.* You can give yourself permission to take time off to relax. You can give quality focus to your work. You don't need to spend interrupted time with your phone and computer. You can focus on creating quiet moments in your daily life. You can give yourself a happier, healthier personal environment and body.

It does take desire, intention, and time to change present habits, to move from fear into self love, Is it worth the effort? I give it an unqualified YES. And I do wish you a good journey finding the calm in your storm.

*Mack Rowe lives with his wife, Annie, and their cat, Mimi, in the woods of Madison County, Virginia -- in a round two-story wood house. He is a retired graphic designer, a cartoonist, and a watercolor painter. He and Annie are devoted to their search for inner calm. Mack remembers, as a boy, something called a phone party line in his small midwestern town. This meant that the phone in his house was connected to other houses (the forerunner of FaceBook?). Each phone had a prescribed number of rings for you to answer. Thus, other neighbors could pick up and listen to your conversation. So, the party line was no party! Mack has watched technology march onward from there.*



## Holistic Business Consulting

Customized Solutions to build a business You Can ENJOY!

*"As a healer, I want to help people! Ash has helped me stay grounded, become a better business woman, and get connected with my clients like never before."*

– Deborah Martinez, MD Spokane WA

*"With Ash's knowledge and step-by-step guidance for the past 7 months I have closed over 1 Million Dollars in business. I recommend you work with Ash"*

– Michelle Kotler, Ellicott City MD

You are humbly invited to attend my Financial Chakras Workshop at the Natural Living Expo, Sept. 29th, and receive FREE fear elimination tool. Visit me at booth #81 for more details.

**Ash Shukla**  
**(410) 493-3358**  
**financialchakras@gmail.com**  
**www.financialchakras.com**



# HAWAIIAN ENERGETIC HEALING:

## Maintaining Ancient Traditions in a Modern World

BY JAY AROVAS

Throughout time, ancient and native societies have relied upon their beliefs and utilized the resources of the world around them for survival and for healing. Their relationship with their gods and their understanding of nature provided them with the necessary tools for daily life.

The ancient Hawaiians had an intimate, interactive relationship with their deities – each relied upon the other. They understood the importance of combining spirituality with sensible materialism and that harmony and unity was within themselves and humankind.

Many of us are familiar with the Native American shamans. The Hawaiian equivalents are the kahuna. The kahuna were the priests and those who were masters in their field. The kahuna maintain traditions taught and handed down through generations of a family's lineage. This ancient knowledge represents a way of living and being. Each lineage held their understandings as sacred, passing them on orally

and by example of living to the next generation.

With the passing of time, as with other ancient traditions, few members of current generations were learning and following the "old ways." One kahuna with the gift of healing and sight, Nelita Kapaaloha Po'okui Lonokahikini Peleiholani Kukuia Laakea Cook Kenway Anderson, upon realizing that no native Hawaiian was stepping up to carry on the traditions, chose to teach non-Hawaiians so that her family's lineage of what is believed to be 25 generations would not be lost.

From amongst her non-Hawaiian students, Nelita selected Edward Kaleolani Spencer to be the steward of her family's teachings. Nelita gave Edward the Hawaiian name she heard for him, Kaleolani, and "graduated" him to Kahu O Mana, keeper and protector of the Mana. Upon Nelita's passing, Kaleolani chose the phrase Hawaiian Energetics to describe the traditions of Nelita's lineage, putting it into modern, relatable language and began carrying on her teachings.

Hawaiian Energetics is hands-on

healing based in Nelita's family lineage of Kahuna HaHa. As a medical kahuna, she utilized and directed the elemental energies – fire, air, water and earth – to promote balance and well being in a person's body. These elemental energies are the building blocks of our physical existence.

Through their philosophy, spiritual beliefs and daily living, the ancient Hawaiians developed an intimate understanding of the elements and how they related to the body, environment, and the world around them. This understanding extended to the balance and relationship of the elements to the body's organs and systems.

Daily life presents challenges and choices that can lead to distress and imbalance. Healing occurs when these imbalances are corrected and the elemental energies flow freely and in appropriate volume throughout the body.

The ancient teachings speak of three bodies – the physical, the etheric and the astral. Each body has its own needs and functions. Together, they make up who we are as a person. Thus, the health and balance of the three bodies

is critical to our well being. To understand the healing process, it helps to have an understanding of the three bodies.

It is through the physical body that we experience the world in which we live. The physical body is tactile and experiences sensations – taste, smell, touch, and thought. It requires nutrients, fluid, rest, and protection to maintain its health and functionality. The physical body moves us through our daily life and tasks.

The etheric body is considered the powerhouse for the physical body. The etheric body also maintains the communication between all three of the bodies. Electro-magnetic in nature, the etheric body contains all four of the elemental energies, regulating their flow to the physical body as needed. The etheric body replenishes itself from the surrounding environment, which abounds in elemental energies.

The astral body is the most challenging to comprehend. It is the body that provides us with direction and purpose as we live our physical life. The

continued on page 42



# Super Healthy Made Simple

**Our Technique – Network Spinal Analysis**

Unlike conventional chiropractic, we use a gentle touch that cues the nervous system for empowering the body's self-healing capabilities.

- Pain
- Injuries
- Posture
- Scoliosis
- Enhanced Performance
- Self-Confidence
- Stress, Trauma, PTSD
- Numbing, Tingling
- Fatigue
- Anxiety, Depression
- Relationship Stress
- Balance – Preventing Falls

*"I'm walking so much more, the color has come back in my face, the swelling in my legs has gone down so they're not hard anymore, and I'm walking faster. I avoided surgery on the low back. I had it scheduled and cancelled it."*

—Marilyn Morris, Silver Spring, Maryland

*"It's easier to stand straighter. I sleep better. I don't have PMS anymore. And I did have one period that was pain-free."*

—Heather McDonald, Washington, DC



**Dr. Steve Gardner,**  
Chiropractor

**(301) 986-4810 • [www.EasySpine.com](http://www.EasySpine.com)**

8311 Wisconsin Avenue, Suite B-11  
Bethesda, MD 20814

**A Strong Spine — Backbone To A Strong Healthy Life!**

*Body, Mind, and Spirit  
Psychotherapy:  
A Synergistic Approach*



**Farinaz Amirsehi, LPC, RN**  
*Licensed Professional Counselor*  
In McLean, VA

- \* **EMDR**
- \* **ETT™, Emotional Transformation Therapy**
- \* **NMT, Neuromodulation Technique**
- \* **Regression Therapy**
- \* **Clinical Hypnosis**
- \* **Ancestral Family Constellations**
- \* **Somatic Integration Therapy**
- \* **Reiki**

**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.

**Healing Light Center, LLC**  
1313 Vincent Place, McLean, VA 22101  
**Phone: 703-288-1566**  
[www.healinglc.com](http://www.healinglc.com)

**MIND • BODY • SPIRIT**

**HAWAIIAN ENERGETIC HEALING:  
Maintaining Ancient Traditions in a Modern World**  
...continued from page 41

astral body gathers information and power from the original resource of creation – referred to by the Hawaiians as mana – giving us vision. This vision can lead to positive movement and in turn to enlightenment and fullness of living – one of the objectives of the astral body. Additionally, when illness or injury occurs, the astral body provides divine inspiration and information that is utilized in conjunction with the etheric and physical bodies to promote healing within all three.

The ancient medical healers learned to listen and observe the three bodies, understanding the relationship of one to the other and the importance of the balance of the elemental energies in maintaining health. When deficiencies of an elemental energy were observed, the medical kahuna would work with an individual to restore the proper balance, quality and flow of the element and in so doing, restore the person's health.

In this tradition, practitioners of Hawaiian Energetics listen to the words of their client as well as to the body itself, paying attention to the volume and flow of the elemental energies through the body. They then work with the information gathered to restore an optimal balance to the client's body, using the elemental energies and mana as their tools. As a recipient of this work, each individual's experience varies, but at the very least, most people experience a deep sense of peace and well being.

Not only a healing modality, Hawaiian Energetics teaches us to live a life of Aloha, enabling us to gain deeper insight into our own being and purpose and finding the kahuna within ourselves. As Kahuna David Kaono-hiokala Bray describes it in *The Kahuna*

*Religion of Hawaii* (Borderland Sciences, CA, 1990), Aloha "means 'Come forward, be in unity and harmony with your real self, God, and mankind. Be honest, truthful, patient, kind to all forms of life, and humble.'"

Today's students of Hawaiian Energetics include, massage therapists, lawyers, doctors, artists, healers and anyone seeking to expand their knowledge and self-awareness. Expanding one's understanding of self allows us to grow and live a fuller existence, to be a better version of ourselves. Bringing the qualities of the elements and mana into our daily life adds a deeper richness to our experiences as we walk our paths. Living in this manner promotes healing of one's self and can be healing to those around us. This is the Hawaiian way – to be full and complete within self and the world around you.

From San Diego to New York, Chicago to Atlanta and Washington, DC, Hawaiian Energetics practitioners and teachers continue this multi-generational tradition, keeping alive the ancient wisdoms, healing themselves and their clients.

*Jay Arovos is a Certified Massage Therapist, Kahu O Mana (Hawaiian Energetics practitioner / teacher) and Reiki Master. He began his work in the healing arts in 1995, studying at the Chicago School of Massage Therapy. In 1997 he was introduced to Kaleolani Spencer and began studying the Hawaiian healing work with him. Currently, Jay provides individual bodywork sessions and teaches in the Cleveland Park neighborhood of Washington, DC. For more details on Jay and his work, visit [www.tritouch.com](http://www.tritouch.com).*



**MIND  
BODY  
SPIRIT**

**ENVIRONMENT**  
**Visit Our Website To Download  
The Entire Issue Of Pathways**  
**[www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)**

## 4 Ways to Reduce Home Allergens

BY SARAH LOZANOVA, FROM MOTHER EARTH LIVING

Do itchy eyes, sniffles and a scratchy throat sound familiar? Many of us know the symptoms of allergies: An estimated 40 percent of the population is sensitized to allergens, meaning that the immune system has a strong response when certain substances are inhaled from our environment. Common allergens include pollen, mold, pet dander and dust mites—tiny bugs that feast on shed flakes of skin and are a common cause of year-round allergies and asthma. Allergic reactions range from mild coldlike symptoms to headaches to an aggravation of asthma symptoms. Sufferers do not always recognize allergens as the cause of their symptoms.

Even indoors, allergies often worsen as spring approaches. At this time of year, certain pollen counts rise and humidity levels typically increase, encouraging the growth of mold and dust mites. While some of this is out of our control, we can take steps to reduce the level of allergens in our homes, keeping ourselves and our families feeling better and breathing easier. These four cleaning and maintenance tactics can reduce our exposure to allergens and provide a powerful boost to overall health.

**1. Rid Bedroom of Allergens Regularly**  
Time required: 1 to 1.5 hours every one to two weeks

Most adults spend six to 12 hours each day in the bedroom, and children may spend even more time there. Studies show that more dust mites live in the bedroom than anywhere else in the home. Use this cleaning regimen weekly or biweekly to reduce the prevalence of pet dander, pollen and dust mites. Wash bedding and curtains; vacuum upholstered furniture, mattresses and carpets; and dust with a damp cloth. Use a vacuum with a high-efficiency particulate air (HEPA) filter to capture allergens, and run washable stuffed animals, throw rugs and pillows through the washing machine. Bag unwashable items and put them in the freezer for 24 to 48 hours to kill dust mites.

To further reduce allergens between cleanings, keep humidity levels low to deter dust mite and mold growth, remove shoes before entering the bedroom to avoid tracking chemicals and allergens in from outside, encase pillows and mattresses in zippered dust-proof covers, and keep furry pets out of bedrooms.

**2. Conduct a Home Mold Audit**  
Time required: 1 to 3 hours once a year

Search your home top to bottom to identify sources of mold. Common places include bathrooms and basement walls and floors, front-loading washers, and areas around plumbing fixtures and windows. Examine your home's exterior, looking for rotting roofing materials and siding; ensure that gutters are clear and that water is routed away from the foundation. Inspect mechanical systems for leaks or signs of failure; ensure that dryer vents are properly attached and free of obstructions; and use a flashlight to inspect accessible exhaust vents for furnaces and hot water heaters, as blockages are a common source of indoor moisture and carbon monoxide. Seek out places with high moisture levels, and use your nose to identify hidden sources. Purchase a simple humidity gauge (less than \$15 at hardware stores) to determine rooms with elevated humidity levels. Remember, mold can lurk under rugs, behind wallpaper, above ceiling tiles and behind drywall. Exercise caution when exposing potential sources of mold, such as peeling back wallpaper, as spores can be released. Consider wearing an N-95 respirator. If you have limited areas of mold, clean it up using the natural solutions below. If your home has large areas of mold—particularly dangerous black mold—hire an experienced mold-abatement professional.

**3. Remove Old Carpet**  
Time required: Varies

Allergens become trapped in carpeting over the years, making them difficult to remove. For example, up to 95 percent of dust mites can remain in carpet after vacuuming. The National Academy of Sciences recommends considering carpeting a serious problem with regard to allergens.

Consider removing old wall-to-wall carpeting from rooms with exterior doors or high humidity levels such as basements, bathrooms, laundry rooms and kitchens. Older carpets are likely to harbor significant amounts of dust mites, pollen, chemicals and pet dander (if pets have lived in the home), and carpets in humid areas may contain mold. Exercise extreme caution when removing carpets in homes built before 1978 as lead dust may be released into the home. When removing any carpet, spray it down with a water bottle before removing to keep contaminants from floating into the air. Consider replacing old carpets with area rugs that can be easily cleaned or with hard flooring, such as natural linoleum, ceramic tile, bamboo or hardwood.

**4. Keep Humidity Levels in Ideal Range**  
Time required: 1 to 4 hours; check annually

The EPA recommends keeping humidity levels below 60 percent in the summer and between 25 and 40 percent during the winter. Consider installing a dehumidifier in the basement or upgrading the bathroom exhaust fan if humidity levels are consistently out of range. Ensure that your bathroom has at least a 50 cubic feet per minute (cfm) exhaust fan if it is less than 100 square feet. Bathrooms that have jetted tubs or are more than 100 square feet need more powerful exhaust fans. Ensure exhaust fans are working properly. If a short piece of toilet paper doesn't stick to the grill when it is turned on, there is an exhaust issue with the fan. You should run the bathroom fan for 20 minutes after taking a shower to clear humidity adequately and ensure moisture in the fan body or ducting is minimized. Installing a timer can boost effectiveness and energy efficiency, making it easy to run the fan for the proper amount of time without worrying about shutting it off later.

**Remove Mold Naturally with Homemade Solutions**

Although bleach is commonly used to kill mold, safer alternatives exist. Try these.

**Vinegar:** Killing an impressive 82 percent of mold, 99 percent of bacteria and 80 percent of viruses, undiluted white vinegar is a highly effective cleaner. Spray undiluted vinegar onto a surface and leave it for several hours before scrubbing with a brush. To prevent mold growth on moist areas such as shower curtains, spray the area with vinegar and allow it to dry.

**Hydrogen Peroxide:** If you don't like the smell of vinegar or don't have hours to spare, spray hydrogen peroxide on the surface to be cleaned and leave for 10 minutes before scrubbing. For an extra boost, spray on vinegar in addition from a separate spray bottle.

**Grapefruit Seed Extract:** While effective at killing mold and deodorizing, grapefruit seed extract is a pricier option compared with peroxide or vinegar. Place 10 drops of extract per cup of water in a spray bottle, and shake well before using. Spray and wait before wiping surface, or leave the solution on the surface without wiping.

*Excerpted from Mother Earth Living. To read more articles from Mother Earth Living, please visit [www.MotherEarthLiving.com](http://www.MotherEarthLiving.com) or call (800) 340-5846 to subscribe. Copyright 2013 by Ogdan Publications Inc.*

# Spreading Happiness... One Clean House at a Time!



**Skilled**  
**MAIDS** SkilledMaid.com

### Easy Communication

Contact us online, write us an email or call – we make staying in touch easy

### Speedy Estimates!

It only takes a minute. More time for what really matters in your life!

### 100% Satisfaction Guarantee

Detail cleaned...Or we come back!

**\$149**

4 Hours of Work

or

**\$219**

6 Hours of Work

Cannot be combined with other offers. Expires 11/30/19.

**Call us for a Happy,  
Healthy Home!**



**301-460-1529 • 703-459-4286**

**SkilledMaid.com**

*Come Relax...*

## Mountain Mystic Trading Co.

215 South St., Front Royal VA

Crystals and Minerals | Sterling Silver Jewelry  
Pura Vida | Incense | Candles | Books | Greeting Cards  
Salt Lamps | Wind Chimes | Statuary  
Locally Crafted Products

Check our Facebook page for weekly events, including  
classes, readers, workshops, and more.

[Facebook.com/MountainMysticCo](https://www.facebook.com/MountainMysticCo)

540.635.6318



## Happy, Healthy Families through Holistic Healing

Sometimes the joy of pregnancy or motherhood comes with back or pelvic pain, bladder problems, or scar tissue tightness for you; or breastfeeding, colic, and reflux for your newborn.

Founder and Occupational Therapist, Nyle MacFarlane, is a pediatric and adult myofascial release specialist who can help you to manage your symptoms holistically and can provide gentle and soothing care for your baby through her unique and highly effective treatment approach.

### Special Packages for mother and baby

Mention this AD and get  
**50% off your first session**



Nyle MacFarlane, MS, OTR/L  
Blue Nyle Therapy Services, LLC  
[www.blunyletherapy.com](http://www.blunyletherapy.com)





**Pathways  
NATURAL LIVING EXPO  
50<sup>th</sup> ANNIVERSARY**

*Many thanks to our friends and community. We look forward to seeing you at the show!*

**COME CELEBRATE WITH US!**

**Explore,  
Learn, Shop,  
Play, Network**

**And Have a Great Time at Our  
50th Expo of Healthy and  
Unique Goods and Services**

**Pathways Presents the 50th**

# **Natural Living Expo**

**Sunday, September 29, 2019 • 10 AM - 7 PM**

**130 EXHIBITORS • 56 WORKSHOPS**

**FREE INDOOR PARKING • EASY ACCESS AT THE BELTWAY & RT. 50**

**Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church, VA 22042**

**Only \$10 with coupons available at [www.naturallivingexpo.com](http://www.naturallivingexpo.com)**

*Visit our Pathways table for FREE giveaways, enter our raffle and say hi!*

**ALTERNATIVE MEDICINE • ANGEL READINGS • ANIMAL WELL-BEING • ART • ASTROLOGY • AURA PHOTOGRAPHY  
AROMATHERAPY • BEADS & CRYSTALS • BOOKS • CHIROPRACTIC • CLOTHING • COACHING • CRAFTS • DENTISTRY  
ENERGY HEALING • FACE READING • FENG SHUI • HEALTH PRODUCTS • HERBS • HOLISTIC DOCTORS • HYPNOSIS  
JEWELRY • LEARNING CENTERS • MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NUTRITION • PAIN MANAGEMENT  
PALM READING • PHARMACIES • POLARITY THERAPY • PSYCHICS • PSYCHOLOGY • QIGONG • REFLEXOLOGY • REIKI  
SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAI CHI • TAROT • WEIGHT LOSS • YOGA • MUCH MORE • SPEND THE DAY!**

## **The Pathways Event of the Year**

# Enjoy 130 Exhibitors Who Heal, Entertain,

## AN INVITATION FROM THE FOLKS AT PATHWAYS MAGAZINE

Please set aside Sunday, September 29 on your calendar to share our joy at our **50th Anniversary Natural Living Expo**. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.

We have been blessed with the honor of hosting this mind, body, spirit event for all these years and we are 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.

At only \$10, it's cheaper than most movies. You can attend up to 8 workshops of the 48 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.

This year, we are returning to the beautiful Fairview Park Marriott in Falls Church, just off the Beltway with plenty of indoor free parking.

**Please join us. Bring your friends.**

### Age of Awakening with Rose Rosetree, #123

Nothing else like this booth is at the Expo! Explore how we can help you: get aura readings, buy how-to books, or just talk with an expert at RES Energy READING Skills, Energy HEALING Skills, Empath Empowerment®, and Enlightenment Coaching.  
www.rose-rosetree.com

### The Akashic Librarian, #27

Astrologer Delia Golden offers an exciting array of modern and ancient astrology services, with Certified Astro\*Carto\*Graphy™, the ancient art of Horary, forecasts, remedial Planet Therapy, Astro-Toning™, and more. Mini-consultations available.  
www.akashiclibrarian.com

### Align with Grace Yoga, #9

Align with Grace Yoga aims to target the student's specific needs, physically, mentally and spiritually with a wide range of yoga practices that work for everybody. Visit: [www.alignwithgrace.com](http://www.alignwithgrace.com) to learn more about the founder, Claudia Neuman, and to sign up for specialty classes, trainings and more.

### Alix Moore & the Archangels, #80

Alix Moore is a gifted psychic, soul healer, medium, and channel for wisdom and healing of the archangels. She helps her clients get the answers they need so that they can manifest the love and abundance they desire. Relationships, wellness, abundance, children, and business.

### All Things Positive For Success, RTC, #48

Nelda Fink, human potential coach. Stop by for videos of powerful tools & techniques to break from a life of mediocrity. Also crystals, essential oils, jewelry available for purchase. Info regarding new paradigm in political leadership. Discussions welcomed and encouraged!  
www.neldathewhisperer.com

### American Ayurveda, #94

Ayurveda is an ancient healing system from India that has stood the test of time over the ages. It is followed by over one billion people around the world. We offer authentic Ayurvedic products and consultation to achieve optimum health.  
www.americanayurveda.com

### Ancestral Eye Reading by Irigenics, #63

Discover what your eyes reveal about your ancestors, their skills and unresolved traumas that are an inherent part of your life. Choose a Mini-me Video Reading or My Eye Mag 36-page digital PDF (including digital macro-photographs of your eyes).  
www.irigenics.com

### Angel Talk RadioTV, Telespectra Healing Center, & TLLC Church & Retreat, #124

With Angel Talk's Hosts Jim and Sandy Young. Washington Metro Area's premier & internationally acclaimed radio/TV psychics with over 10,000 professional readings since 1994. They will be offering Personal Angelic Readings and copies of their books "Evidence of Things Not Seen" & "Clearing The Confusion". Sign up early, openings go fast!  
www.meetup.com/angeltalk/

### Arlington Metaphysical Chapel, #12

The Arlington Metaphysical Chapel is a divine metaphysics spiritual community which practices and teaches the spiritual truth recorded in the Holy Bible and other sacred texts. Come by to learn more about us! Psychic readings, drawings, and spiritual healing. [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

### Avillion Aura Photography & Ultra Imaging, #127

Avillion Aura Photography & Ultra Imaging with Polaroid photo of heart chakra vibrations, chakra report with two printed pictures and comprehensive aura care package. Available with 30 min interpretation and spiritual reading for lightbody expansion.  
www.avillion.org

### B.Birdwatcher Spiritual Stones, #24

Zenists and fashionistas will love to explore the world of B.Birdwatcher Spiritual Stones. The gemstone jewelry line encompasses the principles of balance & harmony, protection & strength, relationships & self-improvement with a eco-chic fashion sense.

### Black Star Jewelry, #60

Himalayan quartz crystal meditation implements from Nepal. Carved miniature gemstone deities. Unique, one of a kind hand crafted sterling silver jewelry with gemstones from the Kathmandu Valley. Unisex designer jackets in silk and recycled fabrics. Evocative accessories.  
www.blackstarjewelry.com

### Center for Spiritual Development, #83

The Center for Spiritual Development (Sukyo Mahikari) provides free 10-minute energy sessions. Many find the energy to be relaxing and rejuvenating for the soul, mind, and body. Some achieve better clarity and sense of purpose in their lives.  
www.dc.sukyomahikari.org

### Center for Spiritual Living Metro, #56

As a non-traditional faith community serving the Greater Washington DC Metro, we welcome and celebrate uniqueness and inspire individuals to awaken to their own magnificence. We offer an array of courses and meditative practices that enrich lives and enhance all relationships.  
www.cslmetro.org

### Courtz Crystals Handmade Crystal Globes, #125

Handmade crystal balls seen in a Real Vision, 1989. Burbank, California. Made with gemstones and crystals & the cosmos. Each one is designed with its own unique healing energies. Water amplifies the crystals, the glitter represents atoms of energy. Meditation. Relaxation gifts.  
www.courtzcrystals.com

### Crystal Luxe Lighting PLUS!, #43

One-of-a-kind home accessories hand-crafted from natural crystals, minerals and gemstones. You'll find gemstone sensor night lights, quartz napkin rings, gemstone wine stoppers, geode book ends, rocky ring stands, mineral lamps, key rings, business card holders, trinket boxes, dog collar charms and more!  
www.CrystalLuxeLighting.etsy.com

### The Crystal Shop, #62

[www.crystalshopatbarlow.com](http://www.crystalshopatbarlow.com)

### The DC Dentist Dr. Terry Victor, #114

Learn benefits of holistic/eco-friendly dentistry. Discover advances in medical technology used to provide you with a customized experience that is less invasive, more effective, and a healthy approach to your oral care from a holistic, biological and eco-friendly dentist.  
www.thedcdentist.com

### Deep Breath Healing, #11

Deep Breath Healing is a spiritual approach to holistic living. We combine energy healing and intuitive counseling to clear and balance the chakra system, release negative energy and emotions, and offer the reset needed to improve your life on every level.  
www.deepbreathhealing.com

### Dental Excellence Integrative Center, #82

We're holistic, mercury-free, and one of the most comprehensive dental clinics in DMV area. As our mission is to bring healthy teeth and gums for life to your family, we only use high-quality materials, cutting-edge technology and a whole-health approach to offer individualized treatment plans. We optimize insurance and offer great in-house insurance plans.  
www.dentalexcellenceva.com

### Dorjebajra Tibet Shop, #55

Tibetan crafts and meditation supplies including Tibetan singing bowl, incense, mala beads, statue, and much more. We have been in business since 2006, helping the artisans of Nepal in a fair-trade manner.  
www.mytibetshop.com

### doTERRA Essential Oils & Wellness, #70

Whether you are looking for the tools to combat everyday health problems quickly and easily with doTERRA essential oils & supplements, or looking for an opportunity to work from home to create your ideal life, we have the best solutions for you. Those who want a more in-depth conversation can set up a 30-minute video chat consultation after the expo. Guiding you on your Wellness Adventure,  
www.TotallyColleen.com

### Dreams of Stardolphin Visionary Art, #113

Gallery quality prints, embellished canvases, greeting cards, magnets, bookmarks and light encoded pendants and healing discs of my original artwork. I also have an oracle deck and three children's books I wrote and illustrated.  
www.stardolphin.com

### Eckankar of Northern Virginia, #104

Are you ready to embrace spiritual freedom? Claim your divine birthright through direct experience with the Light and Sound of God. Rediscover HU – the universal word of spiritual liberation – and so much more!  
www.eck-va.org

### Egyptian Goddess Wears, #101

Feel like an Egyptian Goddess/God with this line of handmade, intuitively put together, natural stone jewelry. Each piece channeled with specific natural stones that energetically support the wearer.  
www.etsy.com/shop/EgyptianGoddessWtters  
www.nadiakimcoach.com

### Elevated Wisdom LLC, #69

We offer a wide range of classes, services, products, trips, and retreats that can put you on the path to finding your true self. Let us help you find joy and bring purpose to your life.  
www.ElevatedWisdom.com

### Empower Chiropractic- Gentle and Specific Chiropractic Care, #91

Empower Chiropractic specializes in chiropractic care for the whole family. We use a new technique that involves no twisting cracking or popping to allow the spine and nervous system to function at 100%.  
www.empowernova.com

### Enchanted Botanicals, #68

Enchanted Botanicals handcrafts organic candles, incense, essential oil sprays, and hand-care products by harnessing the power of divine guidance and mixing it with the spiritual, energetic, and magical superpowers of herbs and flowers. Our goal is to help you transform your mood, manifest your deepest desires, and enhance your life by "Blending Spirit and Earth."  
www.Enchanted-Botanicals.com

### Fitness Forever, Inc. Professional Wellness, #58

Therapeutic Reflexology and Seated Chair Massage Services

### Four Directions Wellness, #79

Four Directions Wellness, affiliated with the GW Center for Integrative Medicine, focuses on intuitively connecting body, mind, emotions and spirit. Stop by our booth to meet Mara and receive a past life session or intuitive energy reading plus learn more about the FDW offerings!  
www.fourdirectionswellness.com

# Enlighten & Offer Lots Of Wonderful Products



## Gaea Organics, #98

Gaea Organics offers natural, organic & luxurious skincare powered by the wisdom of ancient holistic natural ingredients. Our collection consists of skin cleansers, exfoliant masks, serums, and body-butters that use inherent brilliance of plants to enhance the health of your skin. [www.mygaeaorganics.com](http://www.mygaeaorganics.com)

## Gainesville Holistic Health Center, #87 & 88

Dr. Stéphane Provencher PhD (co-authored with Louise Hay, Jack Canfield and Deepak Chopra) and our INTEGRATIVE and COLLABORATIVE practitioners provide a WHOLE-LISTIC SOLUTIONS to emotional, mind-body, physical, spiritual, energy, Lyme disease and much more. EXPO SPECIAL: Bioresonance SCAN and more. [www.ghhcenter.com](http://www.ghhcenter.com)

## The Golden Lighthouse Metaphysical Center, #39

Soni Weiss, Ph.D., transpersonal counselor, clinical hypnotherapist, and intuitive psychic, will assist you in finding clarity and guidance on questions unanswered and direction not found. Soni walks in both dimensions with many years of success in the business and medical fields which she adds to your experience. [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com)  
[www.soniweiss.com](http://www.soniweiss.com)

## GPS Your Path, #92

Bonnie Patterino is one of a few IIIHA certified hand print analysts in the world! Print your hands to accurately reveal your soul psychology, life lessons, gifts & authentic life purpose. Decode your whole-life blueprint and learn amazing details about your life agenda. After the expo, experience a life changing one hour phone reading and coaching session within a few weeks, and receive the recorded call to keep. Print today at a lower rate. The results are worth the wait! [www.gpsyourpath.com](http://www.gpsyourpath.com)

## Habeebah's Herbs, #93

Habeebah Muhammad, certified reflexologist, certified aromatherapist & certified massage therapist in traditional services and Sufi Unani preparation. She has a wholistic line of natural and organic body products that are spiritually heart created and righteously made. "It's About Chemistry and Creativity." [www.habeebahsherbs.com](http://www.habeebahsherbs.com)

## Hands of Light-Geoffrey Morell, #77

Internationally renowned healer, Geoffrey Morell, will demonstrate his healing techniques and provide books and materials on the subject of energy healing. [www.clendinningtechnique.org](http://www.clendinningtechnique.org)

## The Health Improvement Center, #96

Do you have any health issues? Do you not sleep well, feel tired all the time, have digestive issues, migraines/headaches, hormonal issues (hot flashes, night sweats, mood swings, PMS, painful menstrual cycles), fatigue or just don't feel right? Do you know the cause? Stop by our booth and get your screening. This screening uncovers nutritional deficiencies that may be causing your health issues. [www.TheHealthImprovementCenter.com](http://www.TheHealthImprovementCenter.com)

## The Hearts Center Community, #99 & 100

Ascended master's messages, free live broadcast services, meditations, Soul-Raising Sessions through David Christopher Lewis and more. Visit us at booth 99 to meet David for your own Soul-Raising Session. Check out our books, orgonites, crystals, free ascended master wallet cards, free booklets on spiritual topics and more. Find keys to transform your life, heal yourself, your community and the world. [www.heartscenter.org](http://www.heartscenter.org)

## Hemali Vora, PT, Integrative Nutrition Coach, Reiki Master #13

I am your personal advocate for living an energized and abundant life. I offer individual consultations and workshops on weight loss, facts about sugar, label reading, prevent or improve chronic diseases, spice as medicine, healthy living, love and forgiveness, cooking classes, health food store tours, fitness, meditation & healing with Reiki. [www.facebook.com/coachhemali](http://www.facebook.com/coachhemali)

## The Hemp Spectrum, #45

Celebrating the use of hemp as an alternative resource while promoting the education of CBD and hemp as they pertain to a holistic lifestyle. We carry Hemp Oil products including, Topical Creams such as Lotions and Salves, Tinctures for sublingual administration, hot and cold teas, CBD infused beverage including; hot and cold tea, water, sparkling water and sodas, disposable pens, CBD concentrates and CBD for pet wellness. We also carry hemp

nutrition, hemp clothing and hemp accessories. We look forward to increasing the overall awareness and education of Hemp in Virginia, highlighting it's eco-friendly sustainability value and medicinal benefits. [www.thehemppectrum.com](http://www.thehemppectrum.com)

**Holistic Business Consultants, #81** We specialize in helping holistic minded business owners build a business you can ENJOY! [www.ashshukla.com](http://www.ashshukla.com)

## Inner Circle Gifts, #26

Offering: Starborn Creations mineral and crystal jewelry, tools for transformation sacred geometry jewelry, that include instructions to cleanse and program these power pieces. Gorgeous genuine Vogel crystal, amethyst and labradorite display pieces, grape chalcedony, and dumortierite crystals and so much more!

## Inspired By Angels, #19

Gena Wilson, LCSW. Gena is an Angel messenger, psychic, medium, animal communicator, and Reiki Master. Co-author of Reiki Divination cards. [www.inspiredbyangels.com](http://www.inspiredbyangels.com)

## Intuitive Wellness, #116

In Bethesda offers multi-dimensional healing, access bars, transpersonal hypnotherapy, hypnobirthing, intuitive development classes and more. Body & Soul Connection offers multi-dimensional healing, IET, integral sound healing, Reiki and more. Sherri and Tiffany will both be offering mini healing sessions. [www.intuitivewellnesscenter.com](http://www.intuitivewellnesscenter.com)

## Jamila White, Psychic, #54

One of Pathways' most popular practitioners, Jamila is a psychic, medium, clairvoyant, life coach and Reiki Master/Teacher who helps people get unstuck: money, love, career, past lives, soul purpose, Akashic records & more. Her readings are empowering, engaging, uplifting, and fun! Jamila teaches intuitive development classes online. Come to my workshop today! In-Person, Phone & Skype appointments in New Orleans, and D.C.: [www.InspiredJamila.com](http://www.InspiredJamila.com)

## J. Lyons Designs, #126

J. Lyons Designs offers a collection of thoughtfully designed, handmade pieces of jewelry crafted from all-natural, intentionally selected materials. Each piece is created to accentuate the unique beauty of its components while leveraging their metaphysical power in service of its wearer. [www.jlyonsdesigns.com](http://www.jlyonsdesigns.com)

## Joyful Bath Co. #105

Local women-owned business hand-crafting natural and organic bar soaps, bath and foot soaks, soy candles, gift baskets and more. Made with vegan, cruelty-free, sustainably sourced ingredients. Pure, natural and healing for the whole family. Baby bath and dog soaps too! [www.joyfulbathco.com](http://www.joyfulbathco.com)

## Light Works Reiki & Psychic Mediumship, #72

Juli Richardson is a certified psychic medium, Reiki master teacher, angel messenger, animal communicator, & owner of Light Works in Old Town Manassas. For the event, she will be offering life path, mediumship, and angel card readings, as well as animal communication.

## Life Transforming Hypnotherapy, #65

I feature information about spiritual hypnotherapy (past-life regression, life-between-lives therapy, natal regression, counterpart selves, future-life progression, etc.) & other hypnotic modalities. I give crystal skull readings at the booth and sell my newest book, Ending the Endless Conflict: Healing Narratives from Past-Life Regressions to the CIVIL WAR, as well as my earlier book, The Present Power of Past Lives. [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)

## Lotus Wellness Center, #74 & 75

Lotus Wellness Center is YOUR spiritual hub in the community. We have a wide variety of classes and services to suit everyone's needs. Stop by and meet our Lotus Team! We have intuitive readings and energy healing available in mini sessions. Uma will also be signing and selling copies of her best-selling book, "The Awakened Life". [www.lotuswellnesscenter.net](http://www.lotuswellnesscenter.net)

## LOVE YOURSELF HAPPY with THE WORK of Byron Katie, #50

Struggling with anxiety, overwhelmed with guilt, or issues with health, finances, or relationships? Discover the healing inherent in your greatest challenges and how to harness this "symmetry" to EVOLVE YOURSELF so you have more clarity, freedom, fun and connection in your life. [www.shawnmahshie.com](http://www.shawnmahshie.com)

## Mahalo Minerals, #177, 118 & 119

We offer a variety of minerals and crystals. We also have Shiva Lingas, Tibetan Singing Bowls, large crystals, amethyst geodes, as well as beautiful energy pieces. You will find stones as jewelry and we also have the largest selection in the tri-state area. See ya there. [www.mahalominerals.com](http://www.mahalominerals.com)

## Marie-Claire Wilson, #19

European Intuitive Consultant, spiritual advisor, direct clairvoyance, tarot consultation with my own deck, medium for spirits. [www.marie-claire.tv](http://www.marie-claire.tv)

## Melody Krafft, Visionary Artist, #18

Melody, a psychic medium artist, will sketch a portrait of your spirit guide, deceased loved ones, and bring messages of comfort. This is a rare opportunity to connect with the Other Side and see who is with you. [www.melodykrafftartist.com](http://www.melodykrafftartist.com)

## Metropolitan Headache and Spine Center, #76

Metropolitan Headache and Spine Center is a wellness clinic that specializes in chiropractic, physical therapy, and massage therapy. We focus on treatment of neuromusculoskeletal disorders. This includes headaches, neck pain, low back pain, joint pain, tmj, and more. [www.HeadacheAndSpineCenter.com](http://www.HeadacheAndSpineCenter.com)

## The Mindfulness Center, #78

The Mindfulness Center in Bethesda, Maryland is a charitable community wellness center offering individual services, classes and workshops in mind-body practices including yoga, meditation, Tai Chi, acupuncture, Nia dance, professional teacher trainings, retreats, mindfulness, stress reduction and mind-body therapies for chronic conditions. Stop by our booth to enjoy a demo session of our services and therapies with our experienced practitioners! [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

## Enjoy Shopping From A Wonderful Selection Of

### Moonbeams and Fairydust, #47

We are a metaphysical book and gift store offering everything needed for your spiritual journey including divination tools, crystals, incense, handmade gifts, holistic wellness items, and books.

[www.moonbeamsandfairydust.com](http://www.moonbeamsandfairydust.com)

### New Spiritual Horizons Programs, #108

New Spiritual Horizons is an international spiritual development organization. Through your involvement in community workshops, group sessions and individual consultations you will re-awaken your psychic ability, find your life's purpose and communicate with the team of angels who assist you in your soul's journey for this lifetime. This is practical spirituality with the focus of helping you find your own answers and trusting your inner guidance.

[www.NewSpiritualHorizons.com](http://www.NewSpiritualHorizons.com)

### Nova Spine and Rehab Center, #61

Are you in pain? Are you fatigued? Are you struggling to do the things you love due to physical limitations? We can help!!! NOVA Spine & Rehab Center strives to provide the best treatment and care available without drugs or surgery. Our goal is to provide pain relief, improved function and overall well-being through individual treatment plans and state of the art proven therapies. Services include chiropractic, physical therapy, custom orthotics, dry needling, cold laser, kinesiology taping, ART, and more.

[www.novaspineandrehabcenter.com](http://www.novaspineandrehabcenter.com)

### Nutrition Master Foods-The Forgotten Ancient Foods, #25

Ancient Foods called Teddy's Meals™ is reestablishing the basic ancient way to rebuild and balance your healthy eating habits with one meal a day or every other day. These convenient ancient meals will make it easier than ever to eat right and feel good! The basic ingredients "fuel your body."

[www.nutritionmasterfoods.com](http://www.nutritionmasterfoods.com)

### Oasis Soul Scent Co., #49

Oasis Soul Scent Co. explores the interplay between the senses to craft luxurious handmade scented candles and home & body treats inspired by soulful music. Products are handmade with love in Maryland, USA with natural ingredients. CANDLES, BODY SCRUBS, LINEN SPRAYS, SHOWER STEAMERS ~ COCONUT WAX ~ Phthalate-free Fragrances ~ Lead-free Cotton Wicks

[www.oasissoul.com](http://www.oasissoul.com)

### OM Botanical - Best Natural Skin Care, #36

Stop by at OM Botanical booth and experience a paradigm shift with uniquely superior products offering fast visible results. Skin care the way it should be. Unbleached, unprocessed, incredibly effective and yet 100% natural. Made with full spectrum(whole) organically grown botanical ingredients, these multi-functional products offer a simple two step regimen.

[www.ombotanical.com](http://www.ombotanical.com)

### Peace & Laughter, Cheryl Giannelli, #1

Peace & Laughter, Cheryl Giannelli is a crystal intuitive, spirit messenger, and energy healer. She uses her intuition to craft intention based crystal energy wands in glass vials designed to insert into your drinking vessel, held for insight, placed in your surroundings, or laid on the body to infuse and aspire with the energy and



vibration of the crystals. Crystal spheres, points, and other specialty items. Gemstone bracelets and gift sets of crystals. Cheryl's services include: spirit messaging - crystal readings, mediumship, or soul to soul guidance. Energy healing - Reiki, home blessings or clearings, and crystal sessions for recommended crystals for your day to day life.

[www.peaceandlaughter.com](http://www.peaceandlaughter.com)

### Pranic Healing Washington DC, #23

Pranic Healing is for people who want live happy, healthy and well-balanced lives, physically, emotionally, mentally, financially and spiritually. Visit the Pranic Healing booth to experience the benefits of Pranic Healing and meditation.

[www.pranichealingdc.com](http://www.pranichealingdc.com)

### Prayosha Ayurveda Store, #90

AYURVEDA - Natural Science of Life for thousands of years Explore YOUR BODY TYPE AYURVEDA WAY (VATA, PITTA, KAPHA) FREE by Dr. PURVI VYAS (Ph. D Ayurveda). FREE DIET SUGGESTION according to Ayurveda. AYURVEDA MEDICINE AVAILABLE.

[www.prayosha33.com](http://www.prayosha33.com)

### Psychic Mara Berman, Aura, Light, Palmistry Readings, #95

Mara's psychic information is derived from, aura colors, light source using twelve dimensional rings, starseed energy, and the energy flow of the vortex. Readings involve tarot cards, palmistry, and psychology to decipher complex questions.

### Psychic/Spiritual Reading with Alice Jones, #35

Alice Alicja Jones offers spiritual and past life readings, connecting with your higher self, source, angels, archangels, and ascended masters, investigating soul path/relationships, and akashic record.

[www.AlicjaJones.com](http://www.AlicjaJones.com)

### Psy-Twins, #122

Psychic mediums Allyson and Adele bring messages of comfort and advice to individuals wanting readings, and will sign copies of their newly published book, *Between Two Worlds*. Attend their mediumship audience demonstration today at one of the hourly lectures.

[www.Psy-twins.com](http://www.Psy-twins.com)

### Reconnective Healing Co-op, #89

Explore these new frequencies of light and information. Stop by for a demonstration or sign up for your personal session. The music of your life is in your instinct. Stop by and enter your name in our free seminar give away.

[www.dove333.com](http://www.dove333.com)

### Reflexology and Beyond, #112

Brigitte Wiss, clairvoyant & gifted certified holistic reflexologist since 2000 will

rejuvenate you physically, emotionally & spiritually through her unique practice. She will customize your session to your personal needs. Not a foot massage! Not your typical Reflexology! Best for STRESS and more! See my website for the list.

[www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

### Reiki - Life Guidance - Soul Communication, #14

Reiki Master offers: Reiki, life guidance, soul communication, and meditation training. Each 15-minute session can address one condition or question using one technique. Longer sessions can address multiple issues, or go deeper using one technique. Follow-up practice/resources included.

[www.SoulMindBodyAlignment.org](http://www.SoulMindBodyAlignment.org)

### Remnants of Magic, #41 & 42

Remnants of Magic creates the highest quality in handcrafted, one of a kind, wire wrapped jewelry in sterling silver and 14k gold filled wire. Power bead bracelets, crystal wands and much more. Power bead bracelets can help attain love, money, health and more. Every item sold through Remnants of Magic is chosen for its beauty and metaphysical properties thus ensuring you get a piece that is as magical as the person who wears it.

[www.remnantsofmagic.com](http://www.remnantsofmagic.com)

### Renewal by Andersen, #38

Specializing in window and doors. We begin that process with fair pricing for all your home projects. Our free, no-obligation consultation will help you make the best decision for your home. Awarded energy star by the EPA.

[www.andersencorp.com](http://www.andersencorp.com)

### RK Arts Studio, #46

[www.rainkilburne.com](http://www.rainkilburne.com)

### Sacred Grove Animal Communication, #64

Maribeth Decker is an intuitive animal communicator. She works with people who want to have a 2-way communication with their pet. Maribeth works with behavioral and end of life issues.

[www.sacredgrove.com](http://www.sacredgrove.com)

### Self-Realization Fellowship, #53

Founded in 1920 by Paramahansa Yogananda, Self Realization Fellowship publishes the complete line of Yogananda's books and recorded talks, including his Autobiography of a Yogi.

[www.yogananda-SRF.org](http://www.yogananda-SRF.org)

### The Shamanic Healing Institute, #121

The Shamanic Healing Institute provides healing and education services through spiritual healing ceremonies, retreats, practitioner training programs and products. Visit Paul M. Sivert, LCPC, shamanic practitioner, to learn more and start your personal journey in Shamanism. Sign up for a Divination Ceremony and Healing.

[www.shamanic-healing.org](http://www.shamanic-healing.org)

### Shea Inspiration, #115

Enjoy Shea Inspiration's natural non-water based whipped scented & unscented shea butter! You will indulge in the feeling and fragrance of your skin! Choose from our wonderful menu of many fragrances!

[www.sheainspiration.com](http://www.sheainspiration.com)

### Shelly's Rock Shop LLC, #107

I come to you from Virginia Beach, VA. I sell some of the most beautiful tumbled

stones you will ever see! I work with a master geologist who hand selects rough rock from around the world. He hand breaks it for the best color, shape, and size, and then tumbles and polishes them himself. These stones will blow your mind!

[www.shellynorris.com](http://www.shellynorris.com)

### Shen Yun Symphony, #84

Shen Yun Performing Arts in the Kennedy Center ([www.shenyun.com/dc](http://www.shenyun.com/dc)). Come and find out more about this premier classical Chinese dance and music show that you might have heard but missed all these years!

[www.shenyun.com/symphony](http://www.shenyun.com/symphony)

### Skin Scholars, #34

We talk about farm-to-table & farm-fresh when it comes to food, but what if we could talk about skincare the same way? Imagine a line of skincare that comes from a long line of incredible women living off the land and taking care of their families in the fields and forests of Southhampton County Virginia. Meet Skin Scholars, a family-owned, handmade skincare company that brings you the power of plants using recipes going back an incredible eight generations.

[www.skinscholars.com](http://www.skinscholars.com)

### Sole Healing, #109

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site Corporate Wellness programs • Business and Private Events • Girls night out parties.

### The Soul Shepherd, #44

The Soul Shepherd is an intuitive empath, psychic medium and medical intuitive who will be doing 20 and 40 minute readings during the show. Her work also includes many healing modalities one of which is the John of God Crystal Bed with energy work.

[www.thesoulshpherd.com](http://www.thesoulshpherd.com)

### Soul Source, #86

Offerings: Past life & life between lives regression®, spirit releasement, hypnotherapy with Joanne Selinske, sound and energy healing and healing thru the Akashic records with Bill Sanda.

[www.theSoulSource.net](http://www.theSoulSource.net)

### Souls Talisman Crystals, #120

Creations using high quality gem stones of handmade hanging crystals, hand knotted mala necklaces, gem bracelets, gem elixirs, a variety of loose stones, agate art and pendulums. Each talisman supports a specific purpose based on the different gemstone used in each creation. Each beautifully balanced talisman is assembled using positive intention, deep soul listening and creative attention.

[www.soulstalismancrystals.com](http://www.soulstalismancrystals.com)

### SoundWellness, LLC; gong & yoga provider, #29

Our mission is to support vibrant well-being through gong sound treatments, Kundalini Yoga and meditation. These complementary technologies are perfect for today's busy lifestyles. We offer tailored group classes and individual sessions.

[www.soundwellness.biz](http://www.soundwellness.biz)

# NATURAL LIVING EXPO

## Artwork, Natural Clothing, Jewelry, Crafts & Crystals

**The Spiritual Tarot and ASHTA Tarot, #3**  
Pathways columnist Rev. Geraldine Amara and tarot expert Laura Marina (ASHTA Tarot Consulting). Put the power back in your own hands! Tarot is NO LONGER only for "fortune-telling!" It is a SACRED TEXT encoded in symbols that show us both our LIFE LESSONS as we progress on our spiritual path and the psychological aspects that contribute to our destiny. Please stop by for a spiritual tarot reading. Let the cards help you unlock the power of your unconscious mind. Readings in Spanish available with Laura. [www.thespiritualtarot.com](http://www.thespiritualtarot.com)

**StarBorne Crystal Wands, #85**  
Crystal healing wands created with stellar energies & guidance, infused with cosmic wisdom and power! Each healing wand is a one-of-a-kind work of art crafted from crystals & seashells with You in mind! Find your Power Wand! [www.iamlightbody.com](http://www.iamlightbody.com)

**Striving for Health, #67**  
Striving for Health offers a variety of pain free holistic treatments to quickly resolve many of today's most common and frustrating symptoms from allergies, aging, toxins, and gut issues. We incorporate needle free therapies, acupuncture, herbs, cupping, facial rejuvenation therapies, detox, and CBD. [www.strivingforhealth.com](http://www.strivingforhealth.com)

**Susan Lynne's Mediumlink, #16**  
Susan Lynne is a gifted psychic & medium with over 30 years of experience. She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. Available for readings, consultations. CDs and other gift items for sale. [susanlynnem@mediumlink.com](mailto:susanlynnem@mediumlink.com). [www.mediumlink.com](http://www.mediumlink.com)

**Takoma Metaphysical Chapel, #4**  
The Takoma Park Chapel is an interfaith spiritual community in the metaphysical tradition. We offer classes, workshops and uplifting Sunday worship service. Stop by our booth for psychic readings, messages, Reiki, spiritual healing and more information. [www.takomachapel.org](http://www.takomachapel.org)

**Tarot Card Reader Sonia Subaran, #40**  
Sonia Subaran, tarot reader with over 30 years' experience in Jamaica and the United States. Intuitive with clear messages from Spirit.

**Terra Bella Spa Collection, #66**  
Terra Bella Spa Collection provides hand crafted spa products for women and men including bath bars, bath bombs, bath salts, body scrubs and shower soaps in a variety of colors and scents. Come by and try a sample of our most popular body scrub!

**Tibet Sky Emporium, #52**  
Tibet Sky Emporium is a social entrepreneurship. I donate 10-20% of the profits to the village region in Tibet that I left so long ago. I offer unique, mostly hand crafted, clothes, jewelry, scarves, bags, and various accessories and cultural items from Tibet, Nepal and India. My long-term goal is to expand my NGO activities in Tibet and make all of the products eco-friendly and fair trade. [www.tibetskyemporium.org](http://www.tibetskyemporium.org)

**Tim's Tarot, #59**  
Tarot Readings by Tim Boyd, internationally renowned Certified Tarot providing 20-minute Tarot consultations. See Bio at [www.Timstarot.com](http://www.Timstarot.com).

**To the Point Tarot, #59**  
Don't have an hour for a tarot reading? Laurie Catlin is the reader for you! She'll get straight to the point with a 15-minute reading. [www.tothepointtarot.blogspot.com](http://www.tothepointtarot.blogspot.com)

**Transcendent Treasures, #57**  
Transcendent Treasures offers a variety of hand selected rocks, crystals and minerals from all over the world. Whether you like to display your crystals in your home, wear them as jewelry, or a crown on top of your head, we have something special for you. You will also find hand crafted, all natural bath bombs & salts. Please stop by we can't wait to meet you! [www.transcendenttreasures.com](http://www.transcendenttreasures.com)

**Truly-Life Eco Gifts, #97**  
Just five miles south of Washington D.C., the tiny company Truly-Life is the ultimate urban garden. Owner Mellenie and partner Andy grow loofahs, herbs, and flowers which are used in their eco-friendly skin care products. [www.truly-life.com](http://www.truly-life.com)

**Unity of Fairfax: A Positive Path for Spiritual Living, #28**  
Unity of Fairfax is a positive, inclusive spiritual community focused on transformation of consciousness, with workshops, events and classes on spirituality and opportunities for community service and environmental stewardship. Services are Sundays at 9am and 11am. [www.unityoffairfax.org](http://www.unityoffairfax.org).

**Urantia Book Fellowship Interfaith committee, #17**  
The Urantia Book is an anthology of highest concepts of science, philosophy, and personal religion. The 5th Epochal Revelation to our planet, is a book for all faiths. For information see the book online at [www.urantiabook.org](http://www.urantiabook.org).

**Valley of Gems, #7 & 8**  
We sell: gems, crystals, pyramids, and spheres of quartz crystal and amethyst. Large pieces of polished moonstone, labradorite and lapis. Our own handmade jewelry made with unusual, beautiful, natural stones, such as peronite, druzy, dendrite opal, labradorite, moonstone, and rare Tibetan turquoise. And much more....

**Victory Nutrition International, #73**  
Activate The Power Within! Change your cells, change your Life! Patent pending disruptive technology is changing the nutrient absorption and utilization paradigm in the wellness industry. Published clinical studies show impact in the blood within 5 minutes of ingestion 100% of the time. Restores cellular ability to use and transport oxygen, water, and nutrients, the most important tools to empower your journey. [www.empoweryourcells.com](http://www.empoweryourcells.com)

**Vivifying (Meaning: A Sudden Renewal of Life) Reiki, #40**  
A Reiki Master Practitioner of 25 years who spent time Treating and Training many including in Japan. With this experience, Am Now offering Reiki Treatments and Training In the Usui and Holy Fire III Reiki methods.

**Wellness Care Center, #51**  
Wellness Care Center was formed to help all our patients to heal their body with supplementation and healthy nutrition. Our goal is to treat the cause of the problem, not the symptom. We care about our patients and we treat them with care and compassion. [www.wellnesscarecenters.com](http://www.wellnesscarecenters.com)

**Wonderful Wellness, #102**  
Medical Mediumship and Spiritual Clearing Practitioner. I visually see inside your body and reach into the matrix of the body and clear issues causing problems in a client's life. I offer much deeper sessions where I unfold time and clear the core imbalances in time and everything that came through time creating specific issues in your life. Very few practitioners in this country offer the level of sessions I offer. I will give you great details about what I cleared during a session!! I offer many other types of sessions.

**World Trendz, #110 & 111**  
Goddess Clothing, skirts, dresses, blouses, shawls, scarves, and Ruanas, jewelry, metaphysical tapestries, statues, bags, singing bowls. Belly dance costumes, Turkish lamps and home décor items. [www.worldtrendz.com](http://www.worldtrendz.com)

**The World Teacher For All Humanity is Back, #2**  
This is a momentous time in the history of our planet with the emergence of the World Teacher, Maitreya; His group, the Masters of Wisdom; and the help of our Space Brothers. As our world is facing many crises, there is more hope and help than ever. [www.share-international.us/ne/](http://www.share-international.us/ne/)

## Come Celebrate Our 50th Anniversary Expo With Us!

**\$5<sup>00</sup> Off** Admission to the Natural Living Expo  
Sunday, September 29, 2019 • 10am-7pm  
Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

**\$5<sup>00</sup> Off** Admission to the Natural Living Expo  
Sunday, September 29, 2019 • 10am-7pm  
Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

## Choose From 56 Dynamic, Creative

### 10:30am

#### **Relationships and the Law of Attraction**

Alix Moore  
Room: Tickets  
Looking for a new significant other or ready to improve a relationship you already have? Join Alix & the Archangels for a practical, metaphysical conversation about relationships. Make the law of attraction work for you—cocreate the relationship happiness you're looking for!

#### **The Truth about Hypnosis**

Nadia Kim  
Room: Arlington  
Nadia Kim, Truth in Light Coaching and Healing  
Learn the many ways hypnosis can help you make the changes in your life that you desire! Join Nadia Kim as she dispels the negative stigma surrounding hypnosis and shares how this powerful modality truly works. Attendees will also enjoy a free chakra clearing/Reiki treatment as part of the presentation.

#### **Soul Communication for Life Guidance**

Amy McLaughlin  
Room: Falls Church  
Reiki Master teaches the essence of soul communication for life guidance. After experiencing guided meditation, participants may volunteer to illustrate how soul communication can address a question or condition and receive complimentary Reiki. Session includes follow-up practices/resources.

#### **Our Intuitive Animals**

Maribeth Decker  
Room: Vienna  
We'll explore how our animals are pre-wired to communicate intuitively and how we can "tune in" to them. We'll practice a few techniques to connect to our animals.

#### **Introduction to Gong Sound Meditation**

Monique Derfuss  
Room: Langley  
Join Monique and experience gong sound meditation. It can offer physical, emotional and spiritual healing through deep relaxation, cleansing the subconscious mind, and stimulating the glandular system. It is a type of sound therapy fondly named "the smart person's meditation".

#### **The Significance of This Moment in the History of Our Planet**

Sheida Kourangi  
Room: Mclean  
As the world spirals down into ever increasing crises, how can the World Teacher, Maitreya, the Masters of Wisdom and the Space Brothers help us forge a new destiny for our planet? And how can we serve the world in need and speed up our own spiritual progress at the same time?

### 11:30am

#### **I am an Empath. –“Why Do I Feel EVERYTHING?”**

Eileen Strange  
Room: Tickets  
This workshop is geared towards people who "feel their world" and perhaps don't understand how different that is from most other people. While I will be giving a traditional workshop, I will also do a galley reading to demonstrate how "feeling and intuition" work together and how it can be a gift!!!!

#### **Financial CHAKRAS**

Ash Shukla  
Room: Arlington  
What if you could apply CHAKRAS as a rule to take control of your finance, business, and life? For the first time ever, wouldn't it be nice to learn and apply the secret formula derived from CHAKRAS and apply it into your physical life?

#### **LOVE YOURSELF HAPPY with THE WORK of Byron Katie**

Shawn Mahshie  
Room: Terrace  
Come experience the simple, foolproof process that uses whatever upsets you to transform your inner critic into the champion of your HAPPINESS! Learn about The Work of Byron Katie, The Wheel of Self-Love and Shawn's other Happiness Hacks

#### **Ayurveda - Managing Stress and Sleeping Well**

Vaidya Vasudha Gupta  
Room: Vienna  
Anxiety and stress are common in today's world and it can manifest into physical diseases. Generally, the first physical symptom of increased stress is the loss of sleep. It can manifest itself by an increase in blood pressure, skin issues, digestive issues, heart health and more. Ayurveda can help! Dr. Gupta will present simple and effective techniques that will help with everyday stress and anxiety, give tips on household remedies and review her herbal formulation and its benefits. Exclusive discount for attendees.

#### **The Nature and Usefulness of Parallel Selves**

Joe Mancini  
Room: Langley  
In this workshop, Dr. Mancini will first explain the notion of Parallel Selves and then the usefulness of accessing one that formed when you made a significant decision to pursue one path instead of another. He will facilitate a brief exploration of that "road not taken" with the group.

#### **Experience the Light!**

Practioners from CFSD  
Room: Mclean  
Practitioners from the Center for Spiritual Development (Sukyo Mahikari) will discuss how the "light" energy works and provide free 10 minute sessions for the participants. Many find the light to be rejuvenating for the soul, mind, and body.

### 1:00pm

#### **Messages from the Ascended Masters and Angels**

Angel Talk TV/Radio Hosts Jim & Sandy Young  
Room: Tickets  
Washington Metro Area's Premier Internationally Acclaimed Radio/TV Psychics, with over 10,000 professional readings since 1994. Now you the audience can ask all those questions you always wanted to know and have them answered by these beautiful messengers of the light.

#### **The Awakened Life: Developing Your Psychic Mediumship Abilities**

Uma Beepat & Rob Pritchards  
Room: Arlington  
Are you a developing psychic or medium and would like to know how to develop your skills? Join Uma, owner of Lotus

Wellness Center and author of The Awakened Life, and Rob, owner of The Healing Frequency and creator of the Your Path Your Journey program, to delve into what it means to be awakened. They will share tips on psychic development and what it means to live an awakened life. Workshop ends with an evidential mediumship demonstration where Rob and Uma bring through messages from your loved ones.

#### **Stress and Chiropractic**

Dr Evan Lichtenauer  
Room: Terrace  
Dr Evan Lichtenauer is the owner of Empower Chiropractic in Fairfax and will be explaining how mental and physical stress can be alleviated through chiropractic care. Stress is extremely prevalent in today's society, especially in northern Virginia, and leads to widespread health issues. We will be explaining how we can help.

#### **How to Develop a Solar-Fired Aura: Use Your Aura and Chakras as Powerful Tools for Personal and Global Transformation**

David Christopher Lewis  
Room: Falls Church  
Experience a guided meditation overshadowed by the ascended master El Morya. You will feel a cosmic transmission of solar-fired energy to bring you greater divine awareness and joy!

#### **Rejuvenation, Panchkarma & Detox-Ayurveda Way**

Dr.Purvi Vyas M.D. Ph.D  
Room: Vienna  
Panchkarma is vital part of an Ayurvedic lifestyle, to improve energy, strength, and immunity. Discussion of different detox plan for different body type (Vata-Pitta-Kapha) & rejuvenation. Dr.Purvi Vyas M.D. Ph.D (Ayurveda) – Super Knowledgeable. Bonus tips for Fall allergy & detox.

#### **The Reconnection: Explore the New Frequencies of Healing**

Joan Fowler  
Room: Langley  
Why are prominent doctors and medical researchers all over the world interested in the extraordinary healings afforded by Reconnective Healing? Find out in this engaging presentation.

#### **Modern Meditation in the Workplace**

Tom Valone, PhD  
Room: Mclean  
In this one-hour training seminar, learn how to meditate easily and quickly with a simple 4-step technique. Preserving the essence of an ancient practice, Modern Meditation is being offered free of charge. Studies show that daily meditation provides stress reduction, brain longevity, increased youthfulness, a peaceful state of mind and amazingly, a "reversal of the usual cortical thinning that occurs with age."

### 2:00pm

#### **Andean Shamanism**

Paul Sivert  
Room: Tickets  
Join us for a workshop introducing the cosmology of the Medicine People of South America. Learn about energy medicine and healing. Participants will have the opportunity to experience a shamanic journey.

#### **Spirit Answers Your Questions**

Rev. Jim Webb  
Room: Arlington  
Back by popular demand! The Masters, channeled by Rev. Jim Webb, are a group of highly evolved beings who provide wisdom, insight, predictions and a powerful healing energy to those who attend. Including guidance on past lives, prosperity and manifestation, and answers to your personal questions.

#### **Mastering Love**

Joanne Selinske, PhD, M.Msc, Cht.  
Room: Terrace  
Join the co-author of Llewellyn's Little Book of Life Between Lives for an hour of discovery. We travel through eternity with souls who incarnate with us time and again. Love is both the glue and foundation of these relationships and the learning, lessons and healing they are designed to accomplish. Join us to better understand your relationships and the patterns that challenge and perplex, fortify and strengthen!

#### **An Introduction to Spiritual Tarot**

Rev. Geraldine Amaral  
Room: Falls Church  
Please join author/Pathways columnist Rev. Geraldine Amaral to explore the Tarot cards for spiritual self-knowledge. If you want your "fortune" told, this class is probably not for you. Use the cards to uncover your unconscious patterns to create your destiny and illuminate your spiritual path. Learn how to put the power back into your own hands! \*\*Each participant will receive a spiritual message card to keep!\*\*

#### **Tap Your Answers Within to Find and Live Your Life Purpose Abundantly**

Richard Lassiter  
Room: Vienna  
Are you living your dream in life, relationships, and career? By knowing your unique life purpose and working with your team of spiritual helpers/angels to live it, you experience more joy, abundance, and fulfillment. In this workshop learn a simple secret to reveal if you are on track with your life's purpose. Experience techniques to sense the power of your spiritual energy - the Real You - and your four psychic abilities to create success in your life. Learn how getting in touch with your helpers/angels will naturally align you to your purpose and help you to be in your flow - being in the right place at the right time effortlessly. New Spiritual Horizons has tools and techniques to help you succeed in your journey and tap your soul's innate wisdom.

#### **Essential Oils 101**

Colleen McCartney  
Room: Langley  
Come experience doTERRA! In this intro session we will collect health concerns from the group, and cover how to use the oils for your needs. You will experience 10 different essential oils! You don't have to buy anything, but we will have some specials just for those who attend the class. We will also have a raffle at the end of the class so make sure you plan to stay until the end!

# Mind • Body • Spirit Workshops

## The Root Cause of your Overall Health issues

Dr. Terry Victor  
Room: Mclean

Have a question about the recent documentary “Root Cause”? Come to a better understanding to the direct relationship between your mouth and the rest of your body through Holistic Dentistry. Let us help to dispel any myths or misconceptions and get down to the root of your health issue. Discover ways in which to increase your health through the proper care of your oral health.

## 3:00pm

### \$\$\$Make More Money. Aura Readings.\$\$\$

Leo Watts  
Room: Tickets

Can you live with purpose so that you also make more money? Cut through the clutter of “Supposed to’s.” Learn how to become more successful financially... by discovering the role of your soul in making work choices. Sample aura readings are included in this lecture-demonstration. Dynamic workshop presenter Leo Watts is an RES Practitioner who trained with Rose Rosetree, Pathways “Energetic Literacy” Columnist.

### Between Two Worlds

Allyson and Adele: Psy-dentical Twins  
Room: Arlington  
What is it like for psychic twins bridging the two worlds of Spirit and Earth? Seen on television and Internet radio, The Twins talk about their book, Between Two Worlds. Witness demonstrations of spirit communication between the physical and astral worlds to reunite family, friends, and loved ones.

### Holistic Health, Beauty and CBD

DeBritt Ealey, L.Ac.  
Room: Terrace

Interested in holistic treatments to get you looking and feeling your best? Learn more about holistic beauty therapies to slow the signs of aging, the importance of clean body care products, plus discover the many uses of CBD and how it can help you.

### Awakening Soul to Greater Happiness

Members of ECKANKAR  
Room: Falls Church

We’ll explore powerful tips for filling our lives with authentic contentment and joy. These simple spiritual techniques – when diligently practiced – will help us reclaim the treasures of soul that are our birthright. Sponsored by Eckankar, the Path of Spiritual Freedom.

### Meditation with Light and Auras

Mara Berman  
Room: Vienna

Meet your angels and spiritual guides in a experiential meditation. Learn aura cleaning, and chakra clearing. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Feel comfortable in your own energy.

### Causes of Chronic Degenerative Disease & Foundational Nutritional Pathways to Support and Strengthen the Body

Marietta Amatangelo, MS, RDN/LDN,  
and Michael Ciletti  
Room: Langley

What does your path towards optimal health look like? Even with healthy eating, exercise and nutritional supplementation, are chronic health issues blocking you from achieving peak performance or your health goals? What role does your blood and cellular health and enzymes play in contributing towards chronic health (anaerobic) challenges? Peak health is dependent on your cells’ ability to effectively use oxygen and water to make energy, manage energy, and eliminate wastes, aka ‘metabolism’. To put your body back on the right path, addressing cellular and enzymatic health is the very first step.

### Manifesting Abundance with Money Reiki

Debra Carter  
Room: Mclean

Money Reiki is a specialized energy system that works to heal your personal relationship with money. Learn how to leverage the laws of attraction & manifestation in combination with Money Reiki to create an abundant life for yourself and your family.

## 4:00pm

### Getting Unstuck: Messages from Spirit

Jamila White  
Room: Tickets

During this session, international psychic medium and intuitive development teacher Jamila White will deliver authentic, heartfelt, and sometimes even funny personal messages from Spirit for audience members. Come find out what guidance God, your angels, ancestors, loved ones, and spirit guides want to share with you to help you get unstuck and living on purpose, and learn a powerful, foolproof technique to use your own intuition for getting clear about your path when you’re facing uncertainty and confusion.

### The Art of Living Spiritually

Rev Trish Hall  
Room: Arlington

Is the “divine urge” that is compelling you to live your spirituality “full out,” clashing with the world’s demands? Learn how to strengthen your resilience and enhance all your relationships and endeavors. Live divided no more – heal the world by mending the rift within yourself.

### 22 Proven Processes Workshop

John Kell, Unity of Fairfax  
Room: Terrace

The book Ask and It Is Given by Esther and Jerry Hicks provides the framework for this workshop and ongoing classes at Unity of Fairfax. Learn about processes you can implement to live in abundance, such as meditation, releasing resistance, or evaluating dreams.

### Discover You Limitless

Nelda Fink  
Room: Falls Church

Learn the 5 key steps to break away from the life of chance and circumstance using the most powerful tool in all of creation. Discover your life of fullest potential - the life of limitless.

### Working with Pendulums

Sherri Divband  
Room: Vienna

If you have ever wondered how pendulums work and what you can do with them, then this is workshop for you. In

this workshop you will learn how to use a pendulum, identify your Yes and No responses, how to trouble shoot, how to clear the energy in the pendulum and when best to use it to receive guidance from spirit.

### Enlightened Rest: Yoga Modalities for a Total Reset

Claudia Neuman  
Room: Langley

Yoga Nidra is an ancient yogic practice that harvests the benefits of deep sleep. Come and experience deep healing. Leave feeling awesome. No yoga experience needed, just lie down and relax. Please refrain from caffeine products 2 hours prior.

### Brain “STUPIDITY” creates YOUR ILLNESS

Dr. Stéphane Provencher  
Room: Mclean

Dr. Stéphane Provencher PhD, DC, IMD, DNM, PScD has developed an Upgrading the Brain(TM) technique which can help practitioners, with a basic body-mind knowledge, to eliminate most pain for their clients in only 15-30min.

## 5:00pm-

### Mindfulness for Self-Healing

Mindfulness Center Staff  
Room: Tickets

Learn Mindfulness practices that cultivate resilience and well-being! Using the senses, mindfulness and guided imagery, learn practices that increase the effectiveness of positive affirmations. These practices empower individuals to play a proactive role in improving their overall health and happiness.

### The Awakening - methods to develop your psychic abilities

Gena Wilson  
Room: Arlington

This seminar will assist you on your path to developing or increasing your abilities.

### Understanding Metaphysical Laws and How To Live The Life You Desire

Rev. Nancy L. Jones  
Room: Terrace

Are you interested in living a full and pleasurable life...right now? Do you understand that the actions you take today, create your tomorrow? Come learn about Natural Physical and Spiritual Laws and how they affect your everyday life. Every one of us has free choice; and our choices determine our consequences. Your understanding of these Natural Laws will enable you to make the right choices to help you live the life of your dreams.

### Connecting with Your Ancestors for Wisdom and Guidance

Mara Benner  
Room: Falls Church

Are you curious to explore how to tap into your ancestor’s energetic messages? Join Mara Benner with Four Directions Wellness to explore ways of tapping into your loved one’s energy. Begin to delve into their wisdom and guidance and take away steps to further support your journey. Participants will have the opportunity to win a special drawing for October’s Connecting with our Ancestors class.

### Falun Dafa Meditation Class

Charles Cai  
Room: Vienna

Come join us for a sampling of free meditation exercises of Falun Dafa (a.k.a. Falun Gong). It helps to relieve stress and improve energy.

### Mantra Meditation Workshop

ISKCON Spiritual Center Staff  
Room: Langley

The ancient texts of the Vedas describe mantra meditation as the perfect cleanse for the mind. It washes away all the toxins (like stress, anxiety) from our consciousness and uplifts it to a spiritual platform from where we can see the world and interact with it in a spiritual and compassionate way. In this workshop, you’ll learn what is mantra meditation, its history and benefits, and how to apply it in your life.

### Progress - Personal and Planetary

The Urantia Book Fellowship Interfaith Committee  
Room: Mclean

A multi-media, interfaith introduction to The Urantia Book as well as a presentation of the 5 Epochal Revelations to Our Planet, Urantia (another name for Earth, meaning your place in the heavens)

## 6:00pm

### Manifesting with Your Angels and Trusting Your Vibes

Susan Lynne  
Room: Tickets

This informative workshop will show you how to manifest, contact, and communicate with your angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your angels. Guided meditations will be included.

### We Are All Healers

Geoffrey Morell  
Room: Arlington

An acclaimed energy healer demonstrates his unique method of clearing the aura, pinpointing areas of disharmony in the body and applying energies to promote recovery and health. The spiritual, emotional and nutritional origins of health problems will be addressed

### Rhythm of the Unseen World

Ingrid Jolly  
Room: Falls Church

Join me for a sacred intent to practice with created light and living light. We will experience how simple and effective we can be in our service as caring stewards of all sentient life on Earth & the universe.

### Crystal Singing Bowl Sound Bath

Aiia Saul-Wollman  
Room: Vienna

Immerse yourself in the healing vibrations of Crystal Tones Alchemy Singing Bowls. Experience benefits to your brain & body similar to meditation. Deeply restorative to body, mind and spirit, come experience floating on a cosmic ocean of sound!

### Tseneh Fear to Freedom Discussion

Nancy Slomowitz  
Room: Langley

Interactive discussion about the book that inspired the collection “Exposed - An Unexpected Journey from Fear to Freedom” will be distributed to workshop participants

# NATURAL LIVING EXPO

## Additional Information

- Please have your discount coupon filled out (just your name and email address—we don't share it with anyone) before you get in the admission lines. The cash payment entrance lines move much faster than the credit card lines (It's only \$10).
- Download the Expo flyer for your iPad and smart phone, and get updates, coupons, directions and contact info:

[www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)

**Sponsored by *Pathways Magazine* at the**  
Fairview Park Marriott  
3111 Fairview Park Dr.  
Falls Church, VA 22042

The Fairview Park Marriott is located right inside the Beltway at Rt. 50 in Falls Church, VA. Take Rt. 50 East, Exit 50B, to Fairview Park South. When taking Exit 50B, you will need to stay to the right and follow the exit marked Fairview Park South. Follow Fairview Park Dr. for approximately 1/4 mile, and then the hotel will be on the left.

**For metro directions, coupons and an  
online program:**

[www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)  
240-247-0393

**\$5<sup>00</sup> Off** Admission to the Natural Living Expo  
Sunday, September 29, 2019 • 10am–7pm  
Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

**\$5<sup>00</sup> Off** Admission to the Natural Living Expo  
Sunday, September 29, 2019 • 10am–7pm  
Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

**\$5<sup>00</sup> Off** Admission to the Natural Living Expo  
Sunday, September 29, 2019 • 10am–7pm  
Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

**\$5<sup>00</sup> Off** Admission to the Natural Living Expo  
Sunday, September 29, 2019 • 10am–7pm  
Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

## FALL CALENDAR

### SEPTEMBER

-1-

**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 at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com).

-7-

**Assertiveness - The Art of Being Yourself.** When a conversation becomes heated, can you respond calmly, not aggressively? When giving feedback, can you be honest without being rude? 1:30-3pm at the Meditation Museum, 9525 Georgia Ave., Silver Spring, MD. Free Event. [www.meditationmuseum.org](http://www.meditationmuseum.org).

**Mindful 365 Sitting Group.** Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10. [www.sittinggroup-2019.eventbrite.com](http://www.sittinggroup-2019.eventbrite.com).

**Spiritual Sensing & Psychic Development Workshop.** Jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. With Certified Medium and Author Konstanza Morning Star. Silver Spring, MD. [www.mediumshamandc.com/psychic-development](http://www.mediumshamandc.com/psychic-development)

-8-

**Living in Quantum Consciousness.** Presentation by Jackie Woodside on how

to use quantum consciousness to break free of the chaos of life. 1-3pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$20. <https://uof-living-in-qc.eventbrite.com>

**Peace is Inner Silence! (Youth Program - Ages 9-14).** Peace is much more than an absence of fights or arguments! To be calm and relaxed is much more comforting than to confront. Through this session, let us participate and share our ideas of a peaceful world and how everyone prefers to be in harmony rather than in conflict. 1:30-3pm at the Meditation Museum II, 1984 Chain Bridge Rd., McLean, VA. Free Event. [www.meditationmuseum.org](http://www.meditationmuseum.org).

-13-

**9/13-15 Intensive Trance Weekend** with Rev. Glenda Cadarette from North Carolina. Participation will allow each participant the opportunity to personally experience "The Gift of Trance." \$250 includes room, meals, workshop and trance demonstration. [www.unitedmeta.org](http://www.unitedmeta.org) 540-4889

**9/13-15 A Women's Soul Journey Retreat** with Denise Warren, PsyD, Certified Life Mastery Coach. Empowering woman to stand in the presence of their own mystery, to build a life they love living, to heal themselves, and then heal the world. Visit: [www.waystoyourwisdom.com](http://www.waystoyourwisdom.com) for details.

-14-

**Ease into the Holiday Season: Managing Stress & Anxiety the Functional Way.** Dr. Raya is committed to the idea that patients have the ability to reverse disease, foster

health, and achieve ultimate wellness, even during the holidays! To register for our free Gourmet Dinner immediately following our seminar call 703-506-1113 [www.VInstitute.com](http://www.VInstitute.com)

**Enlightened Rest: Yoga Modalities for a Total Reset with Claudia Neuman.** Yoga Nidra and Yin Yoga combo, Baltimore Yoga Village 2-4:30pm Visit: [www.baltimoreyogavillage.com](http://www.baltimoreyogavillage.com)

**111 Tibetan Healing Bowls Sound Healing Chakra Experience.** This multi-sensory journey with Dr. Dream uses 111 Tibetan healing bowls, chocolates, and essential oils to align your energy to source, and promote healing, self-empowerment, and authenticity. 6-9 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$25. <https://unityoffairfax.org/events>.

-15-

**Let's Raise Our Frequency: An Experiential Workshop.** This experiential workshop by Dr. Dream explores the role of frequency in our lives through the use of Tibetan healing bowls. 2-5pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$33. <https://www.unityoffairfax.org/events>.

**Taking applications for readers, healers, holistic and metaphysical retail vendors and businesses, for November 3, 2019 and May 3, 2020 Holistic Energy Expo** held at the Embassy Suites hotel in Ashburn, Virginia, 10a-5p. To learn more and to apply for a vendor booth: [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com)

**The SoulCollage® Journey: The Elements with Annette Laugel.** SoulCollage® is a creative process using collage for self-expression, reflection, and exploration. Each class is an opportunity to create personal collage cards around one of the seasonal elemental energies of Fire, Earth, Metal, Water and Wood. A five class series. Church of the Redeemer, 5603 N. Charles St. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841. \$55 per class \$225 for 5 classes

-16-

**Free Gourmet Dinner immediately following our free seminar** entitled Stress, Hormones and Health: The true cause of belly fat and fatigue. Join Dr. Vikram Raya, leading Wellness Expert & Cardiologist to learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings and fat burning. RSVP required. Call: 703-506-1113 [www.VInstitute.com](http://www.VInstitute.com)

**Numerology Workshop.** Come together with like-minded spiritual souls to discuss numerology and how it works. Worksheets will help to calculate \*your\* numbers. We'll look at what those numbers mean and how they affect your life. Metaphysical Mondays offer a safe space to question, learn, share, experience, and expand your spiritual tribe. [www.bodyandsoulshpherd.com](http://www.bodyandsoulshpherd.com)

**9/16-22 Fall Appreciation Week at Blue Heron Wellness.** Try yoga, pilates, meditation, and other movement classes at a reduced rate. Discounts towards massage, skincare, acupuncture & more. Call 301-754-3730 or log on [www.BlueHeronWellness.com](http://www.BlueHeronWellness.com) for more information.



Life is a process of making the best choices...  
Understand your opportunities and challenges

## Astrology, Tarot, and Reiki Misty Kuceris

**Certified Astrological Professional and Reiki Master  
President of NOVA Astrology Group and The Jupiter Lunch Group**



Services provided:

- Personal and corporate consultations
- Classes and Seminars
- Trend analysis
- Monthly astrological column

*Interested in astrology? Join us at NOVA Astrology Group or Jupiter Lunch Group for exciting information on astrological topics. Whether you're new to astrology or an astrological professional, you'll find topics of interest and a great community.*

[www.mistykuceris.com](http://www.mistykuceris.com)  
[misty@EnhanceOneself.com](mailto:misty@EnhanceOneself.com)  
703-354-4076

For NOVA Astrology Group & Jupiter Lunch Group, go to [www.NOVAastrologygroup.com](http://www.NOVAastrologygroup.com)

Explore aisles  
of experienced  
& respected  
holistic practitioners  
at discounted rates!

Sample their services  
in mini-sessions  
and free workshops

Delight your senses  
with natural  
home & spa products

Find unique  
beautiful jewelry  
& gifts  
and amazing  
artwork



WWW.  
illuminatefestivals  
.com

## FALL CALENDAR

SEPTEMBER 18, cont. from previous page

-18-

**Free Gourmet Dinner immediately following our free seminar** entitled Heart Health: A Cardiologist's Functional Medicine Approach. If you're looking for a completely different approach to medicine, come hear Dr. Vikram Raya, a double-board certified cardiologist and internal medicine doctor speak about a Holistic approach to conditions like high blood pressure, cholesterol, hormonal imbalances and more. Register here: [www.eventbrite.com/e/heart-health-a-cardiologists-functional-medicine-approach-tickets-68897788139?aff=ebdssbdestsearch](http://www.eventbrite.com/e/heart-health-a-cardiologists-functional-medicine-approach-tickets-68897788139?aff=ebdssbdestsearch)

**Psychic Mediumship Development**

**One series 3 of 3.** Continue your intuitive journey to tap into other people's energy to reveal past, present, and future events. Learn the difference between psychic and mediumship readings. Learn how to work with energy fields and the physical body. Learn techniques to connect with helpful spirit guides. Boost your confidence with validation of our own intuition and insight. Through lessons, observations, practice and lots of homework, you will begin to trust the psychic impressions you receive through the major "Clairs," 10am-12pm, in person Dulles, Virginia or online, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-20-

**Fall Equinox Celebration.** Join in music, drumming and prayers to celebrate balance and wholeness at the Fall Equinox. 6:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donations accepted. <https://unityoffairfax.org/events>.

**Mentoring Mediumship Two series 3 of 3.**

Continues your mediumship abilities and builds upon strengthening your "clairs". Learn the different types of mediums and explore what your natural abilities might be. You will have many in class, guided, practice readings and will be led through the arc and pace of a reading, holding spirit, and controlling the flow of information. You'll record readings outside of class for feedback. We'll explore ethics in doing professional mediumship readings. 10am-12pm, in person Dulles, Virginia or online, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**9-20-22 Bodywork for Depression & Anxiety.** A revolutionary approach to depression and anxiety. Massage Therapists receive 21 NCBTMB CE's. Tracy J. Moon, LMBT & Sharon Nash, MA [www.cultivatinginnerstillness.com](http://www.cultivatinginnerstillness.com)

-21-

**Enlightened Rest: Yoga Modalities for a Total Reset with Claudia Neuman.** Yoga Nidra and Yin Yoga combo, Baltimore Yoga Village 4-5:30pm. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

**Shirat HaNefesh offers full High Holiday services** beginning with Selihot on September 21st. We offer both 1st and 2nd Day RH, youth services, baby-sitting. Yom Kippur concludes with Community Break Fast. website: [www.shirathanefesh.org](http://www.shirathanefesh.org)

**9/21-22 Usui Reiki Level 1.** 2-day format with relaxed pace and more info. and practice time than one-day classes. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

-22-

**Deeper Than The Skin.** An exploration of race and culture through the renowned music of Reggie Harris and Greg Greenway. 7-9pm at Unity of Fairfax, 2854 Hunt-

er Mill Road, Oakton, VA. \$25. <https://deeperthantheskin.eventbrite.com>.

**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training.** 4:45-5:45. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

**Eckankar: The Path of Spiritual Freedom.** Learn how to experience the Light and Sound of God directly. HU-the universal word of Divine Love. [www.EckankarMaryland.org](http://www.EckankarMaryland.org)

-23-

**Meditation and Being, (all levels)** 3-week series 1 of 3. Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-25-

**Mediumship Development Circle, 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. Silver Spring, MD. [www.mediumshamandc.com/circle-in-silver-spring-md](http://www.mediumshamandc.com/circle-in-silver-spring-md)

**Mindful Art: An Introduction with Robin Williams.** 6:30-8:30pm. This class is recommended but not required for the Mindful Art series in October. In this 2-hour class you will learn about and experiment with a variety of art tools and materials, work with the basic elements of art, and engage with simple mindfulness practices to encourage your creativity to emerge. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841. \$25, \$5 materials fee

**Usui Reiki Master Certification, Reiki Master Level III Attunement.** The master symbol will open all energy centers, raise your vibration and access the highest levels of Reiki energy. You will be guided by a higher vibration energy and a master guide for your life work as a Reiki Master. You will receive a full Reiki session. 10am-3pm, Dulles, Virginia, \$195 using discount code, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-26-

**Intuitive development series 1 of 2,** Begin your journey learning how to tap into your own voice and intuition. You will focus on the subconscious mind and ways to bring information forward in a useful way. Through lessons, observations, practice, and homework you will begin to rely on your own thoughts and feelings to move you forward into being able to tap in for other people. You'll begin to work with and understand symbols and signs. No prerequisites, 10am-12pm, Dulles, Virginia or online, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-27-

**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training.** 6:30-7:30pm. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Clau-

## FALL CALENDAR

dia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

-28-

**Connect with Your Spirit Guides Workshop.** 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-5:30pm. Silver Spring. [www.mediumshamandc.com/connect-with-spirit-guides](http://www.mediumshamandc.com/connect-with-spirit-guides)

-29-

**Aura lecture at Natural Living Expo by David Christopher Lewis:** "How to Develop a Solar-Fired Aura: Use Your Aura and Chakras as Powerful Tools for Personal and Global Transformation." Visit us at booth 99 to meet David for your own Soul-Raising Session. Check out our books, orgonites, crystals, free ascended master wallet cards, free booklets on spiritual topics and more. [www.heartscenter.org](http://www.heartscenter.org)

**Pathways Magazine Presents the 50th Natural Living Expo!** 130 Exhibitors and 56 Workshops. 10am-7pm back at the Fairview Park Marriott Hotel and Conference Center in Falls Church. Only \$10 with a coupon from the Expo Website. More information, coupons, directions, etc. available at our website: [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)

**Self-Nurture with Nature: A Mindful Walk** with Robin Williams 10am-1pm. Nature encourages us to be more calm, relaxed and less stressed. While walking the Red Trail in Lake Roland, simple mindful-

ness meditation practices enhance and shift our experience of the environment and of the Art on the Trail installations. Lake Roland Park. Must Reserve your space. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841 Free.

-30-

**Meditation and Being**, (all levels) 3-week series 2 of 3. Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

### OCTOBER

-2-

**Mindful Art with Robin Williams.** Wednesdays, Oct. 2-30, 6:30-8:30pm. Utilizing mindfulness practices to enter fully into the present moment, we'll engage with art as a way to respond to experiences of nature, music, poetry, imagery and memory. Autumn art activities include observing, listening, drawing, painting, print making, and simple book making. Leave with a deeper connection to and appreciation of beauty in the world. Church of the Redeemer, 5603 N. Charles St. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841. \$85, \$10 materials fee

-4-

**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training.** 6:30-7:30pm. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

10/4-9 2019 **UMC Fall Seminary Week.** Ordaining Ministers-Church Administrator-Spiritual Healer Practitioner-Intuitive Practitioner-Certified Metaphysical Teacher. [www.unitedmeta.org](http://www.unitedmeta.org). 540-562-4889

-5-

**Mindful 365 Sitting Group.** Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10. [www.sittinggroup-2019.eventbrite.com](http://www.sittinggroup-2019.eventbrite.com)

**22 Proven Processes to Improve Your Point of Attraction.** A class that focuses on abundance processes and -6-based on the book "Ask and It Is Given" by Esther and Jerry Hicks. 1-3pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com)

-7-

**Meditation and Being, (all levels) 3-week series 3 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including

pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-8-

**10/8 Dr. Usui's Reiki Master Certification.** Join Alexandria-based Four Directions Wellness, affiliated with the GW Center for Integrative Medicine, to continue your journey in Reiki. This 9-part training provides your final symbol and attunement along with further exploration into the world of energy. Register in advance and learn more at [www.fourdirectionswellness.com/class](http://www.fourdirectionswellness.com/class) or by phone at 703-776-0102

-9-

**Usui Reiki Level 1 Certification,** No prerequisites to attend. You will receive a full Reiki session before your Reiki Level I attunement. Learn Usui Reiki energy as taught in the tradition and lineage of Dr. Mikao Usui. Reiki is a technique that uses the universal life force energy channeled by the Reiki practitioner to activate the natural processes of the client's body / mind / spirit to restore physical and emotional well-being. After this introductory course you will be able to give Reiki to yourself, your family, friends, and pets. 10a-3p, \$195 using discount code, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-10-

**Intuitive development series 2 of 2,** Begin your journey learning how to tap into

continued on page 56

## Discover the Truth Within You!



### Interactive Spiritual Presentations "From Spiritual Experience to Spiritual Realization"

**Saturday, October 12, 2019**

Presentation: 11 am to 12:30 pm  
Book Discussion: 2 - 3:30 pm

Past life recall, dream work, and conscious Soul Travel are valuable techniques for spiritual unfoldment - but where do these experiences ultimately lead? In both a presentation and a book discussion format, we'll explore the value of these disciplines and the clues they offer about our ultimate spiritual destiny. All guests will receive a free copy of the *Spiritual Experiences Guidebook*.

### "Worldwide Seminar Presentation"

**Sunday, November 10, 2019 from 1 - 2:30 pm**

**Sunday, November 17, 2019 from 1 - 2:30 pm (Repeat Broadcast)**

Each year, modern prophet Harold Klemp addresses a series of timeless and topical spiritual subjects with his unique blend of humor, wisdom, and compassion. Please join us as we stream his talk from the 2019 Eckankar Worldwide Seminar. After the presentation, there will be an opportunity to share insights and questions.

**All events are free and open to the public**

For more information about these events (as well as classes, other book discussions, Sound of Soul events, and ECK Light and Sound Services) call 703-916-0515 or visit <http://www.eck-va.org>



Unless otherwise noted, all events are held at the Northern Virginia ECK Center (Merrifield), 2810 Old Lee Highway, Suite 301, Fairfax, VA 22031

Sponsored by Eckankar, the Path of Spiritual Freedom



## Arlington Metaphysical Chapel

*A Light on Your Spiritual Path*

**Services, Classes,  
Mediumship, Healing  
and  
Spiritual Unfoldment!**

Please contact the church office to schedule appointments.

Email: [info@arlingtonmeta.org](mailto:info@arlingtonmeta.org)

For more information, see our website:

**[www.arlingtonmeta.org](http://www.arlingtonmeta.org)**

Find us on Facebook.

**Arlington Metaphysical Chapel**

**5618 Wilson Blvd.**

**Arlington, VA 22205**

**703-276-8738**

**Come see us at the Pathways Expo**

# FALL CALENDAR

OCTOBER 10, cont. from previous page

your own voice and intuition. You will focus on the subconscious mind and ways to bring information forward in a useful way. Through lessons, observations, practice, and homework you will begin to rely on your own thoughts and feelings to move you forward into being able to tap in for other people. You'll begin to work with and understand symbols and signs. No prerequisites, 10am-12pm, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**Mediumship Teleconferencing Circle, 6-weeks.** This is your opportunity to practice spirit communication in a group from the comfort of your home. Phone in from anywhere via phone. [www.mediumshamandc.com/teleclass-circle](http://www.mediumshamandc.com/teleclass-circle)

-11-

**Psychic Development 1 series 1 of 3,** This is a beginner class to teach you how to tap into your psychic abilities and read other people in your general life or in a professional capacity. We will learn how to work with meditation, breathing, auras, chakras, objects, symbols, guides and triggers to get the thinking mind out of the way as you start the psychic flow of information. This is a hands-on class that is a perfect those who wish to go beyond their intuition, enhance their energy healing practice (such as Reiki), develop or enhance their mediumship, or to ultimately work as a professional psychic. Intuitive Development class highly recommended as prerequisite, 10am-12pm, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**10/11-13 UMC National Convention.** Celebrating 55 years with Dr. Rocco Errico, internationally known Aramaic Translator=Workshops=Circles=Private Readings=Banquet Hotel Roanoke, Ordination Service [www.unitedmeta.org](http://www.unitedmeta.org). 540-562-4889

-12-

**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training, 12:30-1:30pm.** Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

**"From Spiritual Experience to Spiritual Realization."** How can we best mind the spiritual gold of past life recall, dream work and conscious Soul Travel? Please join us for an 11am-12:30pm presentation and a 2-2:30pm book discussion. Free guidebook provided. Eckankar of Northern Virginia. 703-916-0515

**Mystical Movie Night: Same Kind Of Different As Me.** Join Unity of Fairfax on the second Friday of the month for mindful movies and discussion. *Same Kind of Different As Me* tells the story a businessman and his wife whose unlikely friendship with a homeless man helps save their marriage. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. <https://www.unityoffairfax.org/events>.

**10/12-13 Creating Altars: Honoring the Moment** with Robin Williams. 1-4pm. The presence of an altar magnetizes our intentions and directs our awareness to a person

or group of people, event, place, season, or stage of life. In this class we will use art materials and processes to create a group altar as well as an individual altar that reflects and honors something meaningful in our lives. No experience necessary. Church of the Redeemer, 5603 N. Charles St. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841. \$65, \$10 materials

-15-

**Taking applications for readers, healers, holistic and metaphysical retail vendors and businesses, for November 3, 2019 and May 3, 2020 Holistic Energy Expo** held at the Embassy Suites hotel in Ashburn, Virginia, 10a-5p. To learn more and to apply for a vendor booth: [www.HolisticEnergy-Expo.com](http://www.HolisticEnergy-Expo.com)

-16-

**Usui Reiki Level II Certification, Reiki Level II** will focus on an extensive opening of the energy channels while practicing Reiki on others. Students will receive an attunement along with Reiki symbols that allow the practitioner to connect more deeply to draw on the benefits that the symbols represent. This includes the ability to send distance Reiki, clear energy blockages across time, and unblock physical objects and locations. 10am-3pm, Dulles, Virginia, \$195 using discount code, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-19-

**Teaching Trauma-Sensitive Yoga and Meditation** with Lucy Lomax and Kelly Fisher. Retreat Center Maryland. [www.retreatcenterofmaryland.org](http://www.retreatcenterofmaryland.org)

-20-

**A Day of Mindful Meditation, Qi Gong, Relaxation** with Patrick Smith and Joann Malone. Blueberry Gardens. [www.qicircles.com](http://www.qicircles.com)

-21-

**Being an Empath: Pros, Cons & Protection Workshop.** Being an empath isn't always easy, and we tend to focus on those difficulties. Come together with like-minded spiritual souls not only to share concerns, but also to discuss the positive aspects of this gift. We'll share methods of protection and acquire more tools to work with. Metaphysical Mondays offer a safe space to question, learn, share, experience, and expand your spiritual tribe. [www.bodyandsoulshepherd.com](http://www.bodyandsoulshepherd.com)

-24-

**Intuitive development series 1 of 2,** Begin your journey learning how to tap into your own voice and intuition. You will focus on the subconscious mind and ways to bring information forward in a useful way. Through lessons, observations, practice, and homework you will begin to rely on your own thoughts and feelings to move you forward into being able to tap in for other people. You'll begin to work with and understand symbols and signs. We will meet for two-2 hours sessions with homework in between. No prerequisites, 10am-12pm, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-25-

**Psychic Development 1 series 2 of 3,** This is a beginner class to teach you how to tap into your psychic abilities and read other

## Angel Talk with Sandy and Jim Young

Washington Metro Areas Premier Radio/TV Psychics  
With Over 10,000 Professional Readings Since 1994



**Angelic Reading Special**  
**\$55 for One Hour**  
(Regular cost \$100)

Authors of *Evidence of Things Not Seen*  
and *Clearing the Confusion*

### Telespectral Healing Center

Founded in 1994

- Reiki/Karuna Reiki® & Seichim
- Integrated Living Light Healing
- Sound Frequency Healing
- Pattern Attachment Removal
- Soul Retrieval & Distance Healing
- Angelic Living Light Alignment
- Past Life Readings

### TLLC Church & Retreats

Located in Seneca Rocks WV.  
Stay a night, a weekend or more!  
[www.spiritualrejuvenation.com](http://www.spiritualrejuvenation.com)

### Angel Talk Radio

Broadcasting Since 2003  
Live-Thursday 7:30 to 8:15 pm  
[www.angeltalkradio.com](http://www.angeltalkradio.com)  
Archived shows available anytime

### Workshops and Events

Jim and Sandy are professional speakers and have offered hundreds of workshops and classes worldwide. For info on upcoming events go to our website at [www.angeltalkinfo.com](http://www.angeltalkinfo.com)

To schedule an appointment call 1-800-860-6605 or 1-304-567-3354  
For info go to: [www.angeltalkinfo.com](http://www.angeltalkinfo.com) or [www.meetup.com/angeltalk](http://www.meetup.com/angeltalk)  
or email: [sandysangeltalk@aol.com](mailto:sandysangeltalk@aol.com)

**New 2nd  
Location**

## T.L.L.C. Church

Rev. Jim & Sandy Young  
**Services - Sunday Evenings**  
**6:00 to 6:45pm**  
A Christian Metaphysical Church

The TLLC Church is now in Sterling VA.

### Christian Metaphysics

**Inspirational Services and Teachings**

**Healing Services**

**Angelic Messages**

**Over 25 Years of Ministering**

**Those of All Faiths & Cultures Welcome**

**Historical Teachings From Many of the Ancient Texts**

**Lite Snacks Provided**

**Children Welcome**

### Location and Directions

From Sterling VA drive 1 mile on route 28 North. Then make a right turn onto route 7 east. Then make a left at the first traffic light on route 7 then an immediate right into parking lot. We are the last building at the back of the lot building #10 ground floor suite #150.

Additional Directions on our meetup page.

**Church Address**  
**#10 Pidgeon Hill DR. #150**  
**Sterling VA. 20165**

Private sessions available after services by Appointment

For a list of services offered you may

Call the parsonage at 1-800-860-6605

Email - [Sandysangeltalk@aol.com](mailto:Sandysangeltalk@aol.com)

Web - [Angeltalktv.com](http://Angeltalktv.com)

Meetup Page - [www.meetup.com/angeltalk/](http://www.meetup.com/angeltalk/)

The Living LIGHT Center, A Church of Faith and Healing (Since 2009)



(Morning service provided by Abiding Life and Faith Church)

## FALL CALENDAR

people in your general life or in a professional capacity. We will learn how to work with meditation, breathing, auras, chakras, objects, symbols, guides and triggers to get the thinking mind out of the way as you start the psychic flow of information. This is a hands-on class that is a perfect those who wish to go beyond their intuition, enhance their energy healing practice (such as Reiki), develop or enhance their mediumship, or to ultimately work as a professional psychic. 10am-12pm, Dulles, Virginia, Annie Larson. [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**10/25-27 Hawaiian Energetics Initial Training class**, 9:30am-5pm. This class is the foundational base for Hawaiian Energetics. Begin to develop your relationship with the elemental energies – fire, water, air, earth – learning to generate and direct them for personal healing, life changes and helping others. An optional fourth day, 10/28, is available for those interested in learning a diagnostic technique, treatment possibilities and additional experiential hands-on practice. For further details visit [www.tritouch.com/HawaiianEnergeticsClass](http://www.tritouch.com/HawaiianEnergeticsClass) or email [HEclass@tritouch.com](mailto:HEclass@tritouch.com)

-26-

**SpiritMind is a quarterly mind-body-heart-spirit** experience involving chanting, singing, meditating, drumming, and mindful movement. 7-9pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$20. <https://www.unityoffairfax.org/events>.

## NOVEMBER

-1-

**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training**, 6:30-7:30pm. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

-2-

**Mindful 365 Sitting Group**. Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10. [www.sittinggroup-2019.eventbrite.com](http://www.sittinggroup-2019.eventbrite.com).

**11/2-5 Feng Shui Consultant's Training**. Columbia, MD. Learn Feng Shui to understand yourself and how to optimally support others - friends, family and clients. Includes Human Design and Baantuu; Maximize Your Potential. [www.simply-evolve.us](http://www.simply-evolve.us)

**11/2-3 The Gift of Impermanence with Threshold Support Circle**, Anne Barney, Autumn Van Ord, and Robin Williams. Saturday, Nov. 2, 9am-5pm. Sunday, Nov. 3, 9am-4pm.

Join us for a weekend of exploring the nature and beauty of change and impermanence. Participate and engage in experiential approaches, including meditation, journaling, expressive arts, and small group sharing that help us see our existing beliefs about life and expand our awareness of impermanence. The Japanese aesthetic "wabi sabi", the beauty of things imperfect, impermanent, and incomplete will loosely guide us through the weekend.

Church of the Redeemer, 5603 N. Charles St. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841  
\$75 per day / \$135 two days

-3-

**Holistic Energy Expo**. Our 3th year! A finalist in the Best of Loudoun for events! 10am-5pm, Embassy Suites Hotel, Ashburn, Virginia. Explore holistic approaches to healing and new ways to expand self-growth and self-awareness. The Expo is designed to create a warm, supportive and welcoming environment to connect like-minded people. We encourage everyone from the casually curious attendee to the experienced practitioner to come enjoy the great energy of the Expo and all the unique vendors. To learn more and to get tickets: [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com)

-4-

**Meditation and Being, (all levels) 3-week series 1 of 3**. Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-6-

**Usui Reiki Master Certification, Reiki Master Level III Attunement**. The master symbol will open all energy centers, raise your vibration and access the highest levels of Reiki energy. You will be guided by a higher vibration energy and a master guide for your life work as a Reiki Master. You will receive a full Reiki session. 10am-3pm, Dulles, Virginia, \$195 using discount code, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-7-

**Intuitive development series 2 of 2**, Begin your journey learning how to tap into your own voice and intuition. You will focus on the subconscious mind and ways to bring information forward in a useful way. Through lessons, observations, practice, and homework you will begin to rely on your own thoughts and feelings to move you forward into being able to tap in for other people. You'll begin to work with and understand symbols and signs. We will meet for two-2 hours sessions with homework in between. 10am-12pm, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**11/7-19 Feldman Fundraiser**. Each person has a Workshop, circle, and a Private Reading with each of the Mediums serving, +Meals & Private Room. \$500 weekend. Revs. F. Reed Brown, Rev. Sally Knuckles and & Rev Justin Terry, Facilitators [www.unitedmeta.org](http://www.unitedmeta.org). 540-562-4889

-8-

**Mystical Movie Night**. Join Unity of Fairfax on the second Friday of the month for mindful movies and discussion. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Psychic Development 1 series 3 of 3**, This is a beginner class to teach you how to tap into your psychic abilities and read other people in your general life or in a professional capacity. We will learn how to work with meditation, breathing, auras, chakras, objects, symbols, guides and triggers to get the thinking mind out of the way as you start the psychic flow of information. This is a hands-on class that is a perfect those who wish to go beyond their intuition,

continued on page 58

Are you excited and ready for 2020?  
Or are you thinking,  
*'just another day, another year?'*

Join Uma Alexandra Beepat and Rob Pritchard for an enlightening and inspirational weekend!

Journey through 2019 and release old blocks and fears. Honor your accomplishments and wins!

Set a plan for 2020 with intentional goals and inspirations!



## 2020 New Year New You Workshop

You will be refreshed,  
renewed, rejuvenated  
and ready for the New Year!

### When:

January 10, 2020, 6:30 pm EST – January 12, 2020, 4 pm EST

### Contact:

Uma Alexandra Beepat and Rob Pritchard  
Lotus Wellness Center and The Healing Frequency  
703-369-6762

To Register and for more details, visit: <https://conta.cc/2Y8Jpw9>



INNER HARBOR  
WELLNESS

Pause...  
Breathe...  
Be...

Self-nurture with nature, mindfulness, creativity

### ADULT PROGRAMS

#### The SoulCollage® Journey: The Elements

Sunday, September 15, 12:00-4:00 pm  
Sunday, November 17, 12:00-4:00 pm

#### Mindful Art: An Introduction

Wednesday, Sept. 25, 6:30-8:30 pm

#### Mindful Art: 5 class series

Wednesdays, Oct. 2-30, 6:30-8:30 pm

#### Self-Nurture with Nature: A Mindful Walk

Sunday, Sept. 29, 10:00 am-1:00 pm

#### Creating Altars: Honoring the Moment

Saturday, October 12, 1:00-4:00 pm  
Sunday, October 13, 1:00-4:00 pm

#### The Gift of Impermanence

Saturday, Nov. 2, 9 am-4:00 pm  
Sunday, Nov. 3, 9 am-4:00 pm

#### Mindful Pause

4 Sundays, Dec. 1-22, 3:00-4:00pm



Held at the Church of the Redeemer, 5603 N. Charles St., Baltimore, MD 21218

For information and registration:  
[innerharborwellness.com](http://innerharborwellness.com) • [innerharborwellness@gmail.com](mailto:innerharborwellness@gmail.com) • 443-801-0841

## FALL CALENDAR

### NOVEMBER 8, cont. from previous page

enhance their energy healing practice (such as Reiki), develop or enhance their mediumship, or to ultimately work as a professional psychic. . Intuitive Development class highly recommended as prerequisite, 10am-12pm, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

11/8-10 **The Four Desires** is the inspiring, empowering and life-changing process, based on these ancient, time-tested teachings that Yogarupa Rod Stryker created for anyone seeking a better, more fulfilled life. Certified Four Desires Trainer and Level 3 Para Yoga teacher René Quenell will guide you through short yoga and meditation practices, yoga nidra (complete physical, emotional and psychic relaxation) sessions as well as yogic methods of vichara (discernment, self-reflection), exercises to help you find answers to your life's most vital questions. René will also provide you with the tools to ensure that you stay on your soul's brightest path long after the workshop is over. In short this weekend will empower you to fulfill your highest destiny. This training counts fully toward the Para Yoga Master Training program Cost: \$450. Preregistration required. Must pay by in full by September 8. Held at Blue Heron Wellness, visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

-9-

**Evidential Mediumship Workshop.** Learn to take your ability to communicate with the spirit world to the next level: Expand your ability to bring forth a greater level of evidential information. With Certified Psychic Medium and author Konstanza Morning Star. Silver Spring, MD. [www.mediumshamandc.com/evidential-mediumship](http://www.mediumshamandc.com/evidential-mediumship)

**Self Compassion/Writing Workshop.** Workshop on Self Compassion with Laura Banks and Lisa Colburn. 10am-3pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-10-

**Hear the words of a modern prophet!** Join us from 1-2:30pm for a heart-opening streaming of the keynote talk at the 2019 Eckankar Worldwide Seminar. Repeat broadcast on Nov. 17th from 1-2:30pm. Eckankar of Northern Virginia: 703-916-0515

**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 at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com).

-11-

**Meditation and Being, (all levels) 3-week series 2 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-13-

**Usui Reiki Level 1 Certification,** No prerequisites to attend. You will receive a full Reiki session before your Reiki Level I attunement. Learn Usui Reiki energy as taught in the tradition and lineage of Dr. Mikao Usui. Reiki is a technique that uses the universal life force energy channeled by the Reiki practitioner to activate the natural processes of the client's body/mind/spirit to restore physical and emotional well-being. After this introductory course you will be able to give Reiki to yourself, your family, friends, and pets. 10am-3pm, \$195 using discount code, Dulles, Virginia, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-15-

**Immerse Yourself in Crystals! In this workshop we will learn:** a brief history of crystals, folklore around various crystals, how to pick crystals using various methods, how to clear crystals, crystal frequencies, the Mohs hardness scale, differences and uses of different shapes, and important inclusions in crystals. Annie, a fourth-generation rock-hound, will have some crystals for sale from her private collection at the event for cash only please (no checks or credit card). You will receive a 20% discount code to shop at Healing Crystals Showroom. 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**Taking applications for readers,** healers, holistic and metaphysical retail vendors and businesses, for May 3, 2020 Holistic Energy Expo held at the Embassy Suites hotel in Ashburn, Virginia, 10a-5p. To learn more and to apply for a vendor booth: [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com)

11/15-17 **Human Flourishing: A Metaphysical Approach.** Facilitators: Marina Shakour Haber, Author & Speaker Jeanette Sullivan, Ph.D [www.unitedmeta.org](http://www.unitedmeta.org). 540-562-4889

-17-

**Living In A Mindful Universe with Dr. Eben Alexander and Karen Newell.** Join Eben Alexander, MD, the New York Times best-selling author of Proof of Heaven, and Karen Newell, co-founder of Sacred Acoustics, in a workshop filled with insights on consciousness and the mindful universe, plus an experiential group sound journey. 2-5pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$45. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**The SoulCollage® Journey:** The Elements with Annette Laugel. SoulCollage® is a creative process using collage for self-expression, reflection, and exploration. Each class is an opportunity to create personal collage cards around one of the seasonal elemental energies of Fire, Earth, Metal, Water and Wood. A five class series. Church of the Redeemer, 5603 N. Charles St. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841. \$55 per class \$225 for 5 classes

-18-

**"Letting Go" Hypnosis/Meditation Workshop.** Just in time for the holidays! Stop carrying emotional baggage and negativity. Be guided to deep relaxation and allow your subconscious to release that which no longer serves you. You'll be surprised at just how easy it can be to let go. Metaphysical Mondays offer a safe space to question, learn, share, experience,

## The Soul Thinks in Images.

— Aristotle



9. The Guide

Have you listened  
to your  
inner voice lately?

**Tarot Classes and Workshops**  
**Spiritual Tarot Readings**



## Spiritual Tarot with Rev. Geraldine Amaral

Author of *Tarot Celebrations:  
Honoring the Inner Voice and  
Tarot 1-2-3 Instructional Video*

\* Pathways Columnist for Over 20 Years \*

**202-441-0415**

[www.thespiritualtarot.com](http://www.thespiritualtarot.com)

[geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com)

## Association of Holistic and Traditional Therapists

*Independent Practitioner of Psychotherapy & Energy Works*

Eileen Buese, Ph.D. • [www.dreileenbuese.com](http://www.dreileenbuese.com)

### CONNECT WITH UNIVERSAL ENERGY

**Eileen Buese, Ph.D., Reiki Master**

*Reiki Practice & Instruction*

*Usui, Karuna, Kundalini & Gold Reiki*

*Healing Touch Practitioner*

- Centering • Letting go • Healing • Grounding
- Relaxing • Increasing energy & insight

Upcoming Classes — Inquiries Welcome

### Dr. Eileen Buese

*Licensed Psychologist* (MD 01977)

Medicare Provider

Individual, Group, Couple & Family

- Holistic & Integrative Psychotherapy • Ericksonian Hypnosis
- EMDR • Energy Psychotherapy • Clinical Supervision • Relieve Pain
- Reduce Stress • Resolve Anxiety & Depression
- Develop Positive Relationships • Increase Self-Confidence

### Animal Healing Touch & Communication

**Eileen Buese, Ph.D., Reiki Master**

- Body/mind issues • Relationship issues
- Behavioral problems • Death & dying

In person & distant consults

**(301) 365-4375 • 8608 Ridge Road, Bethesda, MD 20817**

## FALL CALENDAR

and expand your spiritual tribe. [www.bodyandsoulshpherd.com](http://www.bodyandsoulshpherd.com)

**Meditation and Being, (all levels) 3-week series 3 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-23-

**Advanced Reiki Training (ART/ Level 3A/ Advanced Practitioner).** The highest level of Reiki before Teacher Training. Receive the Usui Master symbol in your attunement. Aziza Doumani Reiki & Well-being. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

-24-

**Marcia and Ray: Friendship Beyond Hate and Prejudice.** Join Marcia Grimsley to hear the story of herself as Jewish woman and a self-defined white supremacist forging a deep bond and an enduring friendship in the face of racism and distrust. 12:45-2pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events)

## DECEMBER

-1-

**12/1-22 Mindful Pause with Robin Williams.** 4 Sundays, 3-4pm. Take time for yourself to stop amidst the busyness and pressures of the season and join us for an hour of mindfulness. Mindfulness meditation, breathing practices, mindful walking and listening, poetic contemplations, and brief sharing will settle our thoughts and emotions as we open and refresh heart and mind. Church of the Redeemer, 5603 N. Charles St. [www.innerharborwellness.com](http://www.innerharborwellness.com) 443-801-0841. Free / \$5 Suggested Donation

**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 at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com).

-2-

**Meditation and Being, (all levels) 3-week series 1 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-4-

**Usui Reiki Level II Certification, Reiki Level II** will focus on an extensive opening of the energy channels while practicing Reiki on others. Students will receive an attunement along with Reiki symbols that allow the practitioner to connect more deeply to draw on the benefits that the symbols represent. This includes the ability to send distance Reiki, clear energy blockages across time, and unblock physical objects and locations. 10am-3pm,

Dulles, Virginia, \$195 using discount code, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-6-

**Immerse Yourself in Crystals!** In this workshop we will learn: a brief history of crystals, folklore around various crystals, how to pick crystals using various methods, how to clear crystals, crystal frequencies, the Mohs hardness scale, differences and uses of different shapes, and important inclusions in crystals. Annie, a fourth-generation rock-hound, will have some crystals for sale from her private collection at the event for cash only please (no checks or credit card). You will receive a 20% discount code to shop at Healing Crystals Showroom. 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-7-

**Mindful 365 Sitting Group.** Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10. [www.sittinggroup-2019.eventbrite.com](http://www.sittinggroup-2019.eventbrite.com).

**Spiritual Hygiene and Psychic Protection Workshop.** 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. Silver Spring, MD. [www.mediumshamandc.com/evidential-mediumship](http://www.mediumshamandc.com/evidential-mediumship)

-9-

**Meditation and Being, (all levels) 3-week series 2 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-11-

**Usui Reiki Master Certification, Reiki Master Level III Attunement.** The master symbol will open all energy centers, raise your vibration and access the highest levels of Reiki energy. You will be guided by a higher vibration energy and a master guide for your life work as a Reiki Master. You will receive a full Reiki session. 10am-3pm, Dulles, Virginia, \$195 using discount code, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-12-

**12/12-14 UMC Fundraiser.** Each person has a Workshop, circle, and a Private Reading with each of the Mediums serving, + Meals & Private Room. \$500 weekend. Revs. F. Reen Brown, Rev. Sally Knuckles & Rev. Justin Terry, Facilitators. [www.unitedmeta.org](http://www.unitedmeta.org). 540-562-4889

-15-

**Taking applications for readers, healers, holistic and metaphysical retail vendors and businesses, for May 3, 2020 Holistic Energy Expo** held at the Embassy Suites hotel in Ashburn, Virginia, 10a-5p. To learn more and to apply for a vendor booth: [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com)

continued on page 60

## OPENING SUMMER 2019

RT. 28 & WAXPOOL RD | DULLES, VA



## CLASSES FOR ALL BODIES



ASHTANGA | VINYASA | GENTLE YOGA  
KIDS & TEENS | BARRE | CORE  
BODYWORK | ENERGY HEALING

CALL: 571.354.6165  
EMAIL: [INFO@SAMSKARAYOGAVA.COM](mailto:INFO@SAMSKARAYOGAVA.COM)  
ONLINE: [SAMSKARA.YOGA](http://SAMSKARA.YOGA)

**Are you ready to live your dreams?**



- ▶ Start moving today toward the life you really want
- ▶ Discover new tools and resources for every challenge or struggle
- ▶ Convenient sessions conducted by phone or online
- ▶ Logan Williams is an ACC certified coach associated with The International Coaching Federation and an NLP Practitioner

**Wollstonecraft Coaching**  
[www.wollstonecraftcoaching.com](http://www.wollstonecraftcoaching.com)

## FALL CALENDAR

DECEMBER 16, cont. from previous page

-16

**Meditation and Being, (all levels) 3-week series 3 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**Save the date for another Metaphysical Monday** workshop, a safe space to question, learn, share, experience, and expand your spiritual tribe. [www.bodyand-soulshpherd.com](http://www.bodyand-soulshpherd.com)

### UPCOMING

1/16/20, **2020 Interfusion Festival.** Evolution. Arlington VA. Visit: [www.interfusionfestival.com](http://www.interfusionfestival.com) to register and for more information.

5/3/20 **Holistic Energy Expo.** Our 4th year! A finalist in the Best of Loudoun for events! 10am-5pm, Embassy Suites Hotel, Ashburn, Virginia. Explore holistic approaches to healing and new ways to expand self-growth and self-awareness. The Expo is designed to create a warm, supportive and welcoming environment to connect like-minded people. We encourage everyone from the casually curious attendee to the experienced practitioner to come enjoy the great energy of the Expo and all the unique vendors. To learn more and to get tickets: [www.HolisticEnergy-Expo.com](http://www.HolisticEnergy-Expo.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#.

**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](mailto: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](http://www.takomaparkchapel.org).

**America Meditating Radio Show.** Listen 24/7 online for inspiring discussions on ways to combat challenges we encounter along the journey of life. Hosted by Sister Jenna, Director, Meditation Museum. [www.blogtalkradio.com/america-meditating](http://www.blogtalkradio.com/america-meditating)

**Be sure to follow Healing Crystals & Minerals Showroom** in Dulles, Virginia on Facebook ([www.facebook.com/healingcrystalsshowroom](http://www.facebook.com/healingcrystalsshowroom)) for weekly sales announcements. Call for more information 703-828-4325, or view our online catalog at [www.healingcrystals.com](http://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](http://www.meditationmuseum.org) or 301-588-0144.

**Community Yoga Classes at Unity Woods Yoga Center** in Bethesda. Every Friday, 6-7pm. open to all levels \$10/cash drop-in fee. At Unity woods Yoga Center in Bethesda: 4853 Cordell Ave. (Triangle Towers), 16th floor, Suite PH7. Information at [www.unitywoods.com](http://www.unitywoods.com) or 301-656-8992.

**DMV Reiki Share Every 2nd Thursday** of the month 7:30pm-9:30pm at Spa Room near Tenleytown. Ample free on-street parking. Register at [www.Starchaser-HealingArts.com](http://www.Starchaser-HealingArts.com). Events Link or join DC/MD Reiki Share Meetup.

**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#.

**Eckankar Soul's purpose** for being in this world is to find divine love. As Soul, you have the God-knowledge within you. Maryland activities: [www.EckankarMaryland.org](http://www.EckankarMaryland.org)

**Every last Saturday is Psychic Saturday:** affordable mini-readings. More info: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

**Every Wednesday evening Mediumship** classes. More info: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

**Free Meditation Class Sunday's at 1pm.** Visit: [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

**Free Learn to Meditate Workshop every Saturday, 11am-12pm.** Join us for this introductory class and learn the basics to begin incorporating meditation into your daily life. Meditation Museum, 9525 Georgia Ave., Suite 101, Silver Spring, MD. RSVP at [www.meditationmuseum.org](http://www.meditationmuseum.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](http://www.takomaparkchapel.org).

**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.** If you have ever wanted to meditate but did not know how to begin, this class is for you. Join us for this introductory class and learn the basics to begin incorporating meditation into your daily life. Every Saturday at the Meditation Museum II, 1984 Chain Bridge Road, McLean, VA. 9:30-10:30am OR 2-3pm. Free Event. RSVP at [www.meditationmuseum.org](http://www.meditationmuseum.org) or 703-992-6887.

**March-September Monthly Trainings** in Family, Human and Natural Systems Constellation Facilitation with Francesca Mason Boring. [www.blueberrygardens.org](http://www.blueberrygardens.org)

**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](mailto:info@spiritualspectra.com). [www.spiritualspectra.com](http://www.spiritualspectra.com)

**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 loved ones in Spirit, Spirit Guides & Angels. 2nd Monday of the month, from 6-7pm at Spiritual Spectra Office in Columbia, Maryland. Cost is \$30 Visit [www.SpiritualSpectra.com](http://www.SpiritualSpectra.com). Contact us at 1-888-934-3642 or [info@SpiritualSpectra.com](mailto:info@SpiritualSpectra.com).

**Messages from Spirit with Rev. Carlos Alcocer** the last Thursday evening of the Month at 7:30pm. \$20. [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

**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](http://www.unityoffairfax.org/events)

**Mindfulness Mondays** are offered complimentary on the 2nd and 4th Mondays of each month at noon. Join Four Directions Wellness, affiliated with the GW Center for Integrative Medicine. For potential changes, follow Four Directions Wellness on Facebook.

**Moon Services,** Saturday evenings around the Full and New moons. Volunteer-led services at Four Quarters InterFaith Sanctuary. Check the website or call for details. [www.4qr.org](http://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](http://www.azizadoumanireiki.com)

**Sunday Services, 11am, Takoma Metaphysical Chapel.** 10501 New Hampshire Ave., Silver Spring, MD 20903 Info at [www.takomaparkchapel.org](http://www.takomaparkchapel.org).

**The Hearts Center:** See all of our offerings and events at [www.heartscenter.org](http://www.heartscenter.org). In the Baltimore area: enjoy weekly teleconference book study, and face-to-face prayer services and meetings. Contact Donna Drigan at 443-520-2882 or Sharon Wallace at 443-226-0054.

**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](mailto:skourangis@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](http://www.meditationmuseum.org).



**MIND  
BODY  
SPIRIT**

**ENVIRONMENT**

**Visit Our Website To Download  
The Entire Issue Of Pathways  
to Your Phone, Tablet or Laptop!**

**[www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)**

## THE HERB CORNER & TO YOUR HEALTH

### Immunity for the Fall... Herbs and other Allies

...continued from page 11

the medicinal mushrooms reishi and cordyceps, as well as astragalus, amla, elderberry, and eleuthero.

#### Reishi, *Ganoderma lucidum*

Mild adaptogen/immunomodulator

- Anti-inflammatory
- Antioxidant
- Anti-viral
- Heart tonic
- Liver protectant
- Nervine

Reishi, perhaps the most famous of the medicinal mushrooms here in the U.S., has a long history of use in China. In the West today, the red reishi is widely cultivated and generally available. It is an excellent general tonic herb, tra-

ditionally used to promote mental as well as physical well-being and long life. Contemporary studies show that it is an immunomodulator, meaning that it can stimulate an under active immune system, or quiet an over-active one (such as in auto-immune disorders). It is useful for allergies, as an anti-inflammatory, and as heart tonic. It is most effective when used long-term, and is often taken with ginger to enhance its effects.

#### Cordyceps, *Cordyceps sinensis*

- Adaptogen
- Antioxidant
- Anti-asthmatic
- Liver protectant

- Kidney protectant
- Immune stimulant
- Lowers cholesterol
- Cardiac tonic

This strange little mushroom actually grows in the bodies of insects and is native to the grasslands at the foot of the Himalayas. Due to over-harvesting in the wild, it is important to only purchase cultivated Cordyceps. Fortunately, this is easily available in the West. Cordyceps is an extraordinary tonic herb, particularly effective in fatigue and debility. It has studied for its ability to improve kidney function, reduce cholesterol, improve oxygen absorption, increase stamina, and is especially helpful in treating bronchial complaints. This is definitely an herb to add to your herbs during flu season!

#### Astragalus, *Astragalus membranaceus*

- Mild adaptogen
- Immune tonic
- Anti-bacterial
- Heart tonic
- Liver protectant

Astragalus is primarily used in the West to defend the body against pathogens (viruses and bacteria) and support a healthy immune system. It can be taken long-term as a tonic herb and is both gentle and effective for helping prevent colds, flu, bronchitis, mono, and pneumonia. Astragalus can also be used to protect the liver and kidneys, especially from harsh medications, and is a heart tonic used in formulas for angina (heart pain) and mild congestive heart failure. It can

continued on page 62

### Your Health in Fall: The Five Element Theory & the Season of Letting Go

...continued from page 9

- Purge. This can involve a whole-body cleanse as well as mental exercises that help you let go of toxic thoughts and situations.
- Resolve old hurts. Unresolved emotions can express themselves as grief and negative self-images, leading to imbalances of lungs and colon.
- Avoid inflammatory foods; eat organic if possible.
- Include spicy, warm flavors like ginger and turmeric tea, cardamom, and

cloves in your diet. They are good for cold and flue season.

- Restore bacterial imbalance in the gut. Probiotics such as lactobacillus have been shown to improve sinusitis symptoms. Your sinuses, nose, and mouth are just extensions of your digestive tract. Determination of your microbiome can help your practitioner to determine your appropriate pro and pre-biotics regimen.
- Improve your immune system. As-

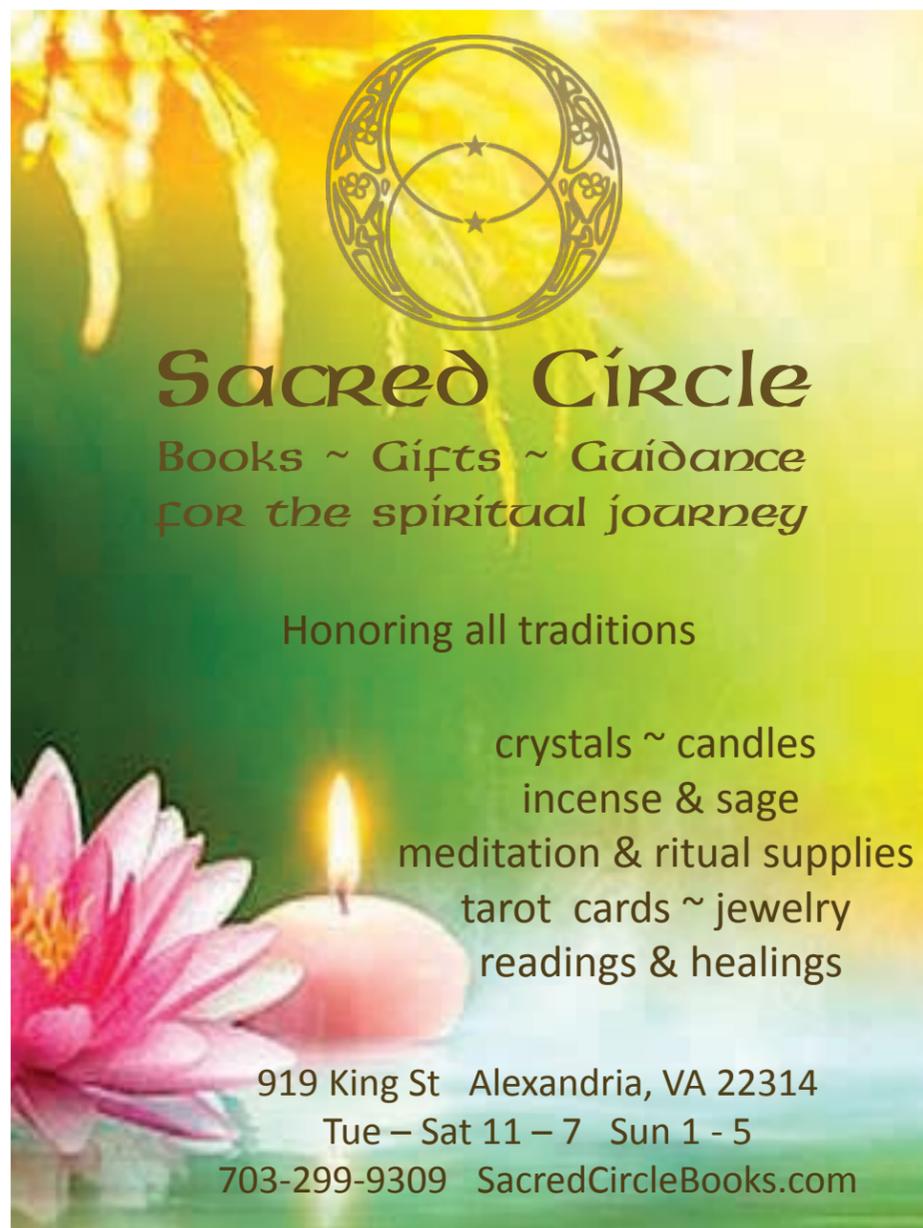
tragalus, olive leaf, zinc, Vitamin C, trace minerals, garlic, spirulina, medicinal mushrooms and more specific remedies suggested by your practitioner would help to fight not only bacterial, but also viral infections.

- Acupuncture would help the transition into Autumn, not only on the mind-spirit level but also with detoxification and increasing circulation and clarity of lungs and large intestine.

Remember, everything is connected! Your emotions affect your organs and

the organs affect your emotions. Treat one, treat all, in fall.

*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 complementary consultations. Call 301-881-2898, email her at doctorhelena@aol.com, and visit rockvilleacupuncture.com/ for more information and a schedule of upcoming classes. LIKE on Facebook @AmosAcupunctureAndNaturalMedicine. See also her ad on page 29.*



**Sacred Circle**  
Books ~ Gifts ~ Guidance  
for the spiritual journey

Honoring all traditions

crystals ~ candles  
incense & sage  
meditation & ritual supplies  
tarot cards ~ jewelry  
readings & healings

919 King St Alexandria, VA 22314  
Tue – Sat 11 – 7 Sun 1 - 5  
703-299-9309 SacredCircleBooks.com



the  
**DC**  
DENTIST

**HOLISTIC. BIOLOGICAL. ECO-FRIENDLY.**

- State of the Art Equipment
- Friendly, Professional, & Highly Qualified Staff
- Online Appointments
- On Capitol Hill Near Eastern Market

**\$582 VALUE** **\$149 SPECIAL LIMITED TIME OFFER**  
Exams, X-Rays, & Cleaning  
(IN ABSENCE OF GUM DISEASE)  
Some restrictions may apply.

**Open Monday-Friday**  
\*Extended Hours On Wednesdays  
**509 11TH STREET SE**

**MAKE YOUR APPOINTMENT TODAY!**  
**202.544.3626**  
www.thedcdentist.com

## THE HERB CORNER

### Immunity for the Fall... Herbs and other Allies

...continued from page 61

be helpful for excessive sweating, like menopausal night sweats, and for skin conditions. To protect against flu season and the frequent colds of winter, it's best to start taking it early. It mixes well with reishi for all-around protection for the immune system.

#### Amla, *Embllica officinalis*

- Rejuvenative tonic
- Mild adaptogen
- Digestive tonic
- Liver protectant
- Anti-inflammatory
- Cellular protectant
- Rich in Vitamin C

Amla is one of three ingredients in what is probably Ayurvedic medicine's most famous formula: Triphala. Triphala is a stellar digestive tonic and is often recommended for daily use to tone and support the digestive system. Amla is mildly laxative, restores the appetite, and is anti-inflammatory, making it very useful medicine for chronic digestive issues. It also strengthens veins and capillaries, and reduces cholesterol, so it is a cardiac tonic as well. It is considered a restorative tonic that prevents infection and speeds healing. A good all-around tonic and promoter of well being, Amla is a wonderful addition to one's Autumn routine.

#### Elderberry, *Sambucus nigra*

- Anti-viral
- Anti-phlegm
- Respiratory tonic

Elder is a lovely tree producing beautiful white flowers and rich dark red berries. Popular in folk medicine, and widely used as a food plant, elder trees grace many farmsteads across the U.S. There are multiple species, the *Sambucus nigra* or black elder (named for its rich dark purple berries) is generally considered the medicinal variety. You've probably heard of using elderberry for colds and flus. The berries, leaves and flowers are all useful for respiratory conditions of all kinds. The berries have the benefit of being very tasty, and of being appropriate both as a preventative during cold and flu season, and as a treatment should you get ill. The most popular form for this readily available herb is the syrup, which is tasty enough it's not usually difficult to get kids to take it too.

#### Eleuthero/Siberian Ginseng, *Eleutherococcus senticosus*

- Adaptogen
- Antioxidant
- Immune tonic

Eleuthero is best known as an adaptogen generally considered safe and non-stimulating for long term use. It

helps to reduce stress, fatigue, and listlessness, so is useful for chronic conditions. And can help reduce some of the side-effects of chemotherapy and radiation treatments, specifically improving white blood cell counts. It can be used to increase mental focus under stress, especially for those needing to work long hours (flex shift workers, students, and emergency responders). It is helpful for athletes to improve endurance and stamina. And, of course, it is a useful immune tonic, helping to prevent colds and flu.

You may notice that all of the above herbs except elder are listed as adaptogens. The research called for in evaluating herbal medicine in the treatment of immune disorders would logically begin with these herbs we herbalists call adaptogens. Two books worthy of beginning this study (and God willing more scientific studies) are Doanld Yance's book "Adaptogens in Medical Herbalism: Elite herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Illness" and David Winston's book with Steven Maimes "Adaptogens for Strength, Stamina, and Stress Relief". Both of these herbal books, by American Herbalist Guild Herbalists, are particularly relevant due to the fact that they extensively cite the relevant scientific research to support any claims made for herbs as support in chronic illness.

So, in summary, we are faced with the disturbing dilemma of the herbal community's research and observationally based consensus on the use of herbs in immunity not being supported by the scientists of our land. Each of us involved with the treatment of chronic illness thus faces a choice of whether to proceed with protocols that are not yet supported by the physicians and research community. I will end with a final story that illustrates the patience required as an herbalist trying to work with this conservatism on the part of researchers. In 1998, when our team presented the 500 studies we had found on hawthorn and garlic in high blood pressure to NIH as a grant request, we were told that the standards and methods of our research needed improvement. When the NIH consultant assigned to our grant called he gave us one and a half pages of single-spaced criticisms of our paper. He especially strongly stressed that the population controls were not adequate as to gender and number of participants. These controls of course would raise the costs of the proposed study immensely, but he was absolutely correct that our study had flaws by the standards of the NIH review board, and we agreed that they needed attention. Then after almost an hour of pointing out what was wrong and

continued on the bottom of page 63

## Gentle Dental Care

FOR

### THE WHOLE FAMILY

Mercury Free Dentistry since 1982

Board Certified by the American Board of Dental Sleep Medicine

Our office offers a unique approach combining the best from the natural modalities of homeopathy, Chinese medicine and nutrition, with the latest lifesaving treatment for sleep apnea and snoring.

We have been a health oriented practice for over 35 years, offering a variety of quality services including:

- Cosmetic Dentistry
- Tooth Colored Fillings
- Immune system reactivity testing now available for over 18,200 + dental materials
- General Dentistry
- Children's Dentistry
- Preventive Care & Non-Surgical Alternatives to Gum Disease
- TMJ (Jaw Joint) Therapy
- Crowns & Bridgework

WE LISTEN!

**Richard D. Fischer, D.D.S., FAGD, MIAOMT**

Past President International Academy of Oral Medicine & Toxicology, Fellow Academy of General Dentistry

EVERGREEN PROFESSIONAL CENTER  
4222 Evergreen Lane, Annandale, Virginia 22003

(703) 256-4441 • [www.evergreendentalwellness.com](http://www.evergreendentalwellness.com)



## Ancient & Modern Solutions for Health



Acupuncture • Chinese Herbal Medicine • Ayurvedic Healthcare

### Acupuncture and Chinese Herbal Medicine

Treats acute and chronic pain including but not limited to—back pain, shoulder pain, knee pain, sports injuries, and fibromyalgia

Women's and men's health issues including low libido, impotence, menstrual disorders, and infertility

Chronic fatigue syndrome; mental depression, anxiety; general overall health optimization, dry needling, and much more

Often Insurance Reimbursable

### Ayurvedic Medicine

Ancient healing system of India, involves determining one's individual constitution to optimize and maintain health. It treats health imbalances through lifestyle, dietary herbal therapies, and cleansing therapies; individual instruction in meditation is available. Consultations include Ayurvedic pulse and tongue diagnosis.

### Center for Health and Wellness

8218 Wisconsin Avenue Suite 304  
Bethesda, Maryland 20814  
Bethesda office: 301-654-9369  
Columbia office: 301-807-5770

**Don Diggs, L.Ac., Dipl. O.M., A.D.**

Nationally Board Certified in Acupuncture, Chinese Herbal Medicine, & Oriental Medicine. Ayurvedic Doctor (NAMA, AAPNA Credentialed)

Visit our website for more detailed information:  
[marylandhealthandwellness.com](http://marylandhealthandwellness.com) • [dondiggs@verizon.net](mailto:dondiggs@verizon.net)

**Mindfulness Tools for Activists**  
...continued from page 13

in with how we're feeling, and consciously relax areas of tension, all become more natural over time and can greatly benefit our overall health and mood. And beyond scientific proof, taking time to pause, observe how we're doing, and consciously breathe a little, just feels good, like a reboot. (You may also like to look up the article I wrote for the Fall 2018 edition of *Pathways*, called "Finding Silence in a Noisy World." <https://www.peacefourminds.org/projects>)

All of these suggestions are related to the practice of mindfulness, where we direct our attention deliberately

and nonjudgmentally, rather than letting ourselves be caught and directed by our discursive mind. Mindfulness meditation provides us with the most simple, distilled format for becoming familiar with this experience. As I wrote in the article mentioned above:

*Mindfulness-awareness meditation works directly with our thinking mind. In this ordinary and important practice, we set up a situation in which we simply observe our thoughts coming and going, neither pushing them away nor engaging with them. Metaphorically, we take time to step out of traffic and sit in the nourishing*

*forest, enjoying the sounds and smells in a vivid and simple way. When we intentionally take the time to stop, breathe, observe our mind and body, and let go of our thoughts, we experience an outer and inner stillness that helps us to remember where and who we are. This simple but powerful practice refocuses our attention back from our spinning-out thoughts and emotions to an experience of simple presence and engagement.*

*The benefits of this are countless, and are encapsulated by the meaning of some of the many Tibetan words for meditation: calm abiding, resting the mind, stabilizing the mind, strengthening the mind, getting used to what it feels like to be simply and fully present, clarity, awakened heart/mind, development of insight. From neuroscience and behavioral science perspectives, mindfulness meditation changes the size and shape of our brains in ways that increase our ability to pay attention, learn, and remember (among other things), while decreasing areas of the brain that cause stress and related health factors like high blood pressure, too much adrenalin and cortisol, insomnia, anxiety, and so on.*

It was an honor to spend an hour on that warm April afternoon with the Planned Parenthood leadership group. After a short introduction, I led them in a simple body scan, guided mindfulness meditation, and plenty of restorative silence. I told them a little about attention restoration theory, how the

cognitive functions in the prefrontal cortex of the brain can become drained when we overtax ourselves without a break, which lessens our ability to make good decisions and find creative solutions to problems. When we have the equivalent of writer's block and feel stuck and unproductive, taking a break—"sleeping on it"—helps our brains restore themselves so that we can access and integrate more memory power and high-order thinking. Taking even short breaks where we limit sensory input, resting our minds, is an essential tool for optimal functioning.

I especially wanted to leave them with tools for going forward into the fray, something along the lines of a "Stop and Breathe" technique. I had been thinking about this as the day approached, not quite sure what was best. And then, on the night before the session, it came to me as an inspired acronym: **R.O.A.R.**

The "R" is for **Remember**. Mindfulness meditation cultivates our ability to remember where we are and what we're doing. In other words, we become accustomed to being aware and appreciative of what we're doing while we're doing it, instead of talking to ourselves about it or thinking about what we'll do next, and so on. So the main trick is this first R, remembering that we're here, right now. Then we take a moment to **Observe** ourselves

continued on page 64

**Immunity for the Fall... Herbs and other Allies**  
...continued from page 62

needed improvement in our study he asks "Hey listen, my mother has high blood pressure... how much hawthorn would you recommend as an herbalist that she take daily?"

Just like that grant investigator, we all face the same dilemma of whether to heed the unified voices of American Herbalists on Immunity now, or wait until the scientific community catches up with the available herbal research.

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](http://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 5.*



Come see me at the  
Natural Living Expo  
Sept 29, Booth #116

**Intuitive Wellness**

A Center for Spiritual and Holistic Healing

**Sherri Divband**

Owner and Intuitive Transformational Healer

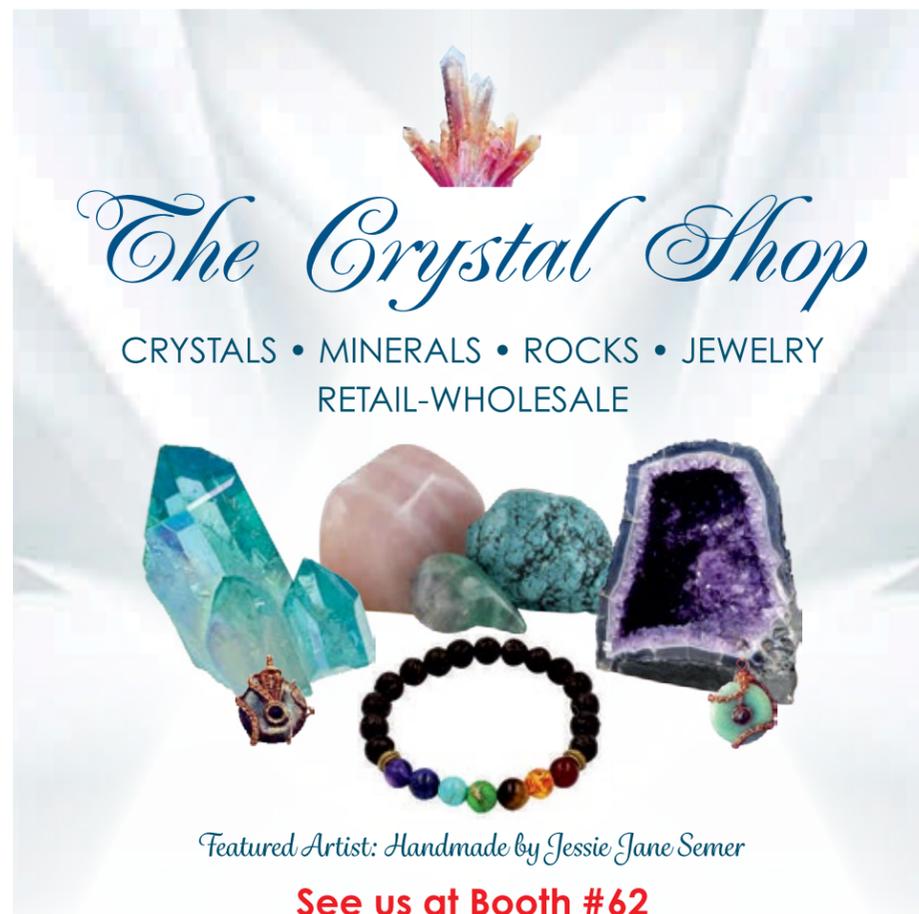
- Clinical and Transpersonal Hypnotherapy
- Infertility and Birth Trauma Hypnotherapy
  - HypnoBirthing®
- Energy Work and Reiki with Crystals
  - Multidimensional Healing
- Intuitive guidance and Coaching
- Intuitive Development and Reiki Classes

[IntuitiveWellnessCenter.com](http://IntuitiveWellnessCenter.com)

8002 Wisconsin Ave  
Bethesda MD 20814  
301.461.3189

Call for your free 10 minute confidential phone consultation

Mention this ad and receive  
20% off your first Reiki Session



*The Crystal Shop*

CRYSTALS • MINERALS • ROCKS • JEWELRY  
RETAIL-WHOLESALE

Featured Artist: Handmade by Jessie Jane Semer

See us at Booth #62

**NATURAL LIVING EXPO**  
September 29th

Unique and Original Beaded and Wired Designs

(240) 388-5577  
[garyjk60@gmail.com](mailto:garyjk60@gmail.com)

5454 Wisconsin Ave.  
Chevy Chase, MD 20815  
(Lobby next to elevators)

**Mindfulness Tools for Activists**

**...continued from page 63**

nonjudgmentally—our posture, where we're tense, how we're feeling—and then, beyond that, taking a moment to **Appreciate** our own living, breathing, familiar presence. We're alive, we're here. Finally, we **Resume** our activities from that more balanced perspective.

A quote that went around the internet shortly after the 2016 election (which was incorrectly attributed to Michael Moore) provides a beautiful metaphor for how to gently sustain the

strong effort that activism requires:

*This morning I have been pondering a nearly forgotten lesson I learned in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant. Yesterday, I read an article that suggested the admin-*

*istration's litany of bad executive orders (more expected on LGBTQ next week) is a way of giving us "protest fatigue" - we will literally lose our will to continue the fight in the face of the onslaught of negative action. Let's remember MUSIC. Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don't have to do it all, but you must add your voice to the song. With special love to all the musicians and music teachers in my life.*

– Aimee Van Ausdall, Denver, CO

ful. Finding our own inner resources of equilibrium and peace helps us to manage the violence of the injustices we're striving to change, and in this way we can manifest our vision, walk our talk, while sustaining our intense and important activities. As Thich Nhat Hanh said, "Our own life has to be our message."

**Copyright©2019 Patricia Ullman**

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 (Archway Publishing 2018), available on amazon.com. Contact Ms. Ullman for information on workshops, retreats, family meditation in your home, mindfulness sessions in your workplace, and individual or group mindfulness sessions.

[www.PeaceOfOurMinds.org](http://www.PeaceOfOurMinds.org)



**Holistic Chamber of Commerce  
Olney Chapter**

**Mind-Body-Spirit-Business-Budget-Planet**

The Holistic Chamber of Commerce Represents Value-based, Holistic & Eco-Friendly Professionals, Practitioners and Businesses



Hypnotherapy	Energy	Astrology	Natural	Mantra
Acupuncture	Psychology	Sage	Feng Shui	Jewelry
Yoga	Angels	Essential Oils	Chiropractors	Mindfulness
Salt Therapy	Intuitives	Reiki	Dreams	EFT
Cannabis	Wellness	Massage	Exercise	Nutrition
Homeopathic	Nurse	Medicine	Candles	Meditation
Float	Naturopathic		Fitness	Coaches
				Akashic records

Find it all under one umbrella at  
[HolisticChamberofCommerce.com](http://HolisticChamberofCommerce.com)

Search our Online Membership Directory for Holistic Reference-Reviewed Professionals and Businesses

Contact:  
Andrea Lopes, President  
[olney@holisticchamberofcommerce.com](mailto:olney@holisticchamberofcommerce.com)  
[www.holisticchamberofcommerce.com/olney](http://www.holisticchamberofcommerce.com/olney)

**Connect with us!**



**YOGA TODAY**

**The Four Desires: A Beginner's Guide**

**...continued from page 15**

We can always look at The Bhagavad Gita, one of the most well known yogic texts, to further understand the Vedic principles of driving desires within us. The main character of the story, Arjuna, was born to be the greatest warrior of his time. This skill and action was Arjuna's dharma, it is what he was meant to do in this world. However, as the story opens, he is sitting in the chariot with Krishna, his driver, completely frozen and unable to go on. At the moment the story opens, Arjuna's deepest desire is to quit and not fight the battle. What follows is the dialogue between this man/god like character, Krishna, and his student, Arjuna. Krishna takes him through an array of yogic practices and concepts, and, gives him the salient lesson on dharma, which is: you must fulfill your dharma in this lifetime. This is what you came here to do, and, you are a part of the whole. If you don't fulfill it, a life of misery is ahead for you and those around you. Even if you fulfill it badly, without as much skill as you would have liked

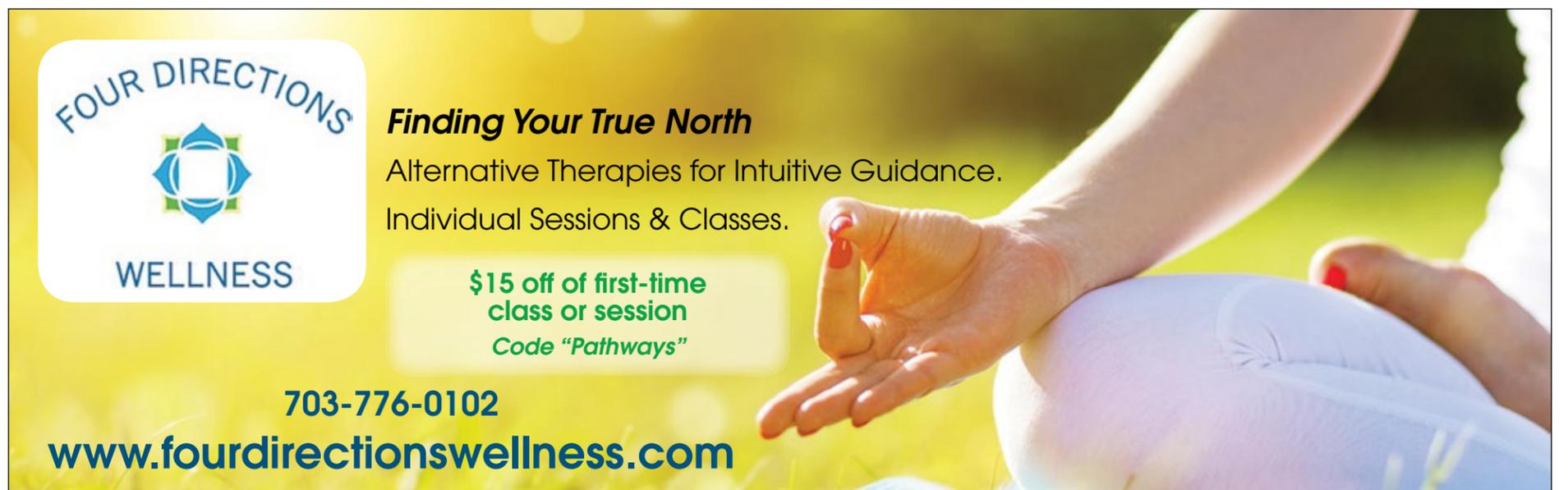
to, it is still yours. Better to fulfill your own dharma, even if done poorly, than to try to fulfill someone else's perfectly.

You can take this example right into your own life: how many times have you stopped yourself from moving forward because of doubt? How many times have you done less, given up, talked yourself out of your desire to thrive because you thought you weren't good enough? The message is this: your sense of doubt and fear are not who you are and they serve no one. Yoga is the great solution, it is one of the most comprehensive psychological tools you can use to further your own destiny and help the world evolve spiritually.

**The Four Desires**

According to the Vedic texts, the soul is equipped with the Purusharthas or, four desires that drive each one of us. Translated, it means, in essence, the soul's purpose. These four desires of the soul, all exist, to help us fulfill our dharma. Each one of these informs every thought, word and deed from moment to moment.

The first of these four desires is  
continued on next page



**FOUR DIRECTIONS**



**WELLNESS**

**Finding Your True North**  
Alternative Therapies for Intuitive Guidance.  
Individual Sessions & Classes.

**\$15 off of first-time class or session**  
Code "Pathways"

**703-776-0102**  
[www.fourdirectionswellness.com](http://www.fourdirectionswellness.com)

## YOGA TODAY

Dharma. What does it mean? Dharma refers to the inherent nature of reality. We can think of it as cosmic law, or, that which contains and orders reality. It also means that which is right and wrong in social order. It applies to the whole of the physical world: within a seed there is a specific plant that will come. Within our own lives, we have specific qualities and skills that we come into the world with that need to be expressed. Can you imagine what the world would be like if Picasso didn't paint, or the Beatles didn't exist?

We can look at people who are examples of this exquisite alignment between soul and authentic purpose: they are thriving. They contribute to the world in a memorable way that inspires and uplifts all of humanity. The alignment with your soul's purpose is infectious, when you are living from this place; all are reminded of their own potential. This is what the Vedic texts were talking about: the practice of yoga is uncovering your purpose and fulfilling your true destiny.

The second desire is called 'Artha', which means, the desire for the means that are necessary to fulfill our dharma. If I am an artist, the means to fulfill my best life are the tools: paints, canvases, a studio, and the time to create. The means to fulfill your dharma can also be the health you need, both mentally and physically. Perhaps the

social network you are connected to is also a means, and so forth. The means are also the substance, the support, and the funding needed.

Kama, is the third of the four desires. This is the desire for pleasure and comfort, both in a sensual way and a practical way. We desire to enjoy our moments in life. This manifests differently in every human being. This is also the pleasure that we feel from completing a job or project, which can include a sense of pride and feeling of accomplishment. It is a desire for feeling content, joyous and satisfied.

Moksha the fourth desire is the desire for freedom. This is more or less about the kind of freedom that we experience when we are truly free from the attachments and the unconscious patterns that keep us stuck and repeating the unlearned lessons. It is the longing to know one's truth and to find peace. It is a desire to experience divinity.

### The Dharma Code

The upshot of the work you will be doing in the Four Desires, is to find your 'Dharma Code.' This is a statement of truth that is based on your soul's purpose. It is a powerful mission statement, in a way, that is yours and yours alone. It is built on the qualities that you discovered when you were thriving in life: it is a correcting of the unconscious drives that have

been holding you back from fulfilling your purpose. To get to this, within the three-day workshop, is quite a journey. The guiding forces of the Purusharthas, (Four Desires), help us get there.

You will find yourself being asked to evaluate the ways in which the Purusharthas, are operating in your life, in the short term, and also the long term. In looking it all over and having the comradely of your fellow seekers in tow, you will find that there is one of these four that has been a constant theme for you. You will find that you have always been moving towards your purpose, and you will have the opportunity to do it consciously and mindfully as a result of this work.

There is more to say about the dharma code, but I will leave it at this: it is a practice, just like all of yoga. The dharma code, and, nurturing your own dharma, is a practice that evolves over time. The more layers of illusion that you peel away, the more it penetrates into the cells. The work is powerful and timely and should really be taken into consideration by anyone who is on the path of yoga.

### After Care Plan

Once the workshop is over, the work is just beginning. You will find that because your workshop teacher is highly trained and experienced in The Four Desires that there will be follow up. You will have access to monthly con-

ference calls and private sessions if you choose to delve into them.

My personal experience with this is that I have gone through the workshops twice. I have also read the book 'The Four Desires' a few times, and, even gotten into the workbook that is also available to help go through the exercises. What I have discovered is that there is a lot of clearing away to do: even in all the years of yoga practice, there will always be more. The work has been deeply motivating and inspired me to greater challenges and experiences in my life. It is ongoing, but it is wonderful addition.

If you are interested in attending any of these revolutionary workshops, or, purchasing the book or workbook, you can find detailed information by going to the Para Yoga web site: [www.parayoga.com](http://www.parayoga.com).

*Claudia Neuman, E-RYT 500, YACEP, MSW, was born in Los Angeles and began her formal Yoga training in 1984 at Yoga Works in Santa Monica. Her teachers have included Rod Stryker, Eric Shiffman, Anna Forrest and John Friend. She also studied with Pattabhi Jois, creator of the Ashtanga system. In 2005 she took her certification in Anusara Yoga. She is the director of the Yoga Teacher Training at Blue Heron Wellness and teaches regular classes in both Silver Spring and Baltimore, MD, weekly. See also her ad on page 34*



**MOTHER EARTH NEWS**

Save money *and* get **practical solutions** to your everyday needs!



- ✓ tapping into solar and wind energy
- ✓ organic gardening
- ✓ cutting energy costs
- ✓ green homebuilding
- ✓ constructing do-it-yourself projects
- ✓ self-sufficient living

**Subscribe today!**  
**6 issues only \$12** U.S. only

**Call toll-free (800) 234-3368**  
**[www.MotherEarthNews.com/EMEADEZ3](http://www.MotherEarthNews.com/EMEADEZ3)**



PLACE.

1626

**EAST JEFFERSON ST  
ROCKVILLE, MD 20852**

---

14,380 - 48,036 RSF

EXCLUSIVE LEASE  
OPPORTUNITY  
AT CONGRESSIONAL  
PLAZA, ROCKVILLE'S  
PREMIER COMMUNITY  
DESTINATION





**NATE CROWE**  
Senior Vice President  
[ncrowe@scheerpartners.com](mailto:ncrowe@scheerpartners.com)  
Direct | 301-337-4730  
Mobile | 703-201-4096

---

**CARLYN KELLEY**  
Associate  
[ckelley@scheerpartners.com](mailto:ckelley@scheerpartners.com)  
Direct | 301-337-4723  
Mobile | 703-969-7029



## Hand Print Analysis

An Accurate Method Based On A 40 Year Scientific Study

### Discover Your Authentic LIFE PURPOSE

Decode your Soul Psychology from the blueprint map of your grand design. Reveal your purpose, gifts, lessons, and your best path to joy!



301-515-0470

Special Offer at Natural Living Expo: Booth #92



**Bonnie Gordon Patterino**  
IIHA Certified  
Handprint Analyst  
& Life Purpose Coach

[www.gpsyourpath.com](http://www.gpsyourpath.com)

### One Small Step

...continued from page 17

our lives, it *automatically* triggers the Fight or Flight Response. Utilizing the “change-by-small steps” philosophy of Kaizen, we allow our brains to adapt to the behavioral patterns we desire *gradually*.

The trick is to circumvent this fear response by taking the smallest steps possible to disarm the brain’s fear response. The whole point of this approach is to re-program your brain – to bypass the instinctual (and reactive) response. By taking small steps, we are building new mental pathways. This does not happen overnight. It takes time, patience, and love. It is a gentler approach to change. Mother Theresa said it best: “*We cannot do great things on this earth, only small things with great love.*” And as time goes on, we continue to build on these baby steps and get better results. Like the mustard seed parable, it marks a beginning.

I am not suggesting that we abandon the idea of setting goals or making New Year’s resolutions. Rather, I am offering a new way to approach them. With the principles of Kaizen, we can take small actions, like the planting of a grain of the mustard seed that will grow into “the biggest of all plants.” It is a way for us to not be so hard on ourselves, to set small goals rather than

large, impossible goals.

Jesus tells us: “*If you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.*” For what it is worth, I discovered that a grain of mustard seed is really small. One grain is .02 inches in size—just a little bit bigger than a grain of sand. Very tiny. So, the comparison of the mustard seed and the mountain is really an apt analogy for understanding how Kaizen works. The miniscule mustard seed verses a huge mountain—we can use this metaphor to take the first tiny steps toward any goal, even if it is as big as a mountain. In the Kaizen approach to change, these little steps proceed quietly, slowly, softly, slipping past our bodily reactions so that the usual alarms never get triggered. And that is exactly why it works!

#### Applying the Kaizen Philosophy

Here are the basic steps that Dr. Maurer recommends to apply the Kaizen approach to a goal:

Decide upon an achievable goal. Identify what it is you want to change or improve.

1. Identify a *small* step that will lead to the change. Choose the tiniest steps you can take that will move you in the direction of that goal. Think of this step as the mustard seed—a step so small that your brain will not go into

panic mode by doing it. In this process, we ask ourselves: *What is the tiniest step I can take right away to improve my health, my relationships my career, or any other area in life?*

2. Commit to applying this one small step to your life *every day*—one small action each day that will help you improve yourself without a lot of effort. In other words, and yes, this may seem like odd advice: think small!

#### Examples of Thinking Small

Here are some examples of ways to apply Kaizen to our everyday lives:

Instead of resolving to go to the gym for an hour every day, take a 5-minute walk before work, or on your lunch hours. Or commit to getting off the bus one stop earlier and walk home. Or march in place during one commercial while you are watching TV. I heard a great example about a woman who was so anti-exercise that she started her Kaizen process by simply standing on a treadmill for a couple of minutes, without even turning it on! Eventually, she started walking on it but just getting to the treadmill and standing on it was the baby step she needed.

If you want to learn a new language, commit to learning one new word every day or one phrase or sentence in the language and practice it every day for one week. Then move on to a new word or sentence. Or make a commit-



### The mid-Atlantic cannabis industry is thriving

K&M is a D.C. and Maryland based law firm specializing in cannabis law.

Our practice supports business owners and entrepreneurs in the cannabis industry.



[kinnermcgowan.com](http://kinnermcgowan.com)

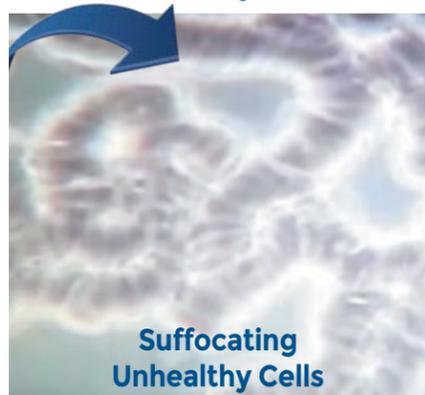
@KMcanalaw

(202) 838-7033

## ACTIVATE THE POWER WITHIN!

Are your cells suffocating, starving and limiting Peak Performance? Unlock your Cells potential.

Science validates breakthrough nutritional technology, rejuvenates cells in 5 minutes.



Suffocating Unhealthy Cells



Rejuvenated Healthy Cells In Just 5 Minutes!

Learn how and why our cutting edge, proprietary exclusive, nutritional products changes the paradigm in getting well and achieving “Your Best Health.” Patent Pending and restores Hemoglobin in red blood cells. Clinical Studies show increased cell oxygenation, optimized nutrient absorption and utilization and improved waste removal; as well as enhanced brain function and metabolism.\*

Visit Victory Nutrition Booth #73 at Natural Living Expo

Watch the video at [www.empoweryourcells.com](http://www.empoweryourcells.com)

Questions, wholesale orders and opportunities, Contact Michael Ciletti 215-266-3232 or [Michael@empoweryourcells.com](mailto:Michael@empoweryourcells.com)

\* These Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## MIND • BODY • SPIRIT

ment to practice three minutes a day. See what happens with your speaking ability. If you want to quit smoking, commit to throwing away one cigarette a day, instead of smoking it. If you feel depressed and lonely, commit to smiling at one new person you encounter each day. Just one little smile. See what happens and how you feel about yourself.

These are examples of the *continuous* application of small steps toward a goal. The steps are so incremental, that you won't even notice the effort put into making them, and you won't get discouraged so easily. You'll just see results. These repeated successes create momentum. And that momentum keeps you highly motivated to continue and eventually it becomes a habit.

Maybe your goal relates to your spiritual life. If so, follow the very same guidelines. Identify what you want to achieve—like setting up a regular meditation practice. For example, commit to a one-minute meditation every day for one week. Everyone has time for one minute—just follow your breath for a minute. Add one more minute on the next week and so on. Or maybe you want to practice being kinder as part of your spiritual practice. I have a friend who has what she calls "Mitzvah Monday!" Mitzvah is the Hebrew word that means "a good deed." She commits to doing one small act of kindness

for someone (often anonymously) every Monday. You can start with small Kaizen steps, like letting someone go ahead of you in the bank or grocery line. Think small!

Even though this philosophy of small steps seems counter-intuitive, what do you have to lose? We are building a foundation for permanent change through these small steps. Author Mike Dooley puts it like this: "*For every baby step you take, another cog in a giant wheel behind the curtains of time and space advances, and with it 10,000 new possibilities are opened.*" We never know what miracles will come to us when we make a commitment by taking that first little step.

What about mastering our electronic gadgets? Here is another example from my own life: I am terrified by technology. I recently started doing spiritual tarot readings via Skype. I had to first figure out how to download the program, how to set up my account, get my screen name, then get a camera and microphone. Then I had to figure out how to actually make a Skype call. It did not happen overnight, but each week I added one more piece to the Skype puzzle and now I am up and running. It happened bit-by-bit.

The goal is to confuse your innate resistance to change, to build new behaviors without upsetting the applecart so to speak, because all improvements

will take place gradually. Winston Churchill said, "*Continuous effort – not strength or intelligence – is the key to unlocking our potential.*" So, what are you wanting to achieve in your life right now? What is the tiniest step you can take that will advance you toward that goal? Remember, it must be tiny.

### Change Your "Story"

My final point about the Kaizen method is to say that it encourages us to change our stories. You know we all have a story about our lives—especially *why* we cannot do this or that. *Like, how could I go back to school, we only have one car? Or how could I learn to play the piano, I don't have any space in my apartment for one?* The best way to work with these kinds of "stories" is to notice them, without judgment, just observe their operation in your life. And then focus on ways that you can surmount the perceived obstacles by taking small incremental actions that are so tiny that you cannot fail. As you slowly build new habits, you also rewrite the part of your life story that holds you back and keeps you stuck.

I have found enormous freedom using the Kaizen philosophy. I've stopped placing such high (and often impossible) expectations on myself. I love this method for that reason, but also because it reinforces the idea that

continued on page 68

*Integrate your intuition and inner knowing with your thinking and analytical mind to gain space and perspective to:*

- ★ Manage stress
- ★ Find workable solutions
- ★ Improve work-life balance
- ★ Bring more meaning into your life

Sessions, Classes, Workshops  
Virtual and In-Person  
Sessions

*Starchaser*  
Integrated Coaching  
and Energy Healing



Washington, DC area  
301-660-7229  
info@starchaser-healingarts.com  
www.Starchaser-HealingArts.com



Meditation

Talks &  
Discussions

Body & Mind  
Healing

Yoga & Qigong  
Classes & Events

14010 Arctic Avenue  
Rockville, MD 20853  
Tel 301.460.1417

 New Future Society Center  
savitri@newfuturesocietycenter.com  
newfuturesocietycenter.com

## A Whole New Way of Healing

Are you tired of getting healing sessions and not being healed?  
Are you done with making payments and not seeing results?  
Are you emotionally, mentally and spiritually tapped out?  
Ready for a Change?

Rob Pritchard is called the Master Healer because in as little as one session, he has demonstrated amazing healing techniques that have healed some people instantaneously.

*"After an hour of healing the huge seroma in my breast reduced in size from a golf ball to a blueberry. The Nurse practitioner was amazed! Thanks for taking the excruciating pain away. This man restored my hope!" — Diana L.*



Call Today to schedule and appointment: **703-966-6878**  
Or visit me at The Natural Living Expo, Sept. 29th, both #74 & 75



Rob Pritchard

[www.thehealingfrequency.net](http://www.thehealingfrequency.net)

## EVOLUTIONARY FENG SHUI



### Consultants Training

November 2, 3, 4, 5, 2019  
Columbia, MD

Details at [www.simplyevolve.us](http://www.simplyevolve.us)

Learn Feng Shui to more deeply understand your own unique journey as well as how to optimally support and work with others - friends, family and clients. Includes Human Design & Baantu. This work is about supporting and maximizing your potential.

### Hope Karan Gerecht

Feng Shui Author, Educator, Consultant  
410.336.2008 voice/text  
hopekaran@gmail.com

## One Small Step

...continued from page 67

we have an active role in co-creating our destiny. We can achieve our goals, and this method offers freedom from the dread of making changes, and liberation from our repeated patterns of defeat. So, Dear Pathways Readers, what "mustard seed" can you plant today? What first small step can any of us take – in both our personal goals

but also in fostering a sense of community within our families, our neighborhood, our workplace or ultimately in the entire world? Let's become masters of the Mustard Seed and commit to taking that one small step. May God Bless you.

Reverend Geraldine Amaral is an ordained minister in the United Metaphysical Churches. She leads worship services in the metropolitan area and also offers classes in spiritual development and personal empowerment. She also officiates at weddings, memorial services, and dedication of children. She is the author of Tarot Celebrations: Honoring the Inner Voice, creator of "Tarot 1-2-3," an instructional video and has been writing for Pathways for over 25 years. She utilizes Jungian/archetypal psychology and

Divine Metaphysics in her work and is a respected/gifted intuitive counselor and nationally-known teacher. Her classes provide a unique blend of spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She can be reached at 202-441-0415 or geraldine@thespiritualtarot.com. You can visit her website at www.thespiritualtarot.com. You can find her ad on page 58.

Upcoming Guest teacher: David Winston Nov. 2 & 3



Classes, Workshops & Health Consultations

www.GreenComfortHerbSchool.com

Our mission is to educate and empower individuals to heal themselves using herbal medicine.

## GLUT FOOD CO-OP

- Open to the public — No membership required
- Open 7 days / week: Tues-Fri 10 am–8 pm
- Sat, Sun, Mon 9 am–7 pm
- Tues, Wed, Thur, Fri 9 am–8 pm
- Natural foods at the best prices in town
- Not for profit and cooperative
- More than 40 varieties of cheeses
- Nuts, dried fruits, spices & organic produce

**301-779-1978**

4005 34th Street, Mt. Rainier, Maryland

**sokind**  
registry  
MORE FUN LESS STUFF

Want to plan a joyful and meaningful event that reflects your lifestyle and values?

SoKind is a registry service that encourages the giving of homemade gifts, charitable donations, secondhand goods, experiences, time, day-of-event help, and more.

HERE'S TO MORE FUN AND LESS STUFF!

www.sokindregistry.org

**COMING SOON!**  
Harvey Wasserman's  
Understanding America  
in Six Easy Cycles

**solar opia!**

**DUMP KING**  
Coal  
Oil  
Nukes  
Gas

**8 STEPS TO SOLARTOPIA**  
Ban Fossil/Nuclear Fuels  
Convert to Renewables  
Achieve Total Efficiency/  
Revive Mass Transit  
Raise Sustainable/  
Organic Food  
Empower Women  
Transform the Corporation  
End War  
Win Social Justice/  
True Democracy

**DON'T NUKE THE CLIMATE!**  
Visit Solartopia.org HarveyWasserman.com

Poster by Gail Payne

**Alix & the Archangels**

Get the answers you need!

psychic, medium, angel channel, soul healer

Visit me at Booth #80 at the Natural Living Expo September 29th!

www.yoursoulstruth.com  
(301) 717-8500  
alix@yoursoulstruth.com

## ASTROLOGICAL INSIGHTS

### The Responsibility of Secrets ...continued from page 23

November 13<sup>th</sup> is focus on important matters in your life. You are beginning to understand the direction you want to take. At the same time you realize that you need to keep your plans to yourself. You don't want to share them with anyone else right now. You want to understand your dreams and aspirations and not have anyone else tell you they are unrealistic. Continue listening to your intuition. By the time this last series of triad sequences occur, you'll be able to approach situations in a realistic manner.

On November 11<sup>th</sup> an astronomical event occurs. This is the transit of Mercury, which is actually an eclipse of Mercury. The last time this occurred was in 2016. While other planets also have transits, only the transits of Mercury and Venus can be seen from the earth. The areas where you'll see this transit are: South/West Europe, South/West Asia, Africa, Much of North America, South America, Pacific, Atlantic, Indian Ocean, and Antarctica.

When an eclipse occurs, this means that the energy of the planet is hidden. In this case, the energy is that of Mercury. In addition to Mercury being eclipsed, it is also retrograde.

Communications will already be difficult with Mercury retrograde in

Scorpio. Secrets will increase and difficulties with financial institutions may occur. During this transit it's important that you realize you won't get all the information you need. People will try, and usually succeed, to keep secrets from you. They won't share information that you need to make decisions. Once Mercury turns direct on November 20, 2019, all the secrets that were withheld from you or all the secrets that you tried to keep will be revealed.

The full Moon, with Sun in Scorpio and Moon in Taurus, occurs on November 12<sup>th</sup>, one day after the Mercury Transit. You'll feel the quiet of secrets today. You'll want to understand information, but you may not get it. Saturn forms a trine to the Moon and a sextile to the Sun indicating that if you stay true to your value system it won't matter what secrets other people try to keep: They won't hurt you. Also, Neptune forms a trine to the Sun and a sextile to the Moon indicating that spiritual ideals are very important right now. Hold onto your belief systems. Follow your spiritual nature. Stay true to your ethics.

Mercury turns direct on November 20<sup>th</sup>. It went retrograde on October 31<sup>st</sup>. During the time that Mercury was retrograde, a lot of information was withheld from you. Situations were occurring behind the scenes. Now that Mercury is turning direct, you'll start hearing information percolate up from

various sources. It's important that you listen to this information and take time to understand its implications. You may want to act on it right now, but wait a few days, until after December 3<sup>rd</sup> when Mercury forms the last trine to Pluto in its triad sequence. At that time you'll not only understand the implications, but you know what action you need to take.

You may feel a lot of hope when the new Moon with Sun and Moon in Sagittarius occurs on November 26<sup>th</sup>, but you need to be careful because this new Moon also forms a quincunx to Uranus retrograde. You think you have all the facts, but new information surfaces. You feel as if life is going to be smooth, but unexpected events occur. The new Moon also forms a trine to Chiron retrograde indicating that you need to clear out old pain from your life if you want to move on.

As the Fall quarter draws to the close, the third series of the three triad sequences occur between November 28<sup>th</sup> and December 3<sup>rd</sup>. Mercury will form a trine to Neptune on November 28<sup>th</sup>. Mercury will form a sextile to Saturn on November 30<sup>th</sup>. And, Mercury will form a sextile to Pluto on December 3<sup>rd</sup>.

You are finally finding ways to bring reality to your dreams. You know how to be realistic in your approach to life. You understand the importance of re-

continued on bottom left of page 70

## TAROT

*Intuitive Readings*  
by

**Tim Boyd**

**Certified Tarot Consultant  
Internationally Renowned**



Call  
**703-521-1115**  
For Appointment

**Member:**  
American Tarot Association  
World Tarot Network  
Capital Tarot Society

**Readings in:**  
Falls Church, VA

Telephone Readings  
(Call for info)

E-mail: [timstarot@aol.com](mailto:timstarot@aol.com)  
Website: [www.timstarot.com](http://www.timstarot.com)

Reflexology and beyond.com

## HOLISTIC AND THERAPEUTIC REFLEXOLOGY

*(Not your typical Reflexology)*



Certified/Licensed/LLC

Brigitte has developed her unique Clinical Reflexology since 2000 and she works with Medical Doctors and Chiropractors.

The best relief for STRESS... and helps detoxify, boosts immune system, balances organs and glands, aids mental focus, removes blockages of energy, helps improve nervous system and circulation, and promotes better sleep.

Her clients include healthy people, runners, and clients with Stress, MS, lyme disease, fibromyalgia, plantar fasciitis, diabetic, cancer and other issues. She helps to induce labor.

Brigitte is Certified (230h). Her session addresses the whole body with basic health history, basic nutrition counseling, breathing techniques, positive thinking, Energy Healing, re-balancing the body and Aromatherapy if necessary. Being clairvoyant and able to see people's in/out Etheric fields add a useful touch to her great session. The "Best in Town" her clients say!

She is available for full Accunet session with applied Kinesiology, Healing and chakras balancing.

**Brigitte Wiss** is available by appointments only  
**(703) 849-8422. Serving Northern Virginia and  
available for Home visits and Nursing Homes.**

*(She works in different places, so please leave a detailed message on her answering machine)*

[www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

**THINK HEALTH... THINK PREVENTION, YOUR BODY WILL THANK YOU!**



## MASSAGE

by  
*Mary Kay Reynolds*

### MASSAGE THERAPIST

NATIONALLY CERTIFIED  
MEMBER AMTA

**\$10 OFF  
FIRST VISIT**

MENTION THIS AD  
NEW CLIENTS ONLY



SWEDISH

•  
DEEP TISSUE

•  
MYOFASCIAL

•  
PREGNANCY

•  
AROMATHERAPY

LOCATED IN TAKOMA PARK, MD  
BY APPOINTMENT

**301.270.1257**

[MARYKAYREYNOLDS@GMAIL.COM](mailto:MARYKAYREYNOLDS@GMAIL.COM)

**Storyweaving  
Writing  
Coaching**

Find your voice.  
Get your book done!

**Mentoring  
Editing  
Manuscript  
Evals  
Publishing  
Support**

**NEW!**  
**Workshops  
Intensive Writing  
Residentials**

**Carol Burbank, Ph.D.**  
cburbank@carolburbank.com  
www.carolburbank.com  
www.storyweaving.com

## NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER

### Raining Plastics

"I've got one word for you, Benjamin; plastics," is the advice given to Dustin Hoffman's character in the 1967 movie, *The Graduate*. While the meaning and perspective of the iconic line may have changed over the decades since its release, the current impact of plastics is being felt all over the world.

The Guardian recently reported on microscopic fibers falling from the sky in the Rocky Mountains. When collecting samples to study nitrogen pollution, US Geological Survey researcher Gregory Wetherbee unexpectedly found multicolored microscopic plastic fibers in Rocky Mountain rainwater samples. Other recent studies found microplastics in the Pyrenees, the deep ocean, in UK rivers, and in US groundwater.

Evidence indicates that plastic particles can travel thousands of miles. Sharri Mason, a microplastics

researcher at Penn State, contends that the 90% of non-recycled plastic waste breaks into successively smaller particles, permeating the water and air, and attaching to heavy metals like mercury and other hazardous materials, including toxic bacteria. Scientists have long speculated about the health effects on humans and animals from consuming the plastic particles and synthetic chemicals in our water, food, and air. Even if, hypothetically, plastic stopped being produced today, how long would plastics continue to exist in the environment? Stefan Krause at the University of Birmingham guesses... centuries.

With that in mind, the Network of Light was pleased to receive this press release from Trader Joe's, one of the largest grocery store chains in the world: We are excited to share that since announcing our plan to eliminate more than 1 million pounds of plastic

from our stores in 2019, we have made substantial progress in our efforts. Currently, we have identified and are in the process of implementing packaging changes that will remove a total of nearly 4 million pounds of plastic, annually.

Some of our most recent achievements include:

- Replacing all Styrofoam trays in our fresh meat section with PET1 trays that are highly recyclable.
- Replacing the current plastic sleeves on our greeting cards with sleeves made of renewable, compostable material. Look for the updated sleeves starting in August!
- Replacing the current plastic flower bags with bags made of compostable material. Look for the new flower bags in stores around September!
- Eliminating plastic and foil pouches from our tea packages, and replacing them with compostable film where necessary. We expect the updated packaging in our stores this November.
- Removing excess packaging in our Deli, Frozen, Fresh, and Grocery items by optimizing the packaging size and eliminating unnecessary material.
- Eliminating or replacing packaging for 20+ produce items, resulting in the removal of over 2.5 million lbs. of plastic annually in the produce section.

As we continue in this endeavor, we are diligent in our attempt to bal-

### The Responsibility of Secrets ...continued from page 69

sponsibility and are willing to do what it takes to achieve your goals. The most important thing is that you have the energy to focus and the willingness to believe in yourself. Now you can reveal your plans to others and get their support. Finally, on December 3<sup>rd</sup>, you'll feel as if the Mercury retrograde time

period is over and you no longer need to keep secrets.

*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](http://www.EnhanceOneself.com). Contact her at: [misty@EnhanceOneself.com](mailto:misty@EnhanceOneself.com). See also her ad on page 53.*

 Rabbi Gilah Langner • Hazzan Ramón Tasat  
*Independent • Welcoming • All ages*

**High Holy Day Services**  
**Filled with Music, Stories, and Meaning**  
*Including Children/Teen Programs*

For more information: 240-292-9450 or [HHD@ShiratHaNefesh.org](mailto:HHD@ShiratHaNefesh.org)  
Reserve your tickets: [www.ShiratHaNefesh.org](http://www.ShiratHaNefesh.org)

North Chevy Chase Christian Church 8814 Kensington Parkway, Chevy Chase, MD 20815

 **WAYS TO WISDOM  
COACHING**

**Empowering Women**  
*to stand in the presence  
of their own mystery, to  
build a life they love living,  
to heal themselves,  
then heal the world.*

Denise Warren, PsyD, Certified Life Mastery Coach  
— specialized in personal coaching, women's retreats,  
inspirational wisdom speaking, and writing.

**A Woman's Soul Journey Retreat**  
**September 13-15, 2019 at Fox Haven Farm, MD**

See details at:  
[Wayoutyourwisdom.com](http://Wayoutyourwisdom.com) • 240-704-7525



**Every child deserves a bed  
...and more.**

A Wider Circle is a nonprofit organization that furnishes the homes of thousands of local children and adults per year, providing beds, dressers, & other essentials to families in need.



**Mattresses • Dressers • Cribs •  
Tables • Chairs • Sofas • Dish  
Sets • Baby Items • Bedding**

**DROP OFF YOUR FURNITURE**  
Monday - Saturday 9 a.m. - 6 p.m.      **- FREE PICK-UPS -**  
Sunday 12 p.m. - 6 p.m.

*Using your gently used furniture to transform homes and lives - this is recycling at its best!*

 **A WIDER CIRCLE**

Center for Community Service, 9159-C Brookville Road, Silver Spring, MD 20910  
301.608.3504 • [www.awidercircle.org](http://www.awidercircle.org)

## NETWORK OF LIGHT NEWS

ance the priority to maintain product quality and minimize food waste, protect the product from contamination, and reduce the amount of packaging. Identifying a solution that meets all three components is complex and can be challenging. Take, for example, our English Cucumbers, a product that we hear about from our customers because it is wrapped in plastic. Responding to these concerns, we tested removing the plastic wrap earlier in the year. Almost immediately, we experienced a spike in the spoilage of these thin-skinned cucumbers. Removing the plastic wrap reduced the shelf life of the cucumbers from 10-14 days to a few days. The outcome of our test was not tolerable from a food-waste perspective, so we are in pursuit of alternatives. While we may not always arrive at the right solution the first time, we remain steadfast in our dedication to this important work.

We are continuing to work with our partners in a product-by-product evaluation of packaging in order to identify even more opportunities for improvement. As we proceed to advance the sustainability of our packaging, we remain committed to listening to our customers and finding innovative ways to address related challenges. We will continue to openly share information about our progress.

### September 21-22, 2019

The Network of Light and the Amma Sri Karunamayi Satsang invite you to attend two programs with Sarada Chiruvolu. Ms. Chiruvolu is the author of the book, *Home at Last: A Journey to Higher Consciousness*, about spiritual consciousness and enlightenment through meditation.

Sarada currently lives in New Jersey and travels around the United States inspiring and sharing spiritual tools with those interested in realizing their full potential. She is knowledgeable and willing to share her experiences to help all individuals on their spiritual path. Sarada will conduct a meditation session, speak about her book, and share tools on how to prepare body and mind for higher consciousness. She will also be available for a question and answer session. Sarada's book will be available for purchase for a donation of \$15. All book proceeds go to Amma Sri Karunamayi charitable organization.

On Saturday, Sept 21 event will be hosted by the Amma Sri Karunamayi satsang from 3 pm to 8 pm at 13603 Royal Court, Laurel, MD 20708. Dinner will be served at the end of the program. Please RSVP by text to the hosts at 240-593-3948.

On Sunday, September 22, the Network of Light will host Ms. Chiruvolu from 2 pm to 5 pm at 6304 30<sup>th</sup> Street, N. W. Washington, DC 20015. Please bring healthful snacks to share. Love donations are gratefully accepted. Kindly do not park in the 30th Street cul-de-sac. Parking is available on Tenneyson Street.

For more information about the weekend events, please visit <http://www.saradachiruvolu.com> or call Judy at 240-714-0569.

### Beyondananda and Beyond -- Stand Up With Swami, Sit Down With Steve

In this presentation, you will be treated to a two-man one-man show featuring cosmic comic Swami Beyondananda and his slightly-more-serious alter ego Steve "Yogi" Bhaerman. First, you'll get to enjoy the Swami's playful and hilarious take on events of the day, the human condition and of course our human conditioning. And ... not only will the Swami answer your questions, YOU will question his answers.

Then you'll have a chance to meet the man behind the Swami, and learn even more about how to wake up laughing and leave laughter in your wake. You'll laugh ... you'll learn ... you'll laugh ... and you'll laugh some more.

### Set One: Stand Up With Swami ...

In these serious times – where there's definitely something funny going on – laughter keeps us sane. This heart-opening, mind-expanding, funny and insightful comedy set will help you wake up laughing -- and provide plenty of "aha's" in the wake of the ha-ha's.

For nearly 30 years, the Swami has been a font of comedy disguised as wisdom – or is it wisdom disguised as comedy? Noted author Marianne Williamson has called him "the Mark Twain of our times" because the comedy isn't just hilariously funny, but also offers sharp social commentary and spiritual perspective.

Billed as "one of the biggest names in comedy", Swami keeps the audience in hysterics with his mixture of word play, seriously funny political and spiritual commentary, and playful silliness.

Over the past 30 years, Swami has authored such classic books as *Driving Your Own Karma*, *When You See A Sacred Cow Milk It for All It's Worth*, *Duck Soup for the Soul* and *Swami for Precedent: A 7-Step Plan to Heal the Body Politic and Cure Electile Dysfunction*.

### Set Two: Sit Down With Yogi...

Swami's alter ego Steve "Yogi" Bhaerman, in addition to being a funny guy in his own right, has also authored a "serious" book with cellular biologist Bruce Lipton. *Spontaneous Evolution: Our Positive Future and a Way to Get There From Here*, has been translated into 26 languages, and has been called "world-changing" by both Deepak Chopra and political commentator Thom Hartmann.

In this "sit down" with Steve Bhaerman, Steve explores how we can lovingly and laughingly transform the seemingly overwhelming crises we face politically, economically, ecologically and spiritually into an opportunity to "overgrow" the current system -- and humor happens to be one of our key evolutionary tools. Most importantly, you will be inspired to connect with your own community to live into this evolutionary reality right now. Or as Swami would say, "We are here to re-grow the Garden, and have a heaven of a time doing it."

More information go to: <http://www.wakeuplaughing.com>

## Consistent. Caring. Committed.

Expect More than Clean.

We know your time is valuable. That's why our customers have depended on us for 29 years. Our star green cleaning team will get your home sparkling - and keep it that way!

Great eco-friendly house cleaning service is all about the people.

### Our People Shine!

- + Trusted in Maryland since 1989
- + A+ Better Business Bureau Rating
- + HEPA Vacuums Remove 4x Allergens
- + Flexible Scheduling



### INTRODUCTORY OFFER!

Save \$50

\$30 OFF 1st Cleaning

\$20 OFF 3rd Cleaning

Promo Code: PATHSU2019

EXPIRES: 11/30/19

Valid for new customers scheduling regular service. Some restrictions apply. Please call for details.

Trained + Certified + Uniformed + Insured

**Maid Brigade® Call Today! 855.351.4324**  
Our People Shine  
[maidbrigade.com](http://maidbrigade.com)



**YOUR area gardening magazine!**  
Gardening tips that apply specifically to your climate and weather zone.

Why read anything else?

If you are a DC area gardener, you'll love *Washington Gardener*!

The magazine is written entirely by local area gardeners. They have real-world experience with the same problems you experience in your own gardens.

What our READERS say about us:

"I am so pleased to have discovered your publication... Thank you for creating this publication, it is really needed." — Sarah W. Leung

"Thanks so much for all you are doing for the DC area gardeners!" — Carol Hall

"Yes! Finally! A garden magazine for us. Thank you. Thank you. Thank you." — Barbara Fairchild

Subscribe to *Washington Gardener* magazine!

*Washington Gardener* is the gardening magazine published specifically for Washington DC and its MD and VA suburbs — zones 6-7. The magazine is published monthly online and delivered to your email inbox as a PDF. Come grow with us! Our regular annual subscription rate is \$20. We are offering PATHWAYS readers a year's subscription for \$18.00!

Name \_\_\_\_\_

Email address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Send a check for \$18.00 payable to *Washington Gardener* magazine along with this form today to:

*Washington Gardener*  
826 Philadelphia Ave.  
Silver Spring, MD 20910

[www.WashingtonGardener.com](http://www.WashingtonGardener.com)

# THE AWAKENED LIFE

UMA ALEXANDRA BEEPAT



## LIVING THE AWAKENED LIFE

Weekend Retreat  
October 4<sup>th</sup> – 6<sup>th</sup> 2019

Retreat. Refresh. Rejuvenate.

Join Rob and Uma for a weekend of transformation, innovative thought, spiritual practices and a peaceful community.

For more details/reservations:  
<http://bit.ly/theawakenedliferetreat>



Uma Alexandra Beepat  
Owner of Lotus Wellness Ctr.  
[www.umalotusflower.com](http://www.umalotusflower.com)



Rob Pritchard  
Owner of Healing Frequency  
[www.thehealingfrequency.net](http://www.thehealingfrequency.net)

## Living the Awakened Life Retreat

Join Rob and Uma for an enlightening weekend at a retreat center near Charlottesville, VA filled with eye opening workshops, yoga, meditation, peace and serenity!

This retreat is based off of the concepts mentioned in Uma's book, "The Awakened Life".

Join Rob, the owner of The Healing Frequency, and Uma, the owner of Lotus Wellness Center, for a weekend of love, inspiration, rest and relaxation.

Sometimes you need to tune out from life and responsibilities and tune into your Soul needs. We are creating space for that among like minded company.

Join this intimate gathering of 40 blessed souls as we relax, rejuvenate and recharge over the weekend and come back ready to handle our responsibilities and get ready for the holiday season!

### WEEKEND PROGRAM:

#### FRIDAY

4 pm–6 pm: Registration / Check in

6 pm–7 pm: Dinner

7:30 pm–9 pm: Talk on Living the Awakened Life & Booth Signing with Uma

#### SATURDAY

7 am–8 am: Yoga Class

8 am–9 am: Breakfast

9 am–9:30 am: Guided Meditation with Rob

9:45 am–11:30 am: Workshop with Rob: Addressing the Duality Within

11:30 am–1:30 pm: Lunch & Free Time

1:30 pm–3:00 pm: Workshop with Uma: Clearings on Money, Love & Health

6 pm–7 pm: Dinner

7:30 pm–9 pm: Bonfire and Drum Circle

#### SUNDAY

7 am–8 am: Yoga Class

8 am–9 am: Breakfast

9 am–9:30 am: Guided Meditation with Rob

9:45 am–11:15 am: Workshop with Rob: Self-Heal to Success

11:30 am–1:30 pm: Lunch & Free Time

1:30 pm–2:30 pm: Workshop with Uma: Creating RIGHT Relationships

2:30 pm–3:00 pm: Circle Time, Photos and End of Program

**COST:** \$645/person\*

Cost includes all materials, workshops, classes, yoga, meditation and fire/drum circle. Accommodations include all meals from Friday dinner to Sunday lunch and a private room with a single bed/shared bath.

**\*PLEASE NOTE:** we are honored to be invited to stay at this Buddhist retreat center. It has NEVER been open to the public, we are the first group to visit! The accommodations are simple, clean and efficient. If you desire more comfort, please feel free to bring your pillows, comforters and whatever else you need!

**\*EARLY BIRD PRICING UNTIL SEPTEMBER 30th 2019:** \$645/person

Registration Fee after September 30th 2019: \$777/person

\*Payment Plans available with \$30 financing charge as follows: \$255 NON REFUNDABLE deposit due at sign up  
\$140 payment due (3 payments total)

We only have 30 single bedrooms available. Sign up NOW and contact me to work out your payment plan!

### Register Now!

Visit: <http://bit.ly/theawakenedliferetreat>

#### WHEN

Friday, October 4, 2019 at 5:00 pm EDT to

Sunday, October 6, 2019 at 3:00 pm EDT

#### WHERE

Serenity Ridge Retreat Center, Shipman, VA

#### CONTACT

Uma Alexandra Beepat

Lotus Wellness Center

540-359-5090 • [uma@lotuswellnesscenter.net](mailto:uma@lotuswellnesscenter.net)

# Classes & Learning Centers



Claudia's public group classes, specialty classes and trainings have inspired hundreds to pursue yoga as a life practice. Claudia Neuman, ERYT-500, YACEP, MSW was born in Los Angeles and began her formal yoga trainings in 1984 at Yoga Works in Santa Monica, CA. She is currently the director of the Yoga Teacher Training program at Blue Heron Wellness.

This comprehensive program satis-

fies 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 the 2020 Teacher Training with Claudia, and to find out about the next YTT information session, please visit: [www.blueheronwellness.org](http://www.blueheronwellness.org). To learn more about Claudia, please visit: [www.alignwithgrace.com](http://www.alignwithgrace.com). Email: [Claudia\\_neuman@yahoo.com](mailto:Claudia_neuman@yahoo.com)



Tune in online to the America Meditating Radio Show for inspiring discussions featuring celebrities, leaders, authors, and average folks sharing success stories. Discussions provide listeners with new and inspiring ways to combat challenges we encounter along the journey of life. This is not an ordinary radio show, but rather a unique format of combined sharing of poetry, wisdom, meditation, and mu-

sic. Hosted by prominent motivational speaker and teacher, Sister Jenna, Director of the Meditation Museums in Silver Spring, MD, and McLean, VA.

All past shows are available On Demand on the America Meditating Radio Show page at [www.blogtalkradio.com/americameditating](http://www.blogtalkradio.com/americameditating) and on our FREE "Pause for Peace" app. Also on: iTunes, Stitcher, Aha Radio, Spreaker, Spotify, Overcast FM, the Pause for

Peace App, the Player.FM App, and on the World's Largest Audio Network, TuneIn. Spread the word and Follow Us!

Visit our website at [www.americameditating.org](http://www.americameditating.org), follow us on Twitter @AmericaMeditate, and like America Meditating and the Meditation Museum on Facebook. Email: [AmericaMeditating@gmail.com](mailto:AmericaMeditating@gmail.com).



The Armchair Dreamer

Visualizing, Imagining, and Dreaming are at the heart of spiritual practices, inner work, wellness, and creativity. The Armchair Dreamer will help you master these foundational skills through affordable (a lot of stuff is free), practical, quick, and clear instruction.

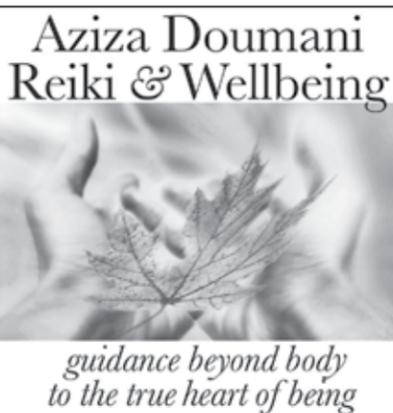
Visualizing is great for creativity, planning, peak performance, stress control, and getting prepared. You can

set up a mental virtual reality to look at: how something might play out (i.e., how a design might look), how something once was (i.e., a favorite memory), and, rehearse what you want to do (i.e., sports improvement; add a habit).

Imagining lets your mind wander or go deeper to find intuitions, insights, a poetic view of life, wisdom, and communications from your body.

Dreaming allows you to go wild. Your life is shown in deep and grand detail in mysterious and artistic visions. If you know how to capture these visions, your life can deepen, improve, and expand. Bring a touch of the wild home, to be with you.

Learn the basics at the Monthly Meetup (Alexandria, VA); attend an occasional workshop; find videos and articles: [ArmchairDreamer.com](http://ArmchairDreamer.com)



Private healing sessions, transformative classes, workshops, ceremonies, compassionate guidance in self-care, transcending trauma, renewing the spirit, and living with ease. Nurturing Ellicott City environment of healing, grace and superb instruction.

Reiki Practitioner Mentoring and Internships

One-on-one customized sessions from short, virtual support to deep diving hands-on with actual clients. Review or fine-tune techniques • Release blocks hindering your prog-

ress • Gain business knowledge • Intern with clients. These motivating immersives promote confidence and authority, and help practitioners with credentials and effectiveness. Appropriate for all levels and goals.

Classes for all levels and intentions—

Usui Reiki Level I, September 21 & 22, 2-day format

Relaxed pace, more information and practice time than one-day classes. One of the most thorough Level 1 classes available.

Usui Reiki Level II, December 7

Deepen your understanding of Reiki and your path. Receive three symbols in your attunement. Learn to send distance healing.

Usui Advanced Reiki Training (ART/ Level 3A/ Advanced Practitioner), November 23

The highest level of Reiki before Teacher Training. Receive the Master symbol in your attunement.

Aziza Doumani Reiki & Wellbeing  
[www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)  
410-818-8686



Find ways to de-stress, build strength and resiliency with Blue Heron Wellness. We offer yoga, massage, organic skincare, acupuncture, meditation and more all in one location.

• Chiropractic Treatment Services! Call to schedule a functional movement assessment.  
• Movement for everyone: Chair

Yoga, Prenatal Yoga, Yin Yoga, a new Yoga Basics class, and more! See our schedule at [blueheronwellness.com](http://blueheronwellness.com)

• Bring mindfulness services to your office through our Workplace Wellness Program.

Enjoy the benefits of yoga and more in a welcoming, easily accessible facility on Columbia Pike/Colesville Road, about 1.5 miles north of the

Capital Beltway, in the Burnt Mills Shopping center (with Trader Joe's).

Blue Heron Wellness  
10723B Columbia Pike  
Silver Spring, Maryland 20901  
301-754-3730  
[info@blueheronwellness.com](mailto:info@blueheronwellness.com)  
[www.BlueHeronWellness.com](http://www.BlueHeronWellness.com)



"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 evenings in Silver Spring at Crossings, a Center for the Healing Traditions;

Thursday evenings on Wisconsin Avenue, N.W. across from the Tenleytown-AU Metro in Washington, DC; and Sunday at the CityDance Center in the Music Center at Strathmore in North Bethesda. For more information on these, private, or workplace classes, please call 301-525-8266. Email: [info@cloudhandstaichi.net](mailto:info@cloudhandstaichi.net) [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)

# Classes & Learning Centers

## ECKANKAR



Soul's purpose for being in this world is to find divine love. As Soul, you have the God-knowledge within you. Eckankar awakens this knowledge, and love for the divine things that are already in your heart.

For more information about Eckankar activities in Maryland: [www.eckankarmaryland.org](http://www.eckankarmaryland.org).

For more information about Eckankar: 1 800 LOVE GOD

Central Maryland Eckankar Center  
1738 Elton Rd. Suite 104  
Silver Spring, Md. 20903  
310-439-2120

All activities are from 11 am – 12 pm

- 1st + 3rd Saturday: Open House
- 1st Sunday: Roundtable Discussion
- 2nd Sunday: Book Discussion
- 3rd Sunday: ECK Light and Sound
- 4th Sunday: The Sound of Soul

Baltimore Eckankar Center  
2318 North Charles St.  
Baltimore, Md. 21218  
410-235-0073

- 1st Sunday: Sound of Soul Event
- 2nd Sunday: Video Presentation
- 3rd Sunday: Book Discussion
- 4th Sunday: ECK Light and Sound Service

## TAICHI

GLEN ECHO PARK



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.

New Beginners Classes start Sunday, September 22, at 11am.

Continuing Beginner Classes (second third of form) start Sundays, January 19 in the Winter term for a smooth transition from Beginners. 11am.

Corrections classes Sundays at 9:30am, \$25 drop-in per 90-minute class.

Tuesday Review Class at 10:00 am,

an intensive review with detailed posture instruction for each of the 37 postures with three postures each class to be covered in depth. Please see our website for which specific postures will be covered each week. This is a great re-entry point for those seeking to re-energize their study and practice. \$22 drop-in fee per class.

More information at [www.glenechotaichi.com](http://www.glenechotaichi.com), [www.glenechopark.org](http://www.glenechopark.org), or email to [emearskenn@aol.com](mailto:emearskenn@aol.com).



Holistic Moms Network is a national non-profit organization founded in 2003. Over 100 chapters around the country support families in their natural lifestyle choices. All chapters meet monthly for a public discussion, presentation or social, and may

also have playgroups, moms' nights out, journal clubs, preschool co-ops and other activities for members. See [www.membership.holisticmoms.org](http://www.membership.holisticmoms.org) for more benefits of membership.

Started in 2009, the Arlington/Alexandria chapter meets on Thursday evening, usually the 3rd week

of the month and has additional members-only events. Check blog for updates, evening meetings for first-time visitors and members.

<http://chapters.holisticmoms.org/chapters/va-arlington/>, or find us on Facebook.

Children welcome.



Each of us carries a core within, an "inner harbor", of refuge and restoration - our source for creativity and expression. Inner Harbor Wellness provides opportunities for people of all ages to journey inward to that place of reflection and inner wisdom with mindfulness, creativity, and

community. IHW programs offers ways to synchronize body, mind, and spirit. In embracing our birthright of wholeness, we connect with others with kinship and compassion. Upcoming 2019 programs: The SoulCollage® Journey, Mindful Art, Creating Altars, The Gift of Impermanence,

Poetry, Mandala Making, and Winter Contemplations. Programs are located in Baltimore, MD. Visit [www.innerharborwellness.com](http://www.innerharborwellness.com) or email [innerharborwellness@gmail.com](mailto:innerharborwellness@gmail.com), 443-801-0841



Meditation Museum I & II (MD & VA)

The Meditation Museums I and II offer unique spaces of silence and wisdom. You will view exhibits that guide you on the journey within and be able to attend many workshops and events! You are invited to enhance the quality of your thoughts, your lives and the world around you!

The museums will bring you back to a knowledge of your true selves and how it impacts our world. You

will love the staff, the atmosphere, quiet room, and people who attend the various workshops. These are national treasures, where one can visit to experience peace, wisdom, power and love.

All events are free of charge, however, your generous tax-deductible contributions and good wishes are appreciated.

The Meditation Museum I is located at 9525 Georgia Avenue, Suite 101, Silver Spring, Maryland; the new

Meditation Museum II is located at 1984 Chain Bridge Rd., Suite 201, McLean, VA.

For info and workshop listings, please visit [meditationmuseum.org](http://meditationmuseum.org), or call 301-588-0144 (MD) or 703-992-6887 (VA). Like us at: [www.facebook.com/MeditationMuseum](http://www.facebook.com/MeditationMuseum). Tune in to the America Meditating Radio Show at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating), or on our free "Pause for Peace" app.



New Future Society Center is in residential Rockville. It is a special place where one's inner spark can be nourished to burn brighter. Experience a private class or healing session for the Body, Mind and Spirit with Savitri Bach. Or experience with a group: Meditation, Yoga, Qigong,

monthly talks & conferences on the Nature of Higher Consciousness and Healing, or one of our other special events designed to uplift, heal and inspire.

10410 Arctic Ave., Rockville, MD  
Phone: 301-452-7780, email: [savitri@newfuturesocietycenter.com](mailto:savitri@newfuturesocietycenter.com)

For more information or sign up for the newsletters: [www.newfuture-societycenter.com](http://www.newfuture-societycenter.com). Like our Facebook page: New Future Society Center.

# Classes & Learning Centers



## 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](http://www.reikicenter.info), or visit our Facebook page for more info. Healing Sessions – Offered by appointment at our center 2 blocks from the Rockville Town Center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes – Basic: November 16; Intermediate: November 30; Advanced: December 1; IET Steps to Transformation 8 through 14: October 26-27.

Moon Meditations: New September

28, October 27, November 26, Full: December 12.

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

Reiki and IET Shares and Practice Groups – Allow newcomers OR practitioners to receive and experience sessions with one another. Held twice monthly. Call or email before attending.

Reiki and IET Student Clinics – Allow the public to receive sessions from RCGW Reiki Students. Held one weekend afternoon and one evening per month. Call before attending.

Sekhem-Seichim-Reiki (SSR) Classes – Workshops that combine Reiki with the healing energies of the

Great Pyramid in Egypt. Practitioner: January 4-5, 2020; Master/Teacher Facets I-VII: November 28-30, 2020 or by appointment.

Shamanic Classes – Classes teaching how to use Shamanic tools in healing and meditation. Shamanic Reiki II September 20-22; Crystal Healing I: September 14, Crystal Journeying I: November 24, Healing with the Medicine Wheel: December 21.

Usui Reiki Classes – Intensive courses in the original system of Reiki: Level I: September 7-8, October 5-6, November 2-3, December 28-29; Level II: November 9-10, February 8-9, 2020; Master/Teacher: Teaching Reiki I: October 19-20, Teaching Reiki II: March 7-8, 2020; Teaching Reiki III: July 11-12, 2020



[www.rose-rosetree.com](http://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 Rosetree Energy Spirituality (RES), starting with a generous supply of free resources. Unique healing and learning that goes all the way through to becoming a professional RES Practitioner—an in-demand specialty in the world today, growing fast.

In RES, 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.

RES Energy READING Skills. Start with the Free Intro to interactive online workshops on Aura Reading Through All Your Senses®.

*"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. RES Energy HEALING Skills are unique in the world today. Not physical healing, like Reiki, nor emotional healing, like psychotherapy. Instead, a spiritual approach co-created with God (and not spirits, as in shamanic healing or other psychic work).

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

*"That one RES Energy HEALING session helped me more than three years of weekly psychotherapy."*

3. Empaths, Seeking A Better Life? There's only one trademarked system in America that helps empaths use their full potential. Find out what a difference it can make!

RES helps you to own, embrace, and manage your special empath gifts.

Start with the Free Intro to interactive online workshops on Empath Empowerment® Coaching—often imitated, never equaled.

*"Emotional and mental clarity grew, and they kept building until I realized that I finally had found my true self."*

4. Yearning For God? Then let's talk RES Enlightenment Coaching. Offering you skills that work now, in The Age of Awakening.

*"Without RES, I'd still be endlessly searching for That Thing that makes this crazy life make sense."*

Learn more at [www.rose-rosetree.com](http://www.rose-rosetree.com). Meet a blog community with over 50,000 comments! Contact Appointment Coordinator Mitch to set up a personal session with Rose Rosetree: **703-450-9514**. Fastest response: email [mitch@rose-rosetree.com](mailto:mitch@rose-rosetree.com). You could start taking your FIRST FREE WORKSHOP today!



Beginning, intermediate, and advanced shamanic classes with an experienced teacher, authorized by Sandra Ingerman and Betsy Bergstrom. With no dogma or cultural trappings, apply shamanic principles to daily life with workshops, shamanic movies, and journey groups, too.

Comprehensive healers' training includes understanding the "big picture" and learning new protocols. And you'll get support from an ongoing, free practitioners' circle.

Healers' Training includes:

- vibrational healing, soul retrieval,

- helping spirit & power object retrieval
- removal of cords, thoughtforms, intrusions, implants, and "ghosts"
- reconnection to the soul's purpose, tribe, Nature, Great Wheel, seasons, and more.

Aspects others rarely teach include ethics, clear mediumship, and a profound, advanced understanding of the Shaman's allies, tools, and cosmology. Everyday Shamanism for Everyone helps you:

- learn to journey for direct access to wisdom and healing
- heal your thoughts, emotions, and ego

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

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day.

Mary "Tyrtle" Rooker  
[Tyrtle@ShamanicSpring.com](mailto:Tyrtle@ShamanicSpring.com)  
[www.ShamanicSpring.com/](http://www.ShamanicSpring.com/)  
**301-891-1288**



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.  
**703-379-8633**

# Classes & Learning Centers



In response to humanity's need, a Gathering of the Forces of Light is taking place on our planet today. The Elder Brothers of humanity, the Masters of Wisdom and their head, the World Teacher, Maitreya, are emerging quietly into our lives to help us transition in these difficult times into a new era of justice and brotherhood, while

our space brothers and sisters work tirelessly to reduce the level of pollution that is increasingly making our planet uninhabitable.

Although it is humanity's own responsibility to pull itself out of its own self-created crises, there is unprecedented guidance and wisdom available to us, should we wish to

avail ourselves of it, and create a new civilization as yet undreamt of by humanity. The decision always rests with us.

For free information and talks, please email: [skourangis@gmail.com](mailto:skourangis@gmail.com) or visit:

[www.share-international.us/ne](http://www.share-international.us/ne).



A Healing Arts Center

Professional training in natural healthcare (Board Certification Polarity Practitioner Program):

- Develop energy touch skills and protocols according to Universal energy principles
- 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

Private Health Treatments:

- Board Certified Polarity Therapy
  - Biodynamic Craniosacral Therapy
  - Tuning Fork Therapy
  - Quantum BioElectric Analyzer
  - Private Life/Spiritual Coaching
  - Corporate Wellness Coaching
- Berkeley Springs, WV & Washington, DC classes, workshops and appointments available.  
Phone: 304-258-9751  
Email: [SETherapies@gmail.com](mailto:SETherapies@gmail.com)  
[www.SETherapies.com](http://www.SETherapies.com)



Integrated Coaching and Energy Healing

Helping people help themselves to a healthier, more rewarding and enjoyable life

[www.Starchaser-HealingArts.com](http://www.Starchaser-HealingArts.com)

Classes/Workshops:

- Personal Growth/Development
  - Shifts and Transitions
  - Stress Resilience
  - Reiki (Western, Traditional & Holy Fire Usui, Sekhem-Seichim (SSR))
  - Reiki Share
  - Integrated Energy Therapy (IET)
  - Shamanic Journeying
  - Integrated Coaching and Energy Healing
  - Integrated Healing
- In-depth certification classes w/lots

of individual attention and hands-on practice. All events taught by a Reiki/IET Master, certified Coach and aromatherapist.

Accepting group bookings and custom-design talks/workshops on applied topics for diverse audiences.

Register Website Events link.

September 7/8 — Reiki I  
September 28/29 — Reiki II  
October 5/6 — SSR  
November 2 — Reiki I-II  
Review Sessions:

Coaching and energy healing. Sessions are in-person or virtual to anywhere in the world.

Resources:

eBooks and eManuals, free guided meditations and Podcasts.

Contact:

301-660-7229  
[info@Starchaser-HealingArts.com](mailto:info@Starchaser-HealingArts.com)  
[www.Starchaser-HealingArts.com](http://www.Starchaser-HealingArts.com)  
[www.facebook.com/Starchaser.HealingArts](https://www.facebook.com/Starchaser.HealingArts)



Unity of Fairfax is a positive, progressive, and inclusive spiritual community focused on 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 on such topics as metaphysics and meditation, as well as service projects,

which put spiritual principles into action. A new outdoor labyrinth is available 24/7 for anyone who wishes to walk it as a spiritual practice. Children are welcome to participate in the vibrant youth program. Regular services are held on Sundays at 9 and 11 a.m., as well as a noon meditation service every Wednesday.

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 three million members worldwide.

Visit [www.unityoffairfax.org](http://www.unityoffairfax.org) for information and to watch live-streamed services on Sundays at 11a.m.



Unity Woods Yoga Center, Washington's first full-time yoga studio was established in 1979. Unity Woods offers quality yoga instruction for all levels of experience in posture, breathing and Yoga philosophy. Special classes available for seniors, prenatal, back care, osteoporosis and more, as well as unique workshops and short courses on a variety of topics. Our two spacious,

Metro-accessible studios are located in Bethesda, MD and Arlington, VA, and we offer Saturday, Wednesday, and Thursday classes in the Tenleytown neighborhood of DC.

All Unity Woods classes are taught in the Iyengar tradition. Iyengar Yoga develops awareness through precise alignment and attention to the subtle aspects of posture, breath, mind, and spirit. Our teachers are primarily Cer-

tified Iyengar Yoga Teachers who have trained for many years. As a result we are able to guide beginners as well as experienced students in progressing along the path of yoga safely and effectively.

Our Fall Session of classes begins Thursday, September 12, 2019. New students may take their first class free anytime during the session. For details see [www.unitywoods.com](http://www.unitywoods.com).



**Find us on Facebook! SHARE with friends!**  
**LIKE Pathways Magazine and Natural Living Expo**  
**for online alerts, resources, and event reminders.**

# Health Services

## Acupuncture Healing Support CareFirst Preferred Provider



Kevin Mutschler, L.Ac., Dipl.Ac.  
HealingSupport.com

Use your CareFirst BlueCross BlueShield, United Healthcare, Cigna, or Aetna acupuncture benefits to live a fuller, healthier life.

I help patients of all ages facing all kinds of health and life challenges, including: anxiety • migraine • insomnia • stress • TMJD • neck and back pain • cancer • chronic fatigue • fibromyalgia • MS • and IBS.

Cancer patient says:  
"I should have come in a lot sooner.

I cannot believe how Kevin's treatments turned around my experience of my chemo-therapy." —NG

Chronic pain patients say:  
"You have guided me to terrific progress that has given me my active life back. I am immensely grateful to you for this!" —JH

"Kevin's touch is so gentle, but so certain. It's like having the brain cradled gently so that you can really let go." —MN

"He seems to be able to follow the path in which my body leads. I leave feeling stretched out, refreshed, and most importantly, headache free!" —SK

Kevin Mutschler, L.Ac., Dipl.Ac.  
240-461-9300  
kmm.lac@gmail.com  
6930 Carroll Avenue, Suite 408,  
Takoma Park, 20912  
www.healingsupport.com

## DISCOVER A PERMANENT SOLUTION TO YOUR HEALTH CONCERNS



Helena Amos Acupuncture  
and Natural Medicine Clinic

 Find on Facebook

Are you concerned about aging? Fatigue? Recurring infections? Pain and stiffness? Are you bothered by food or environmental allergies? Do you understand how allergies, hormonal imbalance, and inflammation can affect your ability to lose weight? Did you know insomnia, anxiety, depression and memory loss can be related to menopause, andropause, and adrenal insufficiency?

Dr. Helena Amos is a health care professional with over 25 years of experience in allergy elimination and successful treatment of a wide range of health conditions. She received her M.D. in Europe and is a licensed acupuncturist. Using her medical expertise, as well as the depth and breadth of her alternative medicine knowledge, she can answer your questions, address your concerns and treat your conditions. By focusing on causes rather than suppressing symptoms, Dr. Amos provides her patients with

the highest quality care.

Dr. Amos' holistic, comprehensive approach to health care includes:

- Letting your nutrition and supplements work for you.
- Applying efficient, fast and painless techniques for fascia and trigger points pain management and relief.
- Using computerized bio-energetic organ/meridian and allergy/sensitivity testing.
- Choosing individualized remedies for intestinal dysbiosis, candida, sluggish liver, and gall bladder and pancreas complaints to complement detoxification and rebuilding.
- Healing Lyme symptoms, brain fog, numbness, joint pain, facial palsy and more.
- Creating efficient custom weight loss protocols.
- Addressing thyroid imbalances & adrenal fatigue to support healthy hormonal aging.
- Treating sinusitis, asthma, migraines

and more.

NEW! Dr. Fu's Subcutaneous Needling Technique...a new treatment option for fascia release used in conjunction with a cold laser follow up for faster healing. It's especially effective for patients with chronic inflammation and sports-related injuries.

You deserve a balanced approach to your health from a skilled and experienced health care provider. Call 301-881-2898 today to schedule a free 20-minute consultation.

Helena Amos, M.Ac., L.Ac., Euro. Physician  
Acupuncture & Natural Medicine Clinic  
11140 Rockville Pike, Suite #530  
Rockville, MD 20852  
www.rockvilleacupuncturemd.com  
doctorhelena@aol.com  
LIKE on Facebook:  
@AmosAcupunctureAndNaturalMedicine

## Beam in Health



Anila Khetarpal, Psych-K® Facilitator  
www.BeamInHealth.com

Welcome to the Evolution of Consciousness!

Psych-K® is a scientifically proven, verifiable approach to personal transformation that combines ancient wisdom and modern science to help you rewrite the software of your mind!

Every aspect of our lives, both personal and professional, is being pro-

foundly affected by our subconscious brain. Using PSYCH-K®, you can help to positively change these imprints from childhood. PSYCH-K® allows you to quickly and painlessly change subconscious beliefs that are limiting the full expression of your potential in life, as a spiritual being having a human experience. This includes your

mental, emotional, physical, and spiritual well-being.

Join our Psych-K® basic personal development training workshops to find out more about improving your health, self-esteem, relationships and financial prosperity.

Visit: [www.BeamInHealth.com](http://www.BeamInHealth.com)

**BirthCare**  
& WOMEN'S HEALTH  
Certified Nurse-Midwives  
Home Birth or  
birth at our accredited  
Freestanding Birth Center

Marsha E. Jackson, CNM • Jennifer Argueta, CNM  
Dorothy Lee, CNM • Martha Weaver, CNM  
Annie Rohlin, CNM • Chloe Rios, CNM

1501 King St. • Alexandria, VA 22314  
**703-549-5070**  
[www.birthcare.org](http://www.birthcare.org)

Since 1987, the BirthCare midwives have provided personalized prenatal and gynecologic care. We attend your birth at your home or at our center. We work with women experiencing their first pregnancy, and families that have given birth before.

At BirthCare, we share responsibilities with you to promote health. We provide you with information and encourage you to read and ask questions. All aspects of yourself—mind, body, spirit—are important.

We can begin working with you for gynecologic care, including breast checks, pap smears, contraception, and pre-conception planning; or we can start during your pregnancy with prenatal appointments.

Your BirthCare midwife guides and supports while you labor encouraging you to move about freely surrounded by the people you choose. This makes it easier to promote and cope with efficient labor. If problems occur during pregnancy, labor or birth, we work

in consultation with physicians and midwives at hospitals close by.

If you are a healthy woman enjoying a healthy pregnancy, a planned birth at home or in a birth center with professional attendants has been statistically proven safe for you.

Our office is conveniently located in Old Town Alexandria near King St. Metro Station.  
BirthCare & Women's Health  
1501 King St., Alexandria, VA 22314  
703-549-5070

**Call us to advertise in Pathways. 240-247-0393  
or go to [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)**

# Health Services



Blueberry Gardens Healing Center provides wellness services for groups and individuals. We offer Acupuncture, Physical Therapy, Massage and other related body work modalities such as Muscle Release Technique™, Rosen Body Work™, Trager Body Work™, Zero Balancing®, Reiki and private yoga sessions by highly qualified certified practitioners. We

also offer regularly scheduled classes such as Yoga, T'ai Chi, Biodanza and Meditation.

Our lovely octagon room of approximately 1000 square feet is available for wellness workshops and trainings, so please contact us if you are looking for space for your workshop or event.

Blueberry Gardens is located in Ashton, MD, just east of Olney on the

Montgomery/Howard County line, with seasonal produce and blueberries available from our fields and greenhouse.

Healing Center: **301-570-5468**  
[www.blueberrygardens.org](http://www.blueberrygardens.org)  
 Blueberries & Produce: **240-324-6110**  
[www.blueberrygardensupick.com](http://www.blueberrygardensupick.com)



## FACIAL REJUVENATION

**Clear, Young, Toned,  
Healthy Skin**

Helena Amos Acupuncture  
and Natural Medicine Clinic

Like on Facebook

Dr. Helena Amos is specially trained and licensed in Facial Rejuvenation treatments. She was voted one of the Washington, DC metropolitan area's best alternative healthcare providers by Washingtonian magazine.

Facial Rejuvenation with Acupuncture and Microcurrent Facial Sculpting (Hollywood Lift) enhance your appearance through acupuncture, microcurrent therapy and facial muscle toning procedures that reeducate facial muscles using muscle motor points.

Experience visible benefits:

- Shrinking pores
- Lifting of jowls and eyebrows

- Tighter, firmer muscles in the face
- Reduced appearance of fine lines, wrinkles and puffiness
- Increased cell renewal and elasticity
- Lymphatic drainage to reduce excessive fluids, inflammation, and toxins
- Increased circulation and sense of well being.

Anti-aging and Facial Rejuvenation self-help classes are held bimonthly. LEARN HOW TO READ YOUR FACE, and how your face represents the different areas of your body and health. Short individual consultations are also available. Call or email for appointments, class schedules and to RSVP.

For more information about the procedures, classes, or to schedule a 20-minute free consultation, call **301-881-2898**.

Helena Amos, M.Ac., L.Ac., Euro. Physician  
 Acupuncture and Natural Medicine Clinic  
 11140 Rockville Pike, Suite #530  
 Rockville, MD 20852  
[www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
[doctorhelena@aol.com](mailto:doctorhelena@aol.com)  
 LIKE on Facebook:  
 @AmosAcupunctureAndNatural-Medicine



Four Directions Wellness, affiliated with the GW Center for Integrative Medicine, specializes in ancient healing approaches connecting body, mind, emotions and spirit. Join us for the opportunity to explore your intuitive connection through individual sessions, participating in experiential

classes or seek consulting support for the adoption of approaches where you work.

Through the use of techniques such as Reiki, reflexology, meditation, mindfulness, chakra healing, meridians, intuitive readings, past live considerations, shamanic healing,

energy work and more, you learn how to work intuitively to address your life, health or spiritual blockages.

Learn more by visiting the Four Directions Wellness website at [www.fourdirectionswellness.com](http://www.fourdirectionswellness.com) or call Mara Benner for a complimentary phone consult at **703-776-0102**.



Intuitive Wellness is a center for Spiritual and Holistic Healing located in Bethesda Maryland. Sherri Divband, the owner, is an Intuitive Transformational Healer. She is a Master Transpersonal Clinical Hypnotherapist, Reiki Master/Teacher, Multidimensional Healer, Hypno-Birthing 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 transforma-

tive 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](http://IntuitiveWellness-Center.com)



Located in downtown Bethesda, MD, The Mindfulness Center is a non-profit wellness institute specializing in therapeutic mind-body practices.

The Mindfulness Center offers an array of classes, services, and educational programs that foster meditative awareness, stress reduction and optimal well-being, including: Medita-

tion, Yoga and Yoga Therapy, Breathwork, Tai Chi, iRest Yoga Nidra, Nia Dance, Massage, Acupuncture, Reiki, and Wellness Programs for Cancer, Fibromyalgia, Pain & Chronic Fatigue and other conditions. We also offer professional trainings and CEUs for Yoga Teacher Training, Meditation Teacher Training (Online and On-Site),

and a range of other therapies to help you realize optimal personal well-being both in your body and career.

To register for classes or for more information, please visit our website, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org), call us at **301-986-1090**, or stop by our center at 4963 Elm Street, Suite #100, Bethesda, MD 20814.



Kay F. Walkinshaw, Founder/Director  
 Certified Instructor, Master Hypnotist  
 Registered Hypnotic Anaesthesiologists

Kay Walkinshaw is the Founder and Director of the Self-Empowerment Education Center. She is also the Founder and International Director of the International Council for Medical and Clinical Therapists (ICMCT). She is a certified Instructor for the National Guild of Hypnotists, World Institute of Cognitive Sciences, and the National Board of Hypnotic Anaesthesiology, and has presented

at their conventions. Kay has taught an introduction to hypnosis course at the Northern Virginia Community College, Annandale Campus, in Annandale, VA.

At the Self Empowerment Education Center you learn how to achieve peak performance, speak in public, hone perfect study habits, lose weight and more with Master Hypnotherapist Kay Walkinshaw. The SEEC is

also certified to train and issue diplomas in hypnosis.

Visit our website at: [www.seec-icmct.com](http://www.seec-icmct.com), to find out about booking an appointment and upcoming classes. Located at 12511 Chronical Drive, Fairfax, VA.

Call: **703-658-2014**  
 Hours: M-F, 8am-10pm  
 Saturday & Sunday by Appointment

# Health Services



[www.soul-songhealing.com](http://www.soul-songhealing.com)

I am a Shamanic healer and Reconnective healing practitioner and have been performing healings and studying for the past six years. Shamanic energy medicine is a powerful healing modality that extracts wounds and returns soul parts, which are parts of us that split off due to trauma.

Reconnective healing is a modality in which I tap into the vast energy around us and access and full spectrum of light, information, and energy. These comprehensive frequencies affect a broadband of powerful healing for the body, mind and spirit. Both modalities are powerful tools for healing.

Try Shamanic energy medicine or Reconnective healing to heal the mind, body, and spirit.  
301-775-7607  
lizmurdter@gmail.com



Located in the Cleveland Park neighborhood of Washington, DC, TriTouch Therapies is the bodywork practice of Jay Arovas, CMT, providing therapeutic massage and Hawaiian Energetic healing.

For Jay, bodywork encompasses more than just massage. It is the combination and integration of multiple disciplines of healing

work for the physical, etheric and astral bodies. It is about you taking care of yourself. Jay stands by and supports his clients in their personal healing journey.

Board Certified in Therapeutic Massage & Bodywork, sessions incorporate the styles and techniques that Jay has mastered over the 20+ years of his career.

In addition to private sessions, training classes in Hawaiian Energetics, an ancient healing practice, are available throughout the year.

For additional information on sessions or classes, visit [www.tritouch.com](http://www.tritouch.com)  
Text/Call: 773-271-6161  
Email: [jay@tritouch.com](mailto:jay@tritouch.com)

# Metaphysics



Affirmative Tarot with Maya

Like a magic mirror, a reading with Maya offers spiritual reflections of your true, stary Self and where you are headed in your Soul's journey. In this world of swirling energies and changes, the cards are especially helpful for keeping us on our personal

spiritual track. Our Spirit Guides use the cards to communicate with us.

A Priestess of Interfaith Nature Spirituality, Maya has 33 years of experience and offers Tarot Readings over the phone for sliding scale fees. Suggested range for an hour reading

is \$25 to \$60; pay according to your income. Pay through PayPal or send check through snail mail.  
Email for phone appointment: [mayawhitesparks492@gmail.com](mailto:mayawhitesparks492@gmail.com)  
Call: 540-868-2664



The Akashic Librarian  
Delia Golden, Astrologer  
240-812-1012  
[delia@akashiclibrarian.com](mailto:delia@akashiclibrarian.com)

Gaze Into The Record of Your Soul with Delia's uncanny astrological insights into your current life, your past, and times to come. Leverage powerful awareness of personal astrological themes of stress and harmony, behavioral patterns, and the unconscious beliefs driving your life and decisions.

Your consultation with Delia gives you freedom of more precise conscious decision-making and self-directed healing should you choose to elevate your

possibilities beyond the default Script that is written by the day, time and place of your birth. Discover periods of opportunity awaiting you!

24 years' experience specializing in Horary (Questions Answered!), Natal Forecasts with timing, Solar Returns, Certified Astro\*Carto\*Graphy™ services and AstroMaps to Find Your Best Places! Delia offers unique Sound Healing with Tuning Fork Astro-Toning™ sessions based on your horoscope.

Horary consultations are perfect for unknown birth times or dates!

Empower Your Life Navigation with Insightful Guidance — Call or email with your burning questions for quick horary service, or schedule an in-depth consultation. Readings start at \$60.

New TEL 240-812-1012  
[delia@akashiclibrarian.com](mailto:delia@akashiclibrarian.com)  
[www.akashiclibrarian.com](http://www.akashiclibrarian.com)



AMETHYST ASTROLOGY SERVICES  
301-589-2074  
[www.lynnkoiner.com](http://www.lynnkoiner.com)

Lynn Koiner, Research Astrologer  
301-589-2074  
[www.lynnkoiner.com](http://www.lynnkoiner.com)  
[lynn.koiner@gmail.com](mailto:lynn.koiner@gmail.com)  
• Natal Reading with Progressions and Transits - \$200  
• Free Monthly Astrological E-Column—Contact [lynn.koiner@gmail.com](mailto:lynn.koiner@gmail.com)  
• Astrological Medical Forum —see website under Medical Astrology

and my Facebook page "Lynn Koiner Medical Sharing"

• Educational Services:  
- Online courses on Medical Astrology: [www.astrocollege.org](http://www.astrocollege.org)  
- Teaching Manuals on: Beginning & Ending Planets; Planets in the 12th House, The Numerology of Your Social Security Number & Your Career Orientation; DEPRESSION: The Acute Mars Dysfunction; The

Progressed Moon

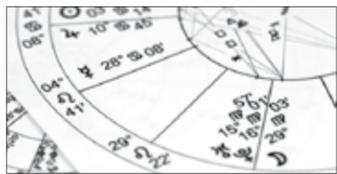
• The website contains articles for free downloading—readers can ask questions about the articles.

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

Local Lectures In Washington Area:  
[www.facebook.com/groups/ncgrannapolis](http://www.facebook.com/groups/ncgrannapolis)

**Call us to advertise in Pathways. 240-247-0393  
or go to [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)**

# Metaphysics



## Astro Traditional

"...a soul that is free; they live their lives undaunted"  
— Vettius Valens (c. 175 AD)

Depth...meaning in life...connection with the planetary patterns of our biography. Our lives are strengthened by insight into these patterns.

In our century, there has been a research renaissance in the knowledge of ancient astrological methods of chart analysis.

Traditional astrologer William James applies these newly re-discovered

methods from Egypt and ancient Greece, and integrates modern Western and Eastern astrological insights, too.

The younger we are, the more crucial to our flourishing the awareness of our life's structure becomes. The more power we have to navigate, dream and plan. We save energy, time and effort by avoiding pathways not meant for us — and taking roads we

are meant to follow.

"...a soul that is free; they live their lives undaunted" — Vettius Valens (c. 175 AD)

Bethesda/Chevy Chase/Friendship Heights

Visit: [www.astrotraditional.com](http://www.astrotraditional.com)  
astrotraditional@gmail.com



**Carlos the Medium**  
Evidential Medium

Carlos is a naturally gifted clairvoyant and evidential medium located in the Fairfax, Virginia area. The "Real Deal." He has a sensational ability to connect with your loved ones in Spirit. His messages from Spirit are uplifting and have served many by providing healing and closure.

Carlos is hailed by many in the community as one of the best up-and-coming young mediums today. His readings are a hybrid blend of mediumship with a psychic touch, which makes him highly sought after.

Carlos is available for home, phone, & Skype readings, private circles and

house cleansing services. Carlos is a devout father, veteran, "Certified Medium" and minister through the UMC. [carlosthemedium.com](http://carlosthemedium.com)  
carlosthemedium@gmail.com  
703-825-7122 (se habla espanol)



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

spiritual development from beginner to advanced students of Spiritualism.

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.  
703-645-8060. Visit our website at [www.TheCSE.org](http://www.TheCSE.org).



## Inspired By Angels

Gena Wilson, LCSW

Gena Wilson, LCSW, is a respected Social Worker, Psychic, Medium, Angel Messenger, Animal communicator, Psycho-spiritual therapist, Hypnotist, Teacher, Reiki Master and published author of Reiki Divination cards. She can introduce you to your Guardian Angel or Angels. The Angel messages are spiritual in nature and will clarify

your soul's purpose and make karma issues crystal clear.

As a metaphysician, she teaches: Reiki, Dream interpretation, Animal communication, Meditation, Psychic development and essential counseling skills for Healing Arts Practitioners. She further assists new intuitives on their path, providing education, guid-

ance, and support.

She utilizes her intuition, and non-traditional techniques in her psycho-spiritual counseling practice. She is a certified hypnotist and provides past-life regressions. Always in Universal Love & Light. Contact 301-441-4526 or [www.inspiredbyangels.com](http://www.inspiredbyangels.com)



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 Assoc. 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).

Please call/e-mail for appointments in person/Skype/phone in Fairfax Station or at Sacred Circle in Old Town, Alexandria. For Spiritual/Past Life Readings, Reiki instruction/healing or Metatron's healing.

Gift Certificates Available. Please call 703-625-7089 or [alicejones7@verizon.net](mailto:alicejones7@verizon.net).

Visit: [www.alicjajones.com](http://www.alicjajones.com)  
Author: *Own Your Power: Day by Day*, on Amazon and Balboa Press

## Light Works Reiki & Psychic Mediumship Readings 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,

guidance, support, and healing. She is an evidential medium who works with Spirit to provide identifying information as well as heartfelt messages.

Offering Life Path/Intuitive, Mediumship, & Animal Communication

readings (in person, phone & Skype readings available) as well as monthly classes & workshops.

[www.lightworks.biz](http://www.lightworks.biz)  
Email: [lightworksreiki@aol.com](mailto:lightworksreiki@aol.com)  
703-926-4499

**EXPLORE [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com) for Hundreds of Local Resources and Events**

# Metaphysics



**Marie-Claire Wilson**  
European Intuitive Consultant

I have over 35 years of professional experience as a clairvoyant and Tarot reader. The profession runs in my family: my great-grandmother was a very well known medium outside of Marseilles, France.

I would be happy to provide you with a consultation concerning ~ Busi-

ness ~ Relationships ~ Love ~ Health ~ Happiness or any subject you wish.

I am bilingual and offer consultations in English and French.

I work with ~ Direct Clairvoyance ~ Tarot Readings ~ and as a Medium for Spirits.

I offer consultations with ~ Direct-

ness ~ Professionalism ~ Discretion ~ Humor ~ and Heart.

Evaluate my accuracy for yourself.

I offer a first-time discount of \$25 for 15 minutes. PayPal and credit cards welcome.

**703-785-3109**

[www.marie-claire.tv](http://www.marie-claire.tv)



**Annie Larson**  
Certified Psychic Medium

Annie Larson, a certified psychic medium who was featured in Posh Seven Magazine and on national radio, provides evidence based mediumship readings from loved ones on

the other side and psychic readings that offer guidance, direction, and clarity. Annie is available for psychic/medium/Tarot card readings, astrology/numerology, Reiki healing, and

past-life regression sessions either in-person at her office in Dulles, Virginia or via phone.

[www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

# Personal Services



The "Law of Attraction" is a fairytale written by well-meaning folks who have been fortunate enough to escape the ramifications of childhood abuse; their young bodies were programmed to succeed in life.

The real Law of Attraction lies within the cellular memory of the entire body. If you truly want change in your life, you must allow your body to re-program itself. SleepMagic does that. It is slow, deep, and effective work.

Books One through Three are available at [www.ozarkmt.com/authors/victoria-pendragon](http://www.ozarkmt.com/authors/victoria-pendragon). For information on SleepMagic mentoring, or DIY SleepMagic, please Email Victoria at [dragonlady88@att.net](mailto:dragonlady88@att.net).



Are you 100% sure you are going to have a great retirement, or do you have some doubt? Do you desire to create the best financial future possible? If so, we can help you get out of debt in 9 years or less, including

your mortgage and student loans, plus show you how to add 50-150 points to your credit scores in 90 days or less. Schedule a consultation today with one of our Wealth Messenger Coaches to determine if you qualify

for our financial wellness and debt elimination program. **301-969-8800** or visit [www.WealthMessengers.com](http://www.WealthMessengers.com)

# Psychology & Therapy



**EXPERIENCE REBIRTHING WITH GEORGE KALISH**

Rebirthing is a simple and safe way of breathing in a relaxed conscious manner. Rebirthing can assist in restoring balance, eliminating stress and promoting a sense of well-being. Clients have reported ten Rebirthing sessions to be more effective than years of psychotherapy.

Negativity such as birth trauma,

persistent negative emotions, financial blocks, bodily pain and parental disapproval syndrome and any limiting thought patterns can be released with Rebirthing. Once negativity is released you are open to more life, energy, aliveness and happiness.

George Kalish has studied

Rebirthing with Leonard Orr and other top international Rebirthers at the International Training Center in New York. He is now giving individual Rebirthing sessions in Silver Spring, MD. Call now for your FREE first session. Don't miss this opportunity!

**301-384-4866**



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

Do you want to make your life easier by changing how you think, feel, act, or re-act?

Need to improve a personal or business relationship? Move your life ahead? Find better ways to deal with stress? Get over a bad experience? Conquer a habit? Overcome fear and doubt?

I offer several powerful, safe, and efficient approaches for healing, personal growth, and problem-solving:

- EFT ("tapping"), Energy Psychol-

ogy, and Psych-K to remove emotional and psychological blocks

- Eye Movement Integration to treat stress, fear, and sadness from your past
- Hypnotherapy and NLP to reprogram your subconscious for what you want
- Shamanic Healing for your spirit/soul, and the spiritual aspects of your physical and emotional being
- Voice Dialogue to bring you self-understanding and inner peace
- True Purpose coaching, a unique

approach to finding and manifesting your life mission, and discovering a life-long source of guidance

What's keeping you from the life you want to live? How can I help you change your life for the better? Let's talk: **703-288-0400**, or [eric@its-not-therapy.com](mailto:eric@its-not-therapy.com).

When you're ready to change your life, but don't want to spend your lifetime doing it.

[www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)

# RESOURCE DIRECTORY

## Hundreds of Channels for Wellness and Growth in the Washington Metropolitan Area

Check our Website for more resources: [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)

### ACCOUNTANTS

Eric L. Bach, CPA 301-871-6047  
Total Accounting & Tax Services

### ACUPUNCTURE

Annette Lane, L.Ac. 703-683-6810  
Alexandria, VA

Helena Amos, M.Ac., L.Ac., Pain, Weight Loss, GI Problems, Asthma, Cardiovascular Stress, Fatigue, Menopause/Infertility, AntiAging  
[www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com), [www.taoclinic.net](http://www.taoclinic.net)

Blueberry Gardens Healing Center 301-570-5468  
[www.blueberrygardens.org](http://www.blueberrygardens.org), Ashton, MD

Don Diggs, L.Ac., Dipl. O.M. (Ac. & C.H.) 301-654-9369  
Acupuncture / Chinese Herbal Medicine / Ayurveda  
[www.marylandhealthandwellness.com](http://www.marylandhealthandwellness.com)

[www.MeridianHealingWorks.com](http://www.MeridianHealingWorks.com) 703-209-5969  
Betsy Golem, L.Ac., Falls Church

The Mindfulness Center 301-986-1090  
Bethesda, MD, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

Adam Miramon, L.Ac., Dipl.Ac. 202-630-2435  
Specializing in Women's Health  
Tenleytown Metro, Washington, DC  
[www.ixchelwellness.com](http://www.ixchelwellness.com)

Peter Jun Wu, CMD, L.Ac. 202-237-7000  
BK Mudahar L. Ac, Nic Buscemi MSOM, L.A.c  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com/therapies/acupuncture.html](http://www.NIHAdc.com/therapies/acupuncture.html)

### AKASHIC READING

Akashic Librarian gazes into YOUR Soul 240-812-1012  
Record! Private sessions, Parties \$60+  
Delia Golden, Akashic Reader/Medium  
[www.akashiclibrarian.com](http://www.akashiclibrarian.com)

Akashic Record Readings and attunements 703-281-9410  
Michele Barlock, Terra Christa. [www.terrachrista.com](http://www.terrachrista.com)

### ALLERGY

Autumn Frandsen, ND 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com](http://www.NIHAdc.com)

Helena Amos, M.Ac., L.Ac. Natural Allergy 301-881-2898  
Elimination, Detoxification Comp.  
Food/Environ sensitivity testing, Acupuncture  
[www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com), [www.taoclinic.net](http://www.taoclinic.net)

### ALTERNATIVE MEDICINE

Anne Berkeley, ND 202-798-0221  
Naturopathic Medicine  
1915 I St. NW, Suite 700, Washington DC  
[www.medicinetothrive.com](http://www.medicinetothrive.com)

Kathleen Erickson-Nord, H.M.P. 540-722-2751  
Energy therapy, many modalities

Margaret Gennaro, MD, FAAP, ABIHM 703-865-5692  
Holistic Therapies for Children & Adults

10560 Main St., Suite 301, Fairfax, VA  
[www.DrMGennaro.com](http://www.DrMGennaro.com)

Integrative MDs, NDs & DDSs 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com](http://www.NIHAdc.com)

### ANGELS

Alix & the Archangels 301-717-8500  
Psychic healer, author, speaker  
Angel-assisted readings & soul healings  
Alix Moore [www.yoursoulstruth.com](http://www.yoursoulstruth.com)

Gena M. Wilson, LCSW 301-441-4526  
Angel Messages, Medium, Reiki Master  
Reiki & Psychic development classes  
InspiredbyAngels.com

### ANIMALS

Animal Healing Touch/Communication 301-365-4375  
Eileen Buese, PhD, Reiki Shihan

[www.DeltaHealing.US](http://www.DeltaHealing.US) 337-517-8424  
Distance/In Person Wild, Domestic, Farm

Gena M. Wilson, LCSW 301-441-4526  
Animal Communicator, Reiki Master  
classes offered/animals, dreams, Reiki  
InspiredbyAngels.com

### ARCHITECTURE

Helicon Works [www.HeliconWorks.com](http://www.HeliconWorks.com)  
Ecologically Sensitive Architecture  
Responding to People and Place

### AROMATHERAPY

Aromatherapy Center - Since 1985 571-723-5020  
Medical & Auric Aromatherapy  
Certification • Workshops  
Perfect-Health Scents™ Products

### ASTROLOGY

Tuere Cheka, Astrologer 240-425-7004  
Spiritual Reader, [14love2b@gmail.com](mailto:14love2b@gmail.com)

Misty Kuceris 703-354-4076  
Personal & Business Analysis

Delia Golden, Astrologer - Forecasts 240-812-1012  
Certified Astro\*Carto\*Graphy™ Services  
Astro-Toning™ Tuning Fork Therapy  
Horary \$60+ [www.akashiclibrarian.com](http://www.akashiclibrarian.com)

### ATHLETIC PERFORMANCE

Dr. Steve Gardner, DC - Bethesda 301-986-4810  
Network Spinal Analysis, Stress Resilience  
Super Healthy Made Simple!  
[www.EasySpine.com](http://www.EasySpine.com)

### AUTISM SPECTRUM DISORDERS

Lorelle Bradley, MD, C. Kannankeril, ND 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com/health-programs/autism.html](http://www.NIHAdc.com/health-programs/autism.html)

**Tell 100,000 Readers About Your Business!**  
**Advertise In Pathways**  
Yearly Listing (4 issues) in 240-247-0393 \$25 for a 2-Line Listing  
Our Resource Directory [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com) \$50 for a 4-Line Listing

Psychic \* Medium \* Energy Healer

Private session in person, phone or online.



Group Psychic-Medium Reading Events & Tarot Card Readings for Events in Maryland.

1-888-934-3642 [info@SpiritualSpectra.com](mailto:info@SpiritualSpectra.com)  
<http://SpiritualSpectra.com>

Patty's Angels  
Presents with Presence by Patty Sands



Email: [orders-pcsands@outlook.com](mailto:orders-pcsands@outlook.com)  
Shop: [redbubble.com/people/PCSANDS](http://redbubble.com/people/PCSANDS)

**MASSAGE**

Mary Kay Reynolds



SWEDISH  
DEEP TISSUE  
MYOFASCIAL  
PREGNANCY  
AROMATHERAPY

301.270.1257  
TAKOMA PARK, MD  
BY APPOINTMENT

MASSAGE THERAPIST  
NATIONALLY CERTIFIED • MEMBER AMTA

Delete Pain & Choose Vitality  
With MERIDIAN HEALING WORKS

ACUPUNCTURE & Chinese Herbs

BETSY GOLEM  
L.Ac., Dipl. Ac.

Call for Appointment Today  
703-209-5969  
Falls Church, VA

[www.meridianhealingworks.com](http://www.meridianhealingworks.com)

Practicing since 1999  
Disposable Needles Used

Acupuncture releases blocked energy (chi) and gives relief from:

- ↳ Aches & Pains
- ↳ Allergies
- ↳ Arthritis
- ↳ Headaches
- ↳ Insomnia
- ↳ Stress

**BETHESDA**

CHINESE HERBS & ACUPUNCTURE ASSOCIATES  
BELINDA YAO, C.M.D., L.A.c., DIPL. Ac. (NCCA)

CHINESE TRADITIONAL TONGUE & PULSE DIAGNOSIS  
YIN-YANG, FIVE ELEMENTS, EIGHT PRINCIPLES  
Specializing in Acupuncture & Herbal Treatment

- Acute & Chronic Pain
- Neurological Problems
- Work Injury/Car Accident
- Detox or Obesity
- Gynecological Problems
- Emotional Disorder
- Digestions
- Immune Systems

**USE DISPOSABLE NEEDLES ONLY**  
**FREE CONSULTATIONS**  
**301-656-2534** (Near Metro)

4829 WEST LANE • BETHESDA, MD 20814

# RESOURCE DIRECTORY

## AUTISM SPECTRUM DISORDERS, cont.

Margaret Gennaro, MD, FAAP, ABIHM  
703-865-5692  
Holistic Therapies for Children & Adults  
10560 Main St., Suite 301, Fairfax, VA  
www.DrMGennaro.com

## AYURVEDA

Don Diggs, L.Ac., Dipl. O.M. (Ac. & C.H.) 301-654-9369  
Pulse & Tongue diagnosis, Herbs, Individualized  
Lifestyle Programs, mantra-meditation, Acupuncture  
www.marylandhealthandwellness.com

DreamYogaStudio.com (Kripalu-Affiliated) 703-448-9642  
Massage, Oil/Herb Treatments, Dosha Balancing

## BACH FLOWER

Bach Flower Education  
Find a class www.bachflowercourses.com  
Courses approved by Bach Centre, UK  
Full remedy sets available

## BODYWORK

Potomac Massage Training Institute 202-686-7046  
Student/Graduate Clinic, Workshops  
8380 Colesville Rd, Suite 600, Silver Spring  
www.pmti.org

## BREAST & BODY THERMOGRAPHY

National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC 202-237-7000  
www.NIHAdc.com

## BREATHWORK

Ayo Handy-Kendi 202-667-2577  
Transcendence Breathwork, Laughter Yoga,  
Breathology for Better Life, Joy & Health  
www.positivenergyworks.com

## CAREER

Self Empowerment Education Center 703-658-2014  
Proprietary secondary career school.

## CERTIFIED EMOTIONAL FREEDOM (EFT)

Certified Emotional Freedom Technique  
Practitioner 443-525-4876

## CHAKRA BALANCING CLASSES

Arlyn Kline RN, Inspiring Teacher 30 Yrs 443-690-2414  
Classes Begin Tues. eves, Sept. and Jan.  
Ellicott City, MD. Life-changing Course!  
www.braidedwayhealingarts.com

## CHILDREN

The Mindfulness Center, Bethesda 301-986-1090  
Meditation, Yoga, Nutrition and Wellness  
Improve Academic Performance, ADHD  
www.TheMindfulnessCenter.com

## CHIROPRACTIC

Dr. Steve Gardner, DC - Bethesda 301-986-4810  
Network Spinal Analysis, Stress Resilience  
Super Healthy Made Simple!  
www.EasySpine.com

Coy Roskosky, DC 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave, Suite 402 WDC  
www.NIHAdc.com

Washington Chiropractic 202-966-9280  
Gentle effective relief in an office  
that cares about you. Dr. Wayne P. Bullen  
5008 Conn. Ave., NW, WDC

## CHURCHES

Center for Spiritual Enlightenment 703-645-8060  
www.TheCSE.org  
222 N. Washington St, Falls Church, VA  
Email: TheCSE@TheCSE.org

For 28 Years, A Mystical God Centered  
Church & Learning Center for Body-  
Mind-Spirit. Inst. for Spiritual  
Development. NW-DC www.isd-dc.org

The Fellowship of The Spirit www.FOTS.org  
An Independent Spiritualist Church

## CLASSES & LEARNING CENTERS

The Avatar Course® 301-660-7229  
Live deliberately  
Manage your beliefs, manage your life  
www.hwcourses.com/avatar

Energy healing 301-660-7229  
Personal Growth/Development  
Classes, Workshops, e-books, audio 1-877-627-6627  
www.Starchaser-HealingArts.com

Health For Life, LLC - HypnoByHelen.com 703-851-7954  
Helen Bramow, MA, ND, CNC, MHT  
Hypnosis, Reiki, Karuna Reiki, Dowsing, IET

Thia Belden, MS vibrational alchemist 340-642-3173  
Classes/Coaching for 2018 transition times  
spiritual life coach, teacher, intuitive  
Cynthiabelden@yahoo.com

Unity Woods Yoga Center 301-656-8992  
Iyengar Yoga in Bethesda,  
Arlington and DC  
www.unitywoods.com

Reiki Center of Greater Washington 1-866-59-REIKI  
High Quality Professional Reiki  
& Crystal Healing Training Classes  
www.reikicenter.info

## COACHING

Corporate Wellness Coaching:  
Johnny Henderson, PhD, BCPP, RPE 304-258-9751  
Tom Langan, BCPP, RCST®, RPE 703-628-4551

GPS Your Path 301-428-7288  
Hand Print Analysis (decode life purpose)  
Original Life Maps Coaching & Vibrational Healing  
www.gpsyourpath.com

Harmony Professional Counseling 703-669-2953  
Individs., Family, Couples. Leesburg, VA

www.Innerharborwellness.com 443-801-0841  
mindfulness and creativity for adults, veterans, & children

In-person and virtual sessions 301-660-7229  
Professional/Life Coach & Energy Healer 1-877-627-6627  
Workshops, e-books, audio  
www.Starchaser-HealingArts.com

LOVE YOURSELF HAPPY with The Work of  
Byron Katie and Shawn's own Wheel of  
Self-love. Stop beating yourself up for good,  
shawnmahshie.com/path-to-peace

Serenity Alchemy 240.863.8057  
Health/Wellness Coaching & Energy Healer  
Private or Group Appointments & Classes  
https://serenityalchemy.com

Soni Weiss, CH www.soniweiss.com 703-264-5848  
Learning to make better Choices, allows  
you to make those Changes in your behavior  
which will give you more Control in your life.

## COLON HYDROTHERAPY

National Integrated Health Associates 202-237-7000  
5225 Wisconsin Ave., Suite 402, WDC  
www.NIHAdc.com

Nature's Rhythm, LLC 202-635-2986  
The Colonic Specialists. Call Today!

## COMMUNITY SUPPORTED

### AGRICULTURE

Spiritual Food CSA yr round 301-654-4899  
www.spiritualfoodcsa.org; DC/MD/VA  
Biodynamic/Organic Flex shares, add-ons  
Serving Farmers, Your Health & the Earth

## COUNSELING

Cathy Roberts Counseling 301-651-0019  
LPC w/ 15+ yrs exp. w/ panic, depression,  
grief, relationships, more. Rockville Ofc.  
Be Your Best Self www.cathyroberts.net

Courtenay J. Culp, LCPC, LPC 301-933-3617  
DC/Mont Co www.CounselingandCoaching.com

Gail Kalin, PhD, Licensed Psychologist 202-365-5212  
Holistic & Traditional Psychotherapy  
Rapid & effective life & behavior change  
relationship, family, mood & work issues

Baha'is of  
Takoma Park

1-800-22UNITE  
www.bahai.org



"Gentle, effective relief in an  
office that cares about you."

**DR. WAYNE P. BULLEN**

FREE CONSULTATION  
when you mention this ad  
Massage Therapist available

5530 Wisconsin Ave. Suite #1248  
Chevy Chase MD 20815  
www.washingtonchiropractic.net

**202-966-9280**  
**WASHINGTON**  
**CHIROPRACTIC**

**Anxious, depressed, life transitions,  
relationship problems, ACOA,  
PTSD or career concerns?**

Call Courtenay Culp, a licensed clinical professional  
counselor who provides counseling, coaching and EAP  
services for the above. She is a provider for CF/BCBS,  
Aetna, UBH, PHCS, Value Options, etc.



**Courtenay J. Culp, LCPC, LPC**  
301-933-3617  
www.counselingandcoaching.com

Offices in Garrett Park, MD 20896 and  
Washington, DC (near Dupont Circle metro)

## Establishing Relationships of Trust and Confidence

Individuals and Small to Medium-Size Businesses  
in the Washington Metro Area for 30+ years.



Comprehensive Tax and Accounting Services  
Individual – Business – Corporations  
Financial & Estate Planning

Visit [www.EricLBachCPA.com](http://www.EricLBachCPA.com) for our newsletter and  
financial guides that will help you throughout the year.

**ERIC L. BACH, CPA**  
Eric L. Bach & Associates

301-871-6047

## Bharati Devkota CCH, LCPC Certified Classical Homeopath Licensed Clinical Professional Counselor

Are you struggling with anxiety, depression, trauma, emotional or behavioral  
issues or any chronic health issues? I am here to support you by providing mental  
health therapy with holistic approach. I have more than  
15 years' experience in Homeopathic medicine, which is  
a supportive healing modality for you as a whole person.



**Available Services:**  
Individual Homeopathic consultations  
Individual counseling

Call me at 443-742-2575 to schedule your visit.  
Holistic Counseling LLC, 2345 York Road,  
Suite 102, Lutherville, Timonium, MD 21093  
[www.bharatidevkota.com](http://www.bharatidevkota.com)

# RESOURCE DIRECTORY

## COUPLES COUNSELING

The Mindfulness Center 301-986-1090  
Bethesda, MD, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

## CORPORATE WELLNESS COACH

Johnny Henderson, PhD, BCPP 304-258-9751  
Tom Langan, BCPP, RCST (R) 703-628-4551

## CRANIOSACRAL THERAPY

Craniosacral Therapy: 703-628-4551  
Tom Langan, RCST®, BCPP, RPE

The Mindfulness Center 301-986-1090  
Bethesda, MD, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

Peaceful Dove Healing Center- Reston 703-295-0823  
[www.peacefuldovecenter.com](http://www.peacefuldovecenter.com)

Gary Wallace, RCST, RPP 301-585-9534  
Relaxing, Resourcing & Resolution

## CRISIS HOTLINES

Community Crisis Services, Inc. (CCSI) 1-888-731-0999  
Homeless Hotline & Shelter Svcs 1-800-422-0009  
MD Youth Crisis Hotline 1-800-422-0009  
Suicide Hotline ([www.ccsimd.org](http://www.ccsimd.org)) 301-864-7130

## CRYSTALS/JEWELRY/GIFTS

Large Crystal Selection 301-942-7979  
Knowles Apothecary & Wellness Ctr.  
10400 Conn. Ave, Kensington, MD  
[www.KnowlesWellness.com](http://www.KnowlesWellness.com)

Mahalo Minerals - Serving 15 years. 301-585-9534  
Area's leading Supplier of Crystals & Minerals.

The Twisted Bead & Rock Shop 410-956-5529  
9 Lee Airpark Dr, Edgewater MD  
[www.thetwistedbead.com](http://www.thetwistedbead.com)  
Beads, tumbled stones, rough & polished crystals

## DECLUTTERING

Mindful Decluttering & Organizing 301-270-0969  
Clutter draining your energy? Creating freedom from clutter for 10+years through gentle guidance & non-judgmental support. [www.clutterfreenow.com](http://www.clutterfreenow.com)

## DENTAL- HOLISTIC & BIOLOGICAL

Miles of Smiles Dentistry 301-588-0768  
[www.milessofsmiles.net](http://www.milessofsmiles.net)

Safe Mercury Removal, Invisalign 202-237-7000, ext. 2  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com/dental-services/dental-services.html](http://www.NIHAdc.com/dental-services/dental-services.html)

## DETOXIFICATION

Colon Hydrotherapy, Heavy Metal Detox, 202-237-7000  
Spa Detox Therapies National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com/health-programs/detoxification.html](http://www.NIHAdc.com/health-programs/detoxification.html)

## DISTANCE HEALING

[www.alacartewellness.com](http://www.alacartewellness.com) 571-278-3325  
Integrative work for Optimal Wellbeing

## EAR CANDLING

Here or take home 301-942-7979  
Knowles Apothecary & Wellness Ctr.  
10400 Conn. Ave, Kensington, MD  
[www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## EMDR

Gail Kalin, PhD, Licensed Psychologist 202-365-5212  
Rapid Trauma Reduction  
Effective life & behavior change  
Holistic & Traditional Psychotherapy

## ENERGY HEALING

Transformational Divine Healing 1-877-543-2546  
Distance- People, Homes & Situations!  
info @ [liftyourspirit.net](mailto:liftyourspirit.net)  
[www.liftyourspirit.net](http://www.liftyourspirit.net)

## ENERGY MEDICINE

Aqua Chi Cellular Energy & Detox 703-295-0823  
[www.peacefuldovecenter.com](http://www.peacefuldovecenter.com)

## ENERGY PSYCHOLOGY

It's Not Therapy 703-288-0400  
It's problem-solving, with Hypnosis/NLP, EFT ("tapping") Psych-K, Voice Dialogue...  
[www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)

## ENERGY WORK

[www.alacartewellness.com](http://www.alacartewellness.com) 571-278-3325  
Emotional Release (current and past life)  
Inner work on a cellular & soul level  
Mindset Reprogramming & more

Gifted Healers Offer Diverse Treatment 301-986-4810  
Modalities for Body-Mind-Spirit, Classes, Wellness Fairs. Inst. For Spiritual Development. NW-DC

In-Person and Distance Healing  
[www.newenergyhealingcenter.com](http://www.newenergyhealingcenter.com)

Dr. Steve Gardner, DC- Bethesda 301-986-4810  
Network Spinal Analysis, Stress Resilience  
Chiropractic principles thru energy work  
[www.EasySpine.com](http://www.EasySpine.com)

## ESSENTIAL OILS

GemAroma™ Vibrational Intelligence™ 571-278-3325  
Bringing you higher dimensional Blends in Aromatherapy  
Customized blends also available [www.gemaromatix.com](http://www.gemaromatix.com)

## EVENTS & WORKSHOPS

Center for Spiritual Enlightenment 703-645-8060  
[www.TheCSE.org](http://www.TheCSE.org)  
222 N. Washington St, Falls Church, VA  
Email: [TheCSE@TheCSE.org](mailto:TheCSE@TheCSE.org)

Peaceful Dove Healing Center 703-295-0823  
Sacred Sound School  
BioSonic Classes and Events  
[www.peacefuldovecenter.com](http://www.peacefuldovecenter.com)

## FACIAL REJUVENATION

Helena Amos, M.Ac, L.Ac, Acupuncture 301-881-2898  
and Microcurrent Facelift, Wrinkles, Spots, Saggy Skin, Eyebags, Dry Skin, Acne & More  
[www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com), [www.taoclinic.net](http://www.taoclinic.net)

## FIBROMYALGIA

The Mindfulness Center 301-986-1090  
Mind-body therapies for Pain Relief

## FINANCIAL SERVICES

[www.WealthMessengers.com](http://www.WealthMessengers.com) 301-969-8800  
Eliminate Debt. Retire Tax-free Income

## FUNCTIONAL MEDICINE

Charles Gant, MD, Margarita Kulick, MD 301-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[NIHAdc.com/health-programs/functional-medicine.html](http://NIHAdc.com/health-programs/functional-medicine.html)

## HAIR SALON

Organic Hair Color 202-543-7643  
35 years exp. Natural Relaxer/texturizer  
All hair textures, Free Consultation  
[www.PatouSalonAndSpa.com](http://www.PatouSalonAndSpa.com)

## HEALERS

Geoffrey Morell, ND, Medical Intuitive 202-237-8763  
& Energy Healer, Internat'lly acclaimed.  
30 years experience, [fourhealing@gmail.com](mailto:fourhealing@gmail.com)

Quantum Clearing & 703-739-9339  
Trans-Dimensional Healing  
Healing at the deepest and highest levels  
Lyriel Claire, Energy Healer - [www.lyrielclaire.com](http://www.lyrielclaire.com)

## HEALTH PRODUCTS

Health & Beauty Consults 301-942-7979  
Knowles Apothecary & Wellness Ctr.  
10400 Conn. Ave, Kensington, MD  
[www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## HEALTH & WELLNESS COACHING

Kumquatand.Co 202-681-8293  
More energy, better sleep, balance

**HIGHER THAN MOST ON YOGA**



"A Yoga Induced, Organically Grown, Plant-Based, and Meditative Approach to Mindful Living."

Go to [Higherthanmostonyoga.com](http://Higherthanmostonyoga.com) to learn more

Email: [Kenny@higherthanmostonyoga.com](mailto:Kenny@higherthanmostonyoga.com)

RELAXING • DE-STRESSING • NURTURING • REVITALIZING

**INTEGRATIVE MASSAGE**

Leslie Sapp  
Takoma Park, MD  
NCBTMB Board Certified  
MD State Licensed  
Member, ABMP



**NEW CLIENT SPECIAL:** Mention this ad to receive **20% off** your first massage!

[lesliecsapp@gmail.com](mailto:lesliecsapp@gmail.com) • 301-254-6573

**Sticks and Stones**  
Gifts for Spirit, Mind, Body

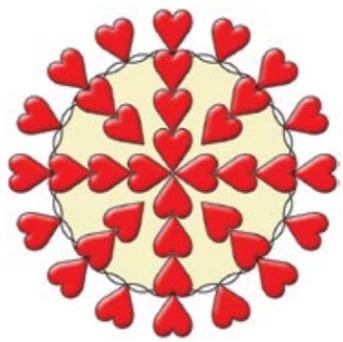
*We are a spiritual earthy kind of store, respecting all paths. We have Incense, Crystals, Candles, Herbs, Tarot, Drum Circles, Workshops, Readings, Root Work, Goddess Studies, and more!*

11037 Lee Highway, Fairfax, VA  
we are around the back of Westfair Center  
703.352.2343

*Let your earthbound spirit soar!*

Sticks and Stones  
[www.SticksAndStonesCircle.com](http://www.SticksAndStonesCircle.com)

**Crystal & Mineral Showroom**



44330 Mercure Circle  
#112 Sterling, VA 20166  
(near Dulles Airport)

703-828-4325

Open Mon-Fri 9 am-4 pm  
& Sat 11 am-6 pm

Find us on Facebook for Events & Specials  
[www.facebook.com/healingcrystalsshowroom](http://www.facebook.com/healingcrystalsshowroom)

**HealingCrystals.com**

**Body & Soul Shepherd**

Holistic healing for the mind, body, and spirit  
in Gaithersburg, MD

*Specializing in Reiki, Hypnosis, and Past-Life Regression\**



**BodyAndSoulShepherd.com**  
\*professionally trained by Dr. Brian Weiss

**Donna Dangle**  
Certified Hypnotist / Reiki Master  
Body & Soul Shepherd, LLC  
301-648-7800  
[Donna@BodyAndSoulShepherd.com](mailto:Donna@BodyAndSoulShepherd.com)

# RESOURCE DIRECTORY

## HEAVY METAL DETOXIFICATION

Mark McClure, DDS, A. Frandsen, ND 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
www.NIHAdc.com

## HERBAL HEALTH

Green Comfort School of Herbal Medicine 540-937-4283  
Experience and learn how to integrate  
herbal therapies. green.comfort@gmail.com  
www.greencomfortherbsschool.com

## HOLISTIC CENTERS

Ruscombe Mansion Holistic Health Center 410-367-7300  
The oldest and largest holistic health center  
in Maryland. Practitioner & Workshop space  
available. www.Ruscombe.org

## HOLISTIC HEALING

Dr. Steve Gardner, DC - Bethesda 301-986-4810  
Networked Spinal Analysis, Stress Resilience  
Chiropractic principles thru energy work  
www.EasySpine.com

## HOLISTIC MEDICINE

Anne Berkeley, ND 202-798-0221  
Naturopathic Medicine  
1915 I St. NW, Suite 700, Washington DC  
www.medicinetothrive.com

Margaret Gennaro, MD, FAAP, ABIHM 703-865-5692  
Holistic Therapies for Children & Adults  
10560 Main St., Suite 301, Fairfax, VA  
www.DrMGennaro.com

Integrative MDs, NDs & DDSs 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
www.NIHAdc.com

## HOLISTIC PRIMARY CARE

Adults: Dr. Kullick, Catherine Heideman, 202-237-7000  
Dr. Cannon; Pediatric: Dr. Bradley  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
www.NIHAdc.com/health-programs/holistic-primary-care.  
html

## HOMEOPATHY

Herbal/Homeopathic Remedies 301-942-7979  
Knowles Apothecary & Wellness Ctr.  
10400 Conn. Ave, Kensington, MD  
www.KnowlesWellness.com

## HOME IMPROVEMENT

Bill Matheson 301-442-3860  
Remodeling Maintenance Design

www.WealthMessengers.com 301-969-8800  
Free policy review & damage assessment

## HORMONAL BALANCE / FERTILITY

Health For Life, LLC - HealthByHelen.com 703-851-7954  
Helen Bramow, MA, ND, CNC, MHT

## HORMONE REPLACEMENT THERAPY

Biomimetic Hormone Replacement 301-942-7979  
Knowles Apothecary & Wellness Ctr.  
10400 Conn. Ave, Kensington, MD  
www.KnowlesWellness.com

## HYPNOSIS / HYPNOTHERAPY

Health For Life, LLC - HypnoByHelen.com 703-851-7954  
Helen Bramow, MA, ND, CNC, MHT  
HypnoBand Weight Loss, Smoking, P/L,  
training and classes. Trained Master in PLR.

Hypnosis Silver Spring: weight, smoking  
phobias, pain, anxiety, PTSD, finding  
your path, transforming your life 301-618-9801

HypnosisMaryland—Laura West 301-540-6225  
www.hypnosismaryland.com

Eileen Buese, PhD 301-365-4375

Gail Kalin, PhD, Licensed Psychologist 202-365-5212  
Rapid & effective life & behavior change  
stress, anxiety, phobias, OCD, trauma, IBS,  
relationship, family, mood & work issues

The Mindfulness Center 301-986-1090  
Bethesda, MD, www.TheMindfulnessCenter.org

Quantum Healing Hypnosis (QHHT) 240-543-3798  
Lenay O'Quinn, CHT

Self Empowerment Education Center 703-658-2014  
Proprietary secondary career school.

It's Not Therapy 703-288-0400  
It's problem-solving, with Hypnosis/NLP, EFT  
("tapping") Psych-K, Voice Dialogue...  
www.Its-Not-Therapy.com

Virginia Hypnosis - Jason Linett, BCH, CI 703-341-6655  
Advanced Hypnosis Training & Certification  
Hypnotherapy Courses Four Times a Year  
Free Video: www.VirginiaHypnosis.com

## HYPNOSIS TRAINING

Health For Life, LLC 703-851-7954  
HypnoByHelen.com  
Helen Bramow, MA, ND, CNC, MHT  
NGH Hypnosis Cert. Class qtrly, 3 weekends, 3 days each.

HypnosisMaryland—Laura West 301-540-6225  
Certification Classes

Virginia Hypnosis - Jason Linett, BCH, CI 703-341-6655  
Advanced Hypnosis Training & Certification  
Hypnotherapy Courses Four Times a Year  
Free Video: www.VirginiaHypnosis.com

Self Empowerment Education Center 703-658-2014  
Proprietary secondary career school.

## INTEGRATIVE CANCER CARE

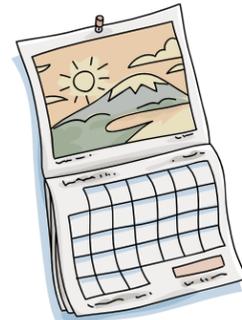
National Integrated Health Associates 202-237-7000  
5225 Wisconsin Ave, Suite 402 WDC  
www.NIHAdc.com

## INTEGRATIVE MEDICINE

Integrative MDs, NDs & DDSs 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
www.NIHAdc.com

## I.V. NUTRITION THERAPY

Today's Integrative Health, Rockville, MD 301-377-6650  
Dr. Leo, www.todaysintegrativehealth.com



Over 3,000 hits a day!

Your Event  
in the  
Pathways Calendar

Let our readers know  
about your class,  
workshop,  
or special event in  
print and online.

Calendar Listings:  
50¢ a word

Next Deadline – December 1st  
For more info, call 240-247-0393

www.PathwaysMagazine.com



## Circle of Worship

Unity • Creativity • Spontaneity  
Spirit • Music • Dance • Prayer

First Sunday of every month.  
11:00 AM – 1:00 PM

"Come, come, whoever you are..."

301-949-8984  
www.OneCircle.net



Do you have a loved one  
who has had a **STROKE?**

**You are not alone!**

Montgomery County  
Stroke Association

### Providing:

- Free stroke information and support
- Monthly programs and support groups for stroke survivors and caregivers

301-681-MCSA (6272)  
www.mcstroke.org

NATIONAL  
**SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**LIFE TRANSFORMING HYPNOTHERAPY**  
WITH NEURO-LINGUISTIC PROGRAMMING



Hypnosis facilitates connection to the subconscious and to the SuperConscious mind, the deep source of vast creativity and talent, accurate intuition and profound wisdom.

Visit [www.lifetransforminghypnoterapy.com](http://www.lifetransforminghypnoterapy.com) for a full list of my diverse services and events.

**Joseph Mancini, Jr.**  
Ph.D., CCHt., PLt., LBLt., M.S.W.  
Certified Clinical Hypnoterapist  
Certified NLP Practitioner

Soulsrvr@erols.com  
WEB: [LifeTransformingHypnoterapy.com](http://LifeTransformingHypnoterapy.com)  
BLOG: [ExplorationsInSpirit.com](http://ExplorationsInSpirit.com)  
**301-526-2043**

**Clear PHOBIAS at their source!**

Gentle, fast, effective, body-centered healing  
For more information contact Kathleen Carroll, specialized kinesiologist,  
at 202-203-0610 or [www.kathleencarroll.com](http://www.kathleencarroll.com)

# RESOURCE DIRECTORY

## INTENTIONAL COMMUNITY

Hundredfold Farm Cohousing Community 800-707-2785  
Sustainable living - "A Place to Grow"  
www.hundredfoldfarm.org  
Near Gettysburg, PA

## KARUNA REIKI

Health For Life, LLC 703-851-7954  
HypnoByHelen.com  
Helen Bramow, MA, ND, CNC, MHT  
Reiki classes, monthly shares.

Reiki Center of Greater Washington 1-866-59-REIKI  
David Gleekel, Registered Karuna Reiki® Master  
Quality Prof'l Karuna Reiki® Sessions, Classes  
& Monthly Reiki Shares www.reikicenter.info

## KUNDALINI

Kundalini Awakening 301-520-2445  
Experienced guidance 301-493-4790  
Compassionate support  
Call Susan Hendrickson

## LYME DISEASE

C. Heideman, NP, Dr. Gant 202-237-7000  
Dr. Bradley (pediatric Lyme)  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC www.NIHAdc.com

## MASSAGE / MASSAGE THERAPY

Bethesda Therapeutic Massage 301-649-4216  
Marcia A. Snyder, LMT  
Swedish, Deep Tissue, Reiki, Myofascial Release.  
MASnyder85@gmail.com

Blueberry Gardens Healing Center 301-570-5468  
www.blueberrygardens.org, Ashton, MD

The Mindfulness Center 301-986-1090  
Pre/Post-natal, Oncology, Lymph Drainage  
Thai Yoga, Sports, Deep Tissue Massage  
Bethesda, MD www.TheMindfulnessCenter.org

Physical & Massage Therapy Associates 202-966-2033  
Deep Tissue/Swedish/Thai/Myofascial  
Insurance/Medicare accepted  
www.physicalmassage.com

Potomac Massage Training Institute 202-686-7046  
Student/Graduate Clinic, Workshops  
8380 Colesville Rd, Suite 600, Silver Spring  
www.pmti.org

Mary Kay Reynolds, CMT 301-270-1257  
Relax & rejuvenate body/mind/spirit  
In Takoma Park, Swedish/deep tissue  
myofascial/pregnancy

TriTouch Therapies - Washington, DC  
Therapeutic Massage, Hawaiian Energetics  
Jay Arovos, CMT  
www.tritouch.com 773-271-6161

www.KatRobbins.com 443-542-5822  
Massage Therapist in Columbia, MD

www.DeltaHealing.US 337-517-8424  
Spiritual Massage, without touch

## MEDITATION

Meditation Museum 301-588-0144  
9525 Georgia Avenue, Silver Spring, MD  
Be the change you wish to see in the world!  
www.MeditationMuseum.org

Meditation Training in Washington DC 301-828-5946  
Patricia J. Ullman, JD  
Individual, group, and corporate mindfulness instruction  
www.PeaceOfOurMinds.org

The Mindfulness Center 301-986-1090  
Classes, Individual and Group Sessions  
Retreats, Meditation Teacher Training  
Bethesda, MD www.TheMindfulnessCenter.org

Science of Spirituality www.sos.org 240-271-8963  
Meditation to know self and know God  
Multi-Faith. All events are free.  
Twitter @SOS\_WashDC @SOS\_MidAtlantic

## MEDIUMS

Carlos The Medium, 703-825-7122  
Evidential Medium (UMC Certified)  
Home, Phone, & Skype Readings, Private Circles  
carlosthemedium.com (se habla español)

## METAPHYSICS

For 28 Years, A Mystical God Centered  
Metaphysical Church & Learning Center  
Body-Mind-Spirit. Inst. for Spiritual  
Development. NW-DC. www.isd-dc.org

National Spiritual Science Center 202-723-4510  
Services/Classes/Rdgs/Fellowship

## MIDWIFERY

Ten Moons Midwifery 540-364-5077  
Holistic Homebirth Midwifery Care  
Serving NOVA and the Shenandoah Valley  
www.ten-moons.com

## MINISTERIAL SERVICE

Marriage Ceremonies- Renewal of Vows.  
All Couples Welcome! Our Lovely Chapel  
or Your Venue. Christenings-Namings  
Funerals-Memorials. www.isd-dc.org

## MUSIC INSTRUCTION

Guitar, bass lessons w/ energy alignment 301-942-8119  
left-right brain yet fun & productive.  
Compose or cover songs  
www.bandmix.com/chris-patry/

## NATUROPATHY

C. Kannankeril, ND, A. Frandsen, ND 202-237-7000  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
www.NIHAdc.com

Health For Life, LLC 703-851-7954  
Helen Bramow, MA, ND, CNC, MHT, Health,  
healing and hypnosis, HeartMath, SRT, IET  
HealthByHelen.com

## NUTRITION

Individual Consultations 301-942-7979  
Knowles Apothecary & Wellness Ctr.  
10400 Conn. Ave, Kensington, MD  
www.KnowlesWellness.com

## PAIN / PAIN MANAGEMENT

Helena Amos, M.Ac, L.Ac, Arthritis,  
301-881-2898  
Back/ Neck Pain, Headaches, Sciatica, Carpal  
Tunnel, Neuropathy, Fibromyalgia & More  
www.rockvilleacupuncturemd.com, www.taoclinic.net

PEMF Therapy (Energy Medicine ) 301-883-3661  
60 year-old non-invasive, drug free therapy  
relieves pain naturally. Augments cellular regeneration.  
Addresses 285 Health Issues.  
www.optimumhealth-wellness.com

Dr. Steve Gardner, DC - Bethesda  
301-986-4810  
Network Spinal Analysis, Stress Resilience  
Chiropractic principles thru energy work  
www.EasySpine.com

## PAST LIFE REGRESSION

Health For Life, LLC - HypnoByHelen.com 703-851-7954  
Helen Bramow, MA, ND, CNC, MHT  
Small group and individual sessions.

## PHYSICAL THERAPY

Physical & Massage Therapy Associates  
202-966-2033  
Manual/Myofascial/Craniosacral Therapies  
Insurance/Medicare Accepted  
www.physicalmassage.com

## POLARITY THERAPY

Marsheen Helgeson is a Registered Prac-  
titioner and Certified Instructor in Polarity  
Therapy weaving Cranial Sacral and holistic  
counseling in her practice of 15 years.

Johnny Henderson, PhD, BCPP, RPE  
304-258-9751  
Tom Langan, BCPP, RCST®, RPE  
703-628-4551



**Bethesda  
Therapeutic  
Massage**

Marcia A. Snyder, L.M.T.  
Director

Nationally Certified in Therapeutic Massage  
and Bodywork  
Member, American Massage Therapy Association  
Swedish, Deep Tissue,  
Myofascial Release,  
Reiki Practitioner



301-649-4216  
www.bethesdatherapeuticmassage.com

**MASSAGE**

Mary Kay  
Reynolds



SWEDISH  
DEEP TISSUE  
MYOFASCIAL  
PREGNANCY  
AROMATHERAPY

301.270.1257  
TAKOMA PARK, MD  
BY APPOINTMENT

MASSAGE THERAPIST  
NATIONALLY CERTIFIED • MEMBER AMTA

**Carlos the Medium**  
*Evidential Medium*



**What to Expect:**  
Accurate Connections  
Clear and Concise  
Professionalism  
Direction  
Soul Healing and Closure  
\*house cleansing's available

carlosthemedium.com  
703-825-7122  
(se habla español)




**TRI TOUCH  
THERAPIES**  
*Healing to Promote Your Vital & Active Body*

- **THERAPEUTIC MASSAGE**  
Swedish • Deep Tissue  
Myofascial • Sports
- **HAWAIIAN ENERGETICS**  
Individual Healing Sessions  
Training Classes\*  
\* Initial Level Class Oct 25 - 27



www.tritouch.com  
773-271-6161 • jay@tritouch.com  
Cleveland Park, Washington, DC

**JAY AROVAS, CMT**  
KAHU O MANA  
MASTER BODYWORKER



**AVILLION of UNIVERSAL INSIGHT**  
**ONE HEART • ONE EARTH • ONE LIGHT**  
*We seek to cultivate the Timeless Wisdom of Heart!*  
Visit us at The Natural Living Expo, booth #127

- ✦ Aura Imaging Photography,  
Analyses & Readings
- ✦ Celestial Solar Plane Teachings & Courses
- ✦ Healing Services
- ✦ Seasonal Celebrations
- ✦ Avalonia Peace Sanctuary —  
A Nature Retreat



Website: [www. Avillion.org](http://www.Avillion.org)  
Facebook: <https://www.facebook.com/avaloniahealing>

# RESOURCE DIRECTORY

## PSYCHIC CONSULTATIONS

Alix & the Archangels 301-717-8500  
 Psychic healer, author, speaker  
 Angel-assisted readings & soul healings  
 Alix Moore www.yoursoulstruth.com

Gifted Psychics Offer Insight On Your Life Choices & Circumstances. Workshops, Fairs, Your Fundraisers. Inst. for Spiritual Development. NW-DC www.isd-dc.org

Joan Of Light. Psychic Medium Spirit paintings www.joanoflight.com 703-349-7178

Melody Krafft, M.A. Medium Psychic Artist, www.melodykrafftartist.com 703-631-3244

Konstanza Morning Star, Cert. Medium Spiritualist Teacher-Readings, Seances, Circles, Workshops, Shamanic Services www.silverspringoflight.com 240-543-9414

Deborah Harrigan- Psychic, Medium Living With Spirit- Life and Business 703-779-7961

Claudette Knox, Intuitive Consultant Palmistry & Hawaiian Aumakua Cards Psychic Development Classes alohablessings@verizon.net 301-495-0323

Annie Larson, Cert. Psychic Medium Office & phone readings, Reiki Healing Developmental Classes & Workshops www.MediumAnnieLarson.com 703-303-8439

Barb Mallon - Medium Services www.BarbMallon.com 703-830-5607

Psychic-Medium-Healer Readings in shop or phone. Detox with an Ionic Cleanse Footbath. Bring a friend. Irene Richardson crystalforests.com 301-524-9572

Sandy Foley-Clairvoyant Empath/Certified Intuitive Counselor- Phone, Oracle Card & Photograph Readings. Energy/Space Clearings & Medium. www.compassionaterreadings.com 240-498-6291

## PSYCHOLOGY & THERAPY

Gale Otello Cleveland, LCSW Psychosocialspiritual Reiki Master 703-803-3294

Creative Resources of People 240-515-5122  
 Lana Dreyfuss, LCADC, SEP, HTR, BCPC, CCTP  
 Horticultural Therapy/Somatic Experiencing For Addictions/PTSD/Grief & Loss

Greater Wash. Assoc. Medical Psych. Independent practitioners Eileen F. Buese, PhD, Bethesda 301-365-4375

It's Not Therapy 703-288-0400  
 It's problem-solving, with Hypnosis/NLP, EFT ("tapping") Psych-K, Voice Dialogue... www.Its-Not-Therapy.com

Gail Kalin, PhD, Licensed Psychologist Holistic & Traditional Psychotherapy Rapid & effective life & behavior change relationship, family, mood & work issues 202-365-5212

Lucrezia Mangione, MA, NCC, LCPC, DCEP, CHTP/I Highly Sensitive? Empathic? A healer? Mind-Body therapist. Holistic. Licensed. Maryland- www.HandcraftedHealth.net 802-578-3700

## QI GONG

Capital Qi-Gong 202-409-8490  
 Qi-Gong Meditation/Healing/Martial Arts Classes at four locations in MD-VA-DC www.capitalqigong.com, 1st class is free

DreamYogaStudio.com, McLean, VA 703-448-9642  
 Group & Private Classes w/ Marital Arts Master

The Mindfulness Center 301-986-1090  
 Bethesda, MD, www.TheMindfulnessCenter.org

## RBTI TESTING

Natural Health Strategies, LLC 301-801-0462  
 Rebecca Hale, RNHP, D.PSc www.NaturalHealthStrategies.org

## REAL ESTATE

Nicole Duffey, Realtor® 703-303-2889  
 Springfield, VA buyandsellnovahomes.com

## REBIRTHING

George Kalish, Silver Spring, MD 301-384-4866  
 Conscious connected breathing  
 Call now for your FREE first session

## RECONNECTIVE HEALING

Dove333.com 301-452-3305  
 Also Specializing in Distance Healing

## REFLEXOLOGY

Laura Breillard Laroche 202-659-4675  
 ARCB Natl Board Cert. Reflexologist  
 Specializing in Reflexology for 25 years. www.feethealth.com

www.ReflexologyandBeyond.com 703-849-8422  
 Brigitte Wiss, Certified Holistic Reflexologist Since 2000 (17yrs), Clinical/Holistic Foot Reflexology, Aromatherapy, Accunet (see ad)

## REIKI

Certified Karuna Holy Fire III Reiki Master, Distant Healing, Tuning Fork Sound Therapy, Flower Essences Delia Golden www.akashiclibrarian.com 240-812-1012

Find wellness, resilience, inner calm. Reiki by Sima. www.ReikibySima.com 240-242-9762

In-person and virtual Sessions Other energy healing modalities Classes, workshops, e-books, audio 1-877-627-6627  
 www.Starchaser-HealingArts.com

Inspired by Angels founded Huikala Reiki Master Teachers C. Knox & G. Wilson Treatments and training workshops alohablessings@verizon.net 301-495-0323

Magedah, PhD, Reiki/SSR Master Teacher 301-460-3178  
 Treatments, Classes, Free Energy Shares Email: natbuscorp@yahoo.com Website: www.natbuscorp.com

Reiki Center of Greater Washington 1-866-59-REIKI  
 David Gleekel, Cert. Reiki Master/Teacher High Quality Professional Usui, Karuna, Lightarian, Sekhem-Seichim. www.reikicenter.info

Reiki, Soul Communication, Life Guidance Amy McLaughlin, Reiki Master Email: SoulMindBodyAlignment@gmail.com Website: www.SoulMindBodyAlignment.org

## RETREATS

Deep shifts, warm camaraderie, great food! LOVE YOURSELF HAPPY at our transformative Waterfront retreat in the work of Byron Katie Shawnmahshie.com/waterfront-retreats for info.

May The Forest Be With You! 301-432-5585  
 Maple Tree Campground/  
 The Treehouse Camp, Open year round. www.TheTreehouseCamp.com

Meditation has never been so easy 757-644-3400  
 High Tech Meditation and Holistic Lifestyle Products, retreats and services. www.synchronicity.com

Sanctuary Retreat Center 301-349-2799  
 Retreats, weddings and getaways  
 A place of natural beauty and serenity  
 www.sanctuaryretreatcenter.com

## RETREAT VENUES

Light Landing on the Chesapeake Host your own waterfront retreat! Planning, Spiritual, Family, Pers Dev. shawnmahshie.com/retreat-center

## SACRED SOUL

Thu-Hien Poma of Adonai: Master Healer 301-633-3653  
 Soul Reading, Path Correction & Powerful Energy Work in one remote session Results oriented. www.thpoadonai.org

## SEICHIM

Reiki Center of Greater Washington 1-866-59-REIKI  
 David Gleekel, Cert. SSR Master Teacher High Quality Professional SSR Sessions, Classes, & Monthly Reiki Shares

## SENIORS

Takoma Senior Assisted Living 301-270-1137  
 Offer 3 levels of care  
 Early stage of Alzheimer's & Dementia Live-in or live out or live with us.

## Judy Kay, Psychic Medium

**God Given Gift From Birth**  
 Known for her amazing accuracy and caring nature

Available for Private &/or Group Sessions  
 Judy's Office or Your Location  
 Phone Sessions Also Available

856-725-3588  
 JudyKay.net



## VIVIFYING REIKI OF NORTHERN VA



Reiki Master Practitioner with over 25 years of experience

Now Offering Most Up to Date Classes in:

Usui Reiki Levels I, II, and Master Level

Holy Fire III Reiki Levels I, II, and Master Level

In the Northern Virginia/Fairfax area  
 For more information,  
 Call Amy at (703) 223-9435



P.O. Box 1052  
 Lander, WY 82520  
**307-335-8113**  
 Group, Private & Phone Sessions Available

Channels St. Germain and The Council of Light  
 Astrological Consultant and Medical Intuitive  
 The Gatekeeper is the producer/director of the play that your soul wrote before you came into this lifetime.



Our November 2019 Intensive will be the 8, 9 and 10 of November. It is titled Energy and Creation — How You As A Master Use Them. Powerful instruction on using the personal power of creation for greater good. For more information read our free newsletter "The Pot of Gold".

The Personal Growth topic for 2019 will be "The Pathway to Personal Growth Leads Inward". Personal Growth is the application of the lessons that both life and Spirit bring every day. Growth requires the investment of time and love in order to thrive in the many currents of the flow of life. Join those who are growing and benefitting from St. Germain's input and guidance in your own evolution and Awakening. The Teachings are on the second Wednesday of each month at 7 pm MT and the Q&A is on the fourth Wednesday of each month at 7 pm MT. Call-ins are welcome.

Discover our Personal Growth program. All on our website.  
**mollyrowland22@gmail.com**  
**www.voiceofthegatekeepers.com**

## SUPERET ATOM AURA SCIENCE

God said, Let there be light.  
 Jesus said, I am the light of the world.  
 Put the armour (aura) of Light around you.

God is Light, and in Him is no darkness at all. On the mount of transfiguration, Jesus opened his aura to his 3 highest Apostles, Peter, James and John.

Learn how to harness your Human atomic energy through Jesus' Light Science and Laws

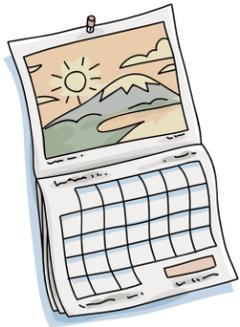
Read: KEY TO SUCCESS by Dr. Josephine C. Trust.  
 (To receive a complimentary copy just contact us)

(202) 291-8658 www.superetlightchurch.com

## Key to Success



# RESOURCE DIRECTORY



Over 3,000 hits a day!

## Your Event in the Pathways Calendar

Let our readers know  
about your class,  
workshop,  
or special event in  
print and online.

Calendar Listings:  
50¢ a word

Next Deadline – December 1st  
For more info, call 240-247-0393

[www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)

### SHAMANISM

Shamanism Training with Dana Robinson.  
25 yrs experience as Faculty Member of  
Foundation for Shamanic Studies.  
danacougar@goeaston.net

Kupua C. Knox – Hawaiian Huna Healing & Training. alohablessings@verizon.net 301-495-0323

[www.hollowreedhealing.com](http://www.hollowreedhealing.com) 703-288-0400  
Shamanism, EFT (tapping), hypnosis/NLP

### SKIN CARE

Vows & Wows Wellness Spa 301-428-7288  
Facials, Mineral Makeup, LaStone Massage,  
Quantum Touch Vibrational Healing, Products  
[www.gpsyourpath.com](http://www.gpsyourpath.com)

[www.essencesofajamal.com](http://www.essencesofajamal.com) 1-877-236-0600  
Real Organic Imported Shea-Butter

### SOUND THERAPY

Lambdoma Vibrational CDs 703-628-4551  
For balancing chakras and  
organs/systems of the body.  
Tom Langan, RPP, RSCT®, RPE

### REJUVENATION SPA THERAPIES

Colon Hydrotherapy, Infrared Sauna 202-237-7000  
Oxygen Steam Cabinet, Detox Footbath, Reflexology etc.  
National Integrated Health Associates (NIHA)  
5225 Wisconsin Ave., Suite 402, WDC  
[www.NIHAdc.com](http://www.NIHAdc.com)

### SPIRITUAL

Eckankar 877-764-0800  
Religion of the Light and Sound of God  
Awaken your connection to Divine Spirit  
[www.EckankarMaryland.org](http://www.EckankarMaryland.org)

Washington, DC Teaching Center 301-270-3312  
"Teachings of the Ascended Masters"  
6935 Laurel Ave Ste 202, Takoma Park, MD, 20912  
[www.washdctc.org](http://www.washdctc.org)

### SPIRITUAL & LIFE COACH

Akashic Record Readings and attunements 703-281-9410  
Michele Barlock, Terra Christa. [www.terrachrista.com](http://www.terrachrista.com)

### SPIRITUAL HEALING

Institute for Spiritual Development 202-362-2456  
Metaphysical Church - [www.isd-dc.org](http://www.isd-dc.org)

Mystically re-connect your soul with God 301-931-0426  
for quick rebirth. Practice this inner miracle  
and restoring meditation everyday.  
[www.spiritandsoulconnection.com](http://www.spiritandsoulconnection.com)

[www.DeltaHealing.US](http://www.DeltaHealing.US) 337-517-8424  
Distance/In-Person, Feel the Spirit

### STRESS MANAGEMENT

Dr. Steve Gardner, DC - Bethesda 301-986-4810  
Networked Spinal Analysis, Stress Resilience  
Chiropractic principles thru energy work  
[www.EasySpine.com](http://www.EasySpine.com)

The Mindfulness Center 301-986-1090  
Bethesda, MD, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

### STUDY GROUPS

Sathya Sai Baba Study Circle 443-831-9915  
DC/Bethesda Area [www.SaiCenterDC.org](http://www.SaiCenterDC.org)

### SUPPORT GROUPS

OriginsUSA People Separated by 571-278-2593  
Adoption Monthly/4th Wed. 7pm/free  
Contact Bernadette at [bwright@originsusa.org](mailto:bwright@originsusa.org)  
[www.origins-usa.org](http://www.origins-usa.org)

### SUSTAINABLE LANDSCAPING

Toni Bailey, MPSLD, CBLP 301-279-0234  
Gracefully Green, LLC  
Sustainable Landscape Specialists  
[www.gracefullygreen.com](http://www.gracefullygreen.com)

### TAI CHI

Blueberry Gardens Healing Center 301-570-5468  
[www.blueberrygardens.org](http://www.blueberrygardens.org), Ashton, MD

"Be as still as a mountain,  
move like a great river" 301-525-8266  
37 posture Cheng Man-ch'ing lineage  
2 MD, 1 DC locs - see [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)

### TAROT

Tim Boyd 703-521-1115  
Call for an appointment - live in Arlington  
or by phone...[www.timstarot.com](http://www.timstarot.com)

### TAO ART

Tao Art & Calligraphy, Soul Guided Healing and Blessing  
Linda Hamilton, Healing Hands/Reiki Tummo Practitioner  
Email: [Lindahamilton689@gmail.com](mailto:Lindahamilton689@gmail.com) Website: <https://www.soulhealingcollegeparklanham.com/>

### TAXATION

Eric L. Bach, CPA 301-871-6047  
Total Accounting & Tax Services

### TEACHER / PROFESSIONAL TRAINING

The Mindfulness Center 301-986-1090  
Yoga, Meditation, Reiki, Massage, CEUs

Somatic Energy Therapies 304-258-9751  
Polarity Therapy, Tuning Fork Therapy

### THE WORKS OF BYRON KATIE

Turn Around Anxiety, Anger, Judgement  
& Self-Sabotage with Trained facilitator  
Shawn Mahshie. Love Yourself Happy  
Book a Free Chat at [www.shawnmahshie.com](http://www.shawnmahshie.com)

### THETA HEALING

Theresa at [www.JoyousVibrations.com](http://www.JoyousVibrations.com) 703-244-6619  
Release blocks & beliefs for your  
personal & professional success  
Theta Healing + Reiki + Coaching



## Konstanza Morning Star, Certified Medium & Shaman

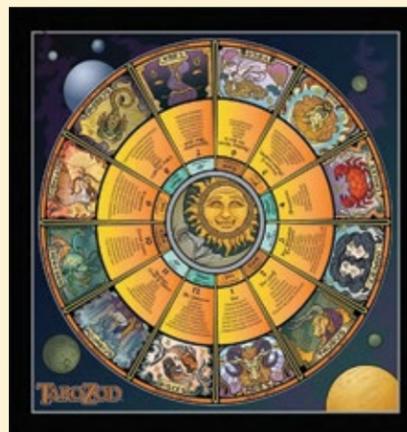
Author of *Medium: A Step-by-Step Guide  
to Communicating with the Spirit World*

Evidential Mediumship Readings Face-to-Face,  
Phone & Skype  
Mediumship Development Workshops & Circles  
Shamanic Healing  
Soul Retrieval, Soul Rememberance,  
Spirit Release, Shamanic Counseling

[www.mediumshamandc.com](http://www.mediumshamandc.com)  
240-543-9414



### TaroZod Tarot Cloth



We have combined the wisdom of  
the Tarot with that of Astrology to  
provide you with a method which  
will bring you more focus and  
clarity to your readings. You can use  
any Tarot cards you wish with this  
beautiful 28" x 28" 100% polyester  
cloth which can also be used as a  
wall hanging or alter cloth.

703-264-5848  
[WWW.SONIWEISSTAROT.COM](http://WWW.SONIWEISSTAROT.COM)



### HeartFire Healing Journeys Present: Two-Year Training Program in Shamanism Taught by Deanna Stennett

**Learn:** \*How to do the Soul retrieval process; \*How to do  
extractions; \*Psychopomp; \*Drum-birthing; \*How to Create  
Sacred Space and Ceremony; \*Healing with Plant Spirits;  
\*Channeling; \*Initiations and Eclectic Healing techniques  
from around the world. This course also meets all the  
prerequisites for Sandra Ingerman's Teacher's Training.  
Be part of a community of learning healers!

Course starts in October 2019  
For more information visit: [www.heartfirejourneys.com](http://www.heartfirejourneys.com)  
or [www.2yearshamanicprogram.com](http://www.2yearshamanicprogram.com)

Or call 410-961-9033 or email: [spiritpoint@sprintmail.com](mailto:spiritpoint@sprintmail.com)



## VOWS & WOWS WELLNESS SPA

Beauty begins within. Experience deep  
relaxation, rejuvenation and energy  
alignment with therapeutic treatments.

- Corrective Facials & Skin Care Products
- Custom Blend Mineral Make Up ~ Events
- LaStone Massage & Aromatherapy
- Quantum Touch & Light Energy Therapies
- Pharmaceutical Grade & Vegan Products

301-515-0470

[vowsandwows.com](http://vowsandwows.com)

A private Spa in Germantown, MD since 1999. By Appointment Only.

## RESOURCE DIRECTORY

### TRANSFORMATION

Hope is in our midst 888-218-8141  
Maitreya, the World Teacher and the Masters are here to help us transform our world. Info@TheWorldTeacher.net

### TUNING FORK THERAPY

Johnny Henderson, PhD, BCPP, RPE 304-258-9751  
Tom Langan, BCPP, RCST @, RPE 703-628-4551

### VISION QUESTS

Three Hawk Quests: VA/NY quests visit: threehawkquests.com 301-270-1022

### WATER THERAPY

Water Massage, Watsu Waterdance 703-405-8150  
94 degree therapy pool, Alexandria Tracy Sampogna, CMT, ATRIC, WABA bayaquatics@crosslink.net

### WEIGHT LOSS

NIHA's HCGWeightSolution+, iLipo laser 202-237-7000  
body contouring, National Integrated Health Associates (NIHA), 5225 Wisconsin Ave., Suite 402, WDC, www.NIHAdc.com

### WORKSHOP RENTAL SPACE

Blueberry Gardens Healing Center 301-570-5468  
Octagon Space for workshops & events www.blueberrygardens.org Ashton, MD.

Takoma Chapel House, Silver Spring, MD 301-587-7200  
Space for Workshops, Meetings and Events

### YOGA

Blue Heron Wellness in Silver Spring, MD 301-754-3730  
Acupuncture, Massage, Yoga and Movement, YTT Program, Meditation, Skincare, Nutrition www.BlueHeronWellness.com

Blueberry Gardens Healing Center 301-570-5468  
www.blueberrygardens.org, Ashton, MD

The Mindfulness Center 301-986-1090  
Restorative, Gentle, Stretching, Flow Yoga Teacher Training Programs Bethesda, MD, www.TheMindfulnessCenter.org

Samjulien Carlisle  
Freelance yoga instructor  
Yogah.eventbrite.com  
202-830-5509

Unity Woods Yoga Center 301-656-8992  
Iyengar Yoga  
In Bethesda, Arlington and DC  
www.unitywoods.com

### UNCLASSIFIEDS

**SPACE FOR RENT AT RUSCOMBE MANSION.** Private practice office space available near I 83. Several full time or part time spaces. Free parking, and a weekly vegetarian co-op cafe, making your clients happy on their wellness journey. Call 410-367-7300 for more details.

**FREE COPY OF ESSIAC HANDBOOK.** About the famous Ojibway herbal healing remedy. Call 1-888-568-3036 or write to Box 1182, Crestone, CO, 81131.

**SEXUAL HEALTH WITH A HOLISTIC TWIST** Tasteful, nontoxic sexual products with an eco-friendly approach. Enjoy free sex education techniques and many other helpful sexual health resources. Visit us online today at - HolisticWisdom.com.

**WOULD YOU LIKE TO REDUCE YOUR DEPENDENCY** on dirty fossil fuels? What if you could get solar panels installed for FREE? You just pay for power the system generates but at a rate lower than your utility! You can go green, save a little money, and take control of your energy costs with NOTHING OUT OF POCKET. Interested in a free consultation to go solar? Contact Cam MacQueen at solarcitycam@gmail.com.

**ATTENTION YOGA TEACHERS:** Rental space available on an hourly basis in Herndon, VA, at the 3rd St. Yoga Center, located at 800 Third St. If you have a small following and want to hold one or more classes on a regular basis, or, conduct workshops, we can help. You focus on your practice; we do the rest. Check out our website: www.the3rdstyogacenter.com to view photos of the beautiful red pine flooring, natural light and design and the very reasonable rates for teachers. Call or text 703-582-2229.

**MULTIPLE SPACES FOR RENT AS WELL AS OUTDOOR USE BOTH HOURLY AND ONGOING.** Rates start as low as \$35 per hour! Groups of 4 to 250 people. Kitchen use available. Sprawling 4-acre campus off 355. Minutes from 270 and Sam Eig Highway. Ample parking. Perfect for fitness classes, daycare, school, office space, workshops, retreats and more! Unity of Gaithersburg, 111 Central Ave., Gaithersburg MD 20877. 301-947-3626 | admin@unityofgaithersburg.org

**READINGS BY DAVID.** David Champion is a psychic who has insights that resonate within you. Honest. Hopeful. Accurate. 30 minutes/\$45. www.Davidchampion.com or call 757-708-1182.

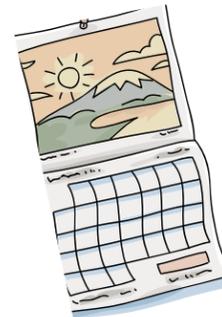
**GEODESIC DOME ON 24 FORESTED ACRES FOR SALE** - 40 minutes south of DC. Call 301-246-6947. https://domeinthemarylandwoods.vpweb.com/

**OFFICE SPACE ON BELTWAY NEAR JOINT BASE ANDREWS.** \$81 per sf. Up to 2,455 sf. Good for doctors, dentists, lawyers, title co. - Call Alex 301-246-6947. BeltwayOfficeSpace.com

**PAID RESEARCH STUDY:** Participants needed for research study at the University of Maryland, College Park. Seeking healthy adults ages 40-80 with either (1) extensive meditation experience or (2) no prior meditation experience to study the link between bacteria in the gut and day-to-day behavior with biological samples (eg, stool sample), MRI, and behavioral tests. If you qualify and enroll, you will earn \$25/hour for 2 sessions of up to 1.5 and 2.5 hours, respectively. For eligibility info, contact us at 301-202-4834, BrainBodyStudy@gmail.com.

**INTUITIVE WELLNESS CENTER IS LOOKING FOR OTHER WELLNESS PRACTITIONERS TO SHARE SPACE IN THE BETHESDA LOCATION.** Days and hours to be determined on an individual basis. There is one classroom and one healing room with a reiki table, and a waiting room. Please visit IntuitiveWellnessCenter.com for pictures. Call Sherri at 301-461-3189 if interested.

**HAIRSTYLIST** Enjoy working in a peaceful nontoxic space with other creatives. BellaWest Organic Salon opened its doors in 2009 and is growing. We are an eco friendly, clean air, organic salon. Must have Va. Cosmetology License. Please email or send resume to laura@bellawest.net



Over 3,000 hits a day!

Your Event  
in the  
Pathways Calendar

Let our readers know  
about your class,  
workshop,  
or special event in  
print and online.

Calendar Listings:  
50¢ a word

Next Deadline – December 1st  
For more info, call 240-247-0393

www.PathwaysMagazine.com

## GO FORWARD. PERSONAL COACHING

SUPPORT FOR POWERFUL LIFE CHANGES  
VIA PHONE OR SKYPE

- MOVE FORWARD WITH LIFE'S CHALLENGES
- TRANSCEND NEGATIVE PATTERNS
- REFERENCES AVAILABLE

No Cost / No Charge  
Nonprofit

Liz Tanaka (703) 409-3112  
liztanaka77@gmail.com  
go4wardnow.org



Visit Our Website To Download  
The Entire Issue Of Pathways  
to Your Phone, Tablet or  
Laptop.

Hundred's Of Links!  
www.pathwaysmagazine.com



**THINK GLOBALLY  
SHOP LOCALLY**

Please Tell Shops & Practitioners  
That You Saw Them in Pathways!  
www.pathwaysmagazine.com

# ONLINE CONNECTIONS

## ACUPUNCTURE

Acupuncture for Healing Support ..... [www.healingsupport.com](http://www.healingsupport.com)  
Facial Rejuvenation - Amos, MD, Helena ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
Meridian Healing Works ..... [www.meridianhealingworks.com](http://www.meridianhealingworks.com)

## ALLERGY

Allergy Amos, MD, Helena - Allergy Elimination ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)

## ANGELS

Alix & the Archangels, Alix Moore, LLC ..... [www.yoursoulstruth.com](http://www.yoursoulstruth.com)

## ASKASIC READER

Akashic Librarian ..... [www.akashiclibrarian.com](http://www.akashiclibrarian.com)

## ASTROLOGY

Amethyst Astrology Services ..... [www.lynnkoiner.com](http://www.lynnkoiner.com)

## ASTROLOGY

Astro Traditional ..... [www.astrotraditional.com](http://www.astrotraditional.com)  
Kuceris, Misty ..... [www.enhanceoneself.com](http://www.enhanceoneself.com)

## AURA PHOTOGRAPHY

Avillion Aura Imaging Photography ..... [www.Avillion.org](http://www.Avillion.org)

## AYURVEDA

Center for Health & Wellness ..... [www.marylandhealthandwellness.com](http://www.marylandhealthandwellness.com)

## BOOKS // GIFTS // JEWELRY // MUSIC

Mountain Mystic Trading Co ..... [www.MountainMystic.com](http://www.MountainMystic.com)  
Sacred Circle ..... [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)  
Solartopia ..... [www.solartopia.org](http://www.solartopia.org), [www.harveywasser.com](http://www.harveywasser.com)  
Sticks and Stones ..... [www.sticksandstonescircle.com](http://www.sticksandstonescircle.com)

## CHILDREN'S HEALTH PROGRAMS

Inner Harbor Wellness/PRISM ..... [www.cornercommunitycenter.org](http://www.cornercommunitycenter.org)

## CHIROPRACTIC

Gardner Chiropractic ..... [www.easyspine.com](http://www.easyspine.com)  
Washington Chiropractic ..... [www.washingtonchiropractic.net](http://www.washingtonchiropractic.net)

## CHURCHES & SPIRITUAL CENTERS

Arlington Metaphysical Chapel ..... [www.arlingtonmeta.org](http://www.arlingtonmeta.org)  
Baha'i Faith ..... [www.bahai.org](http://www.bahai.org)  
Center for Spiritual Enlightenment (NSAC) ..... [www.TheCSE.org](http://www.TheCSE.org)  
Centers for Spiritual Living ..... [www.centersforspiritualiving-greaterdregion.org](http://www.centersforspiritualiving-greaterdregion.org)  
Circle of Worship ..... [www.onecircle.net](http://www.onecircle.net)  
Superet Light Center ..... [www.spopmwasd.com](http://www.spopmwasd.com)  
Takoma Metaphysical Chapel ..... [www.TakomaChapel.org](http://www.TakomaChapel.org)  
Telespectral LLC ..... [www.angeltalktv.com](http://www.angeltalktv.com)  
United Metaphysical Churches Roanoke Retreat ..... [www.unitedmeta.org](http://www.unitedmeta.org)

## CLASSES & LEARNING CENTERS

Share International ..... [www.share-international.us/ne](http://www.share-international.us/ne)

## CLEANING SERVICES

Maid Brigade ..... [www.maidbrigade.com](http://www.maidbrigade.com)  
Skilled Maids ..... [www.skilledmaids.com](http://www.skilledmaids.com)

## COACHING & COUNSELING

Carol Burbank Storyweaving Coaching & Healing ..... [www.storyweaving.com](http://www.storyweaving.com)  
Counseling & Guidance Center ..... [www.psychsight.com](http://www.psychsight.com)  
Culp, LCPC, LPC, Courtenay J ..... [www.counselingandcoaching.com](http://www.counselingandcoaching.com)  
Go Forward Personal Coaching ..... [www.go4wardnow.org](http://www.go4wardnow.org)  
Healing Light Center, LLC ..... [www.healinglc.com](http://www.healinglc.com)  
Starchaser Integrated Coaching and Energy Healing ..... [www.starchaser-healingarts.com](http://www.starchaser-healingarts.com)  
The Healing Frequency ..... [www.thehealingfrequency.net](http://www.thehealingfrequency.net)  
Wollstonecraft Coaching ..... [www.wollstonecraftcoaching.com](http://www.wollstonecraftcoaching.com)

## COMMUNITY

Olney Holistic Chamber of Commerce ..... [www.holisticchamberofcommerce.com/olney](http://www.holisticchamberofcommerce.com/olney)

## COMMUNITY CRISIS SERVICES

Community Crisis Services, Inc. (CCSI) ..... [www.ccsimd.org](http://www.ccsimd.org)

## CRYSTALS

Healing Crystals ..... [healingcrystals.com](http://healingcrystals.com)  
The Crystal Shop at Brookville Pharmacy & Wellness Center ..... [www.crystalshopatbarlow.com](http://www.crystalshopatbarlow.com)  
Stones That Heal - Knowles Apothecary ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## DENTAL

DC Dentist , Terry Victor, DDS ..... [www.theddentist.com](http://www.theddentist.com)  
Dental Excellence Integrative Center ..... [www.dental-alexandria.com](http://www.dental-alexandria.com)  
Fischer, DDS, Richard ..... [www.evergreedentalwellness.com](http://www.evergreedentalwellness.com)  
Modern Smile Dental ..... [www.dentistofficegaithersburg.com](http://www.dentistofficegaithersburg.com)  
National Integrated Health Assoc., Dentistry ..... [www.NIHAdc.com](http://www.NIHAdc.com)

## DREAM WORK

The Armchair Dreamer ..... [www.armchairdreamer.com](http://www.armchairdreamer.com)

## ECKANKAR

Eckankar - Maryland Satsang ..... [www.eckankarmaryland.org](http://www.eckankarmaryland.org)  
Eckankar of Northern Virginia ..... [www.eck-virginia.org](http://www.eck-virginia.org)

## EMPATH COACHING

Rose Rosetree Energy Spirituality ..... [www.rose-rosetree.com](http://www.rose-rosetree.com)

## ENERGY WORK

Somatic Energy Therapies ..... [www.SETherapies.org](http://www.SETherapies.org)

## EVENTS

Interfusion Festival ..... [www.interfusionfestival.com](http://www.interfusionfestival.com)  
Illuminate Frederick ..... [www.illuminatefrederick.com](http://www.illuminatefrederick.com)  
Lotus Wellness: The Awakened Life Retreat ..... [www.lotuswellness.com](http://www.lotuswellness.com)  
Natural Living Expo ..... [www.naturallivingexpo.com](http://www.naturallivingexpo.com)  
Unity of Fairfax Church Events ..... [www.unityoffairfax.org](http://www.unityoffairfax.org)  
Ways To Wisdom ..... [www.waystoyourwisdom.com](http://www.waystoyourwisdom.com)

## FENG SHUI // HOME IMPROVEMENT

All Eco Design Center ..... [www.allecocenter.com](http://www.allecocenter.com)  
Feng Shui Designs, Hope Gerecht ..... [www.simplyevolve.us](http://www.simplyevolve.us)

## FINANCE

Bach, Eric ..... [www.ericlbachcpa.com](http://www.ericlbachcpa.com)

## FUNCTIONAL MEDICINE

Vitology Institute ..... [www.vinstitute.com](http://www.vinstitute.com)

## GARDENING

Washington Gardener ..... [www.WashingtonGardener.com](http://www.WashingtonGardener.com)

## HAND PRINT ANALYSIS

GPS Your Path // Vows And Wows, Inc./Handwriting ..... [www.gpsyourpath.com](http://www.gpsyourpath.com)

## HEALING CENTERS

Blueberry Gardens ..... [www.blueberrygardens.org](http://www.blueberrygardens.org)  
Blue Heron Wellness ..... [www.blueheronwellness.org](http://www.blueheronwellness.org)  
Falls Church Wellness Center ..... [www.fallschurchwellness.com](http://www.fallschurchwellness.com)  
Four Directions Wellness ..... [www.fourdirectionswellness.com](http://www.fourdirectionswellness.com)  
Highest Harmony Healing ..... [www.highestharmony.guru](http://www.highestharmony.guru)  
Intuitive Wellness ..... [www.intuitivewellnesscenter.com](http://www.intuitivewellnesscenter.com)  
Lotus Wellness Center ..... [www.lotuswellnesscenter.net](http://www.lotuswellnesscenter.net)  
Spiritual Spectra ..... [www.SpiritualSpectra.com](http://www.SpiritualSpectra.com)

## HEALTH FOOD // NATURAL FOOD STORES

Glut Food Co-op ..... [www.glut.org](http://www.glut.org)  
MOM's - Mom's Organic Market ..... [www.momsorganicmarket.com](http://www.momsorganicmarket.com)

## HEALTH PRODUCTS

Optimize Life Products ..... [www.empoweryourcells.com](http://www.empoweryourcells.com)

## HERBS & HERBAL EDUCATION

Green Comfort Herb School ..... [www.greencomfortherbschool.com](http://www.greencomfortherbschool.com)  
Smile Herb Shop ..... [www.smileherb.com](http://www.smileherb.com)

## HIGH HOLY DAY EVENTS

High Holy Day Services-Shirat NaNefesh Synagogue ..... [www.shirathanefesh.org](http://www.shirathanefesh.org)

## HOLISTIC BUSINESS CONSULTING

Financial Chakras ..... [www.financialchakras.com](http://www.financialchakras.com)

## HOLISTIC COUNSELING

Holistic Counseling LLC - Bharati Devkota ..... [www.bharatidevkota.com](http://www.bharatidevkota.com)

## HOLISTIC HEALTH

NIHA-Dr. Tapscott ..... [www.nihadc.com](http://www.nihadc.com)  
NIHA-Dr Gastwrit ..... [www.nihadc.com](http://www.nihadc.com)

## HYPNOSIS

Hollow Reed Healing/It's Not Therapy ..... [www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)  
Life Transforming Hypnotherapy ..... [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)  
Soul Source Spiritual Center Selinske ..... [www.theSoulSource.net](http://www.theSoulSource.net)

## MASSAGE & MASSAGE SCHOOLS

Bethesda Therapeutic Massage ..... [www.bethesdatherapeuticmassage.com](http://www.bethesdatherapeuticmassage.com)  
Lotus Wellness Therapists ..... [www.lotuswellnesscenter.net](http://www.lotuswellnesscenter.net)  
Potomac Massage Training Institute ..... [www.pmti.org](http://www.pmti.org)  
Robert Jordan Health Services ..... [www.RobertJordanHealthServices.com](http://www.RobertJordanHealthServices.com)  
Tri Touch Therapies ..... [www.tritouch.com](http://www.tritouch.com)

## MEDICAL MARIJUANA

K&M Law Firm ..... [www.kinnerncogowan.com](http://www.kinnerncogowan.com)

## MEDITATION

Meditation Museum ..... [www.meditationmuseum.org](http://www.meditationmuseum.org)  
Mindfulness Center ..... [www.themindfulnesscenter.org](http://www.themindfulnesscenter.org)

## MEDIUM

Carlos the Medium ..... [www.carlosthemedium.com](http://www.carlosthemedium.com)

## METAPHYSICS

Inspired by Angels ..... [www.InspiredbyAngels.com](http://www.InspiredbyAngels.com)  
TaroZod ..... [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com)

## NATUROPATHY

Naturopathy Services - Knowles ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## ORGANIC MATTRESSES

SavvyRest ..... [www.SavvyRest.com](http://www.SavvyRest.com)

## PARENTING

Holistic Moms Network - Arlington/Alexandria Chapter ..... [www.holisticmoms.org](http://www.holisticmoms.org)

## PHARMACY

Brookville Apothecary - Knowles ..... [www.BrookvilleWellness.com](http://www.BrookvilleWellness.com)  
Knowles Apothecary ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)  
Village Green Apothecary ..... [www.myvillagegreen.com](http://www.myvillagegreen.com)

## PHYSICAL THERAPY

Blue Nyle Therapy Services ..... [www.bluenyletherapy.com](http://www.bluenyletherapy.com)

## PSYCH-K PERSONAL DEVELOPMENT

Beam In Help ..... [www.BeamInHealth.com](http://www.BeamInHealth.com)

## PSYCHIC

Jones, Alice ..... [www.alicjajones.com](http://www.alicjajones.com)  
Judy Kay, Psychic Medium ..... [www.judykay.net](http://www.judykay.net)  
Light Works Reiki and Psychic Mediumship Readings ..... [www.lightworks.biz](http://www.lightworks.biz)  
Marie-Claire ..... [www.marie-claire.tv](http://www.marie-claire.tv)  
Morning Star, Konstanza ..... [www.silverspringoffight.com](http://www.silverspringoffight.com)  
Psychic Medium Annie Larson ..... [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)  
The Soul Shepherd ..... [www.thesoulsherpherd.com](http://www.thesoulsherpherd.com)  
Voice of the Gatekeepers ..... [www.voiceofthegatekeepers.com](http://www.voiceofthegatekeepers.com)

## PSYCHOTHERAPY

Association of Holistic & Traditional Therapists ..... [www.dreileenbuese.com](http://www.dreileenbuese.com)

## RADIO / PODCASTS

America Meditating Radio Show-Meditation Museum ..... [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating)

## REAL ESTATE

Scheer Partners ..... [www.scheerpartners.com](http://www.scheerpartners.com)

## REFLEXOLOGY

Wiss, Brigitte ..... [www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

## REIKI

Aziza Doumani Reiki & Wellbeing ..... [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)  
Body & Soul Shepard ..... [www.bodyandsoulsherpherd.com](http://www.bodyandsoulsherpherd.com)  
Integral Reiki Center for Healing ..... <http://inrch.com>  
Reiki Center of Greater Washington ..... [www.reikicenter.info](http://www.reikicenter.info)  
Starchaser Integrated Coaching & Energy Healing ..... [www.starchaser-healingarts.com](http://www.starchaser-healingarts.com)

## RETREATS

Lotus Wellness: New Year New You Retreat ..... <https://conta.cc/2Y8Jpw9>

## SHAMANIC HEALING

Heartfire Healing Journey ..... [www.heartfirejourneys.com](http://www.heartfirejourneys.com)  
Shamanic Healing Institute ..... [www.shamanic-healing.org](http://www.shamanic-healing.org)  
Shamanic Spring ..... [www.ShamanicSpring.com](http://www.ShamanicSpring.com)  
Soul Song Healing ..... [www.soul-songhealing.com](http://www.soul-songhealing.com)

## SLEEP THERAPY

Sleep Magic ..... [www.victoriapendragon.artspan.com](http://www.victoriapendragon.artspan.com)

## SPA

Vows and Wows Wellness Spa ..... [www.vowsandwows.com](http://www.vowsandwows.com)

## SPIRITUAL COMMUNITY

The Hearts Center A Spiritual Community ..... [www.theheartscenter.org](http://www.theheartscenter.org)

## TAI CHI

Cloud Hands Tai Chi ..... [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)  
Glen Echo Tai Chi ..... [www.GlenEchoTaiChi.org](http://www.GlenEchoTaiChi.org)

## TAROT

Boyd, Tim ..... [www.timstarot.com](http://www.timstarot.com)  
The Spiritual Tarot ..... [www.thespiritualtarot.com](http://www.thespiritualtarot.com)

## VOLUNTEERS

A Wider Circle ..... [www.widercircle.org](http://www.widercircle.org)  
Montgomery County Stroke Association ..... [www.mcstroke.org](http://www.mcstroke.org)  
The New Dream ..... [www.newdream.org](http://www.newdream.org)

## WEALTH BUILDING

Wealth Messengers ..... [www.wealthmessengers.com](http://www.wealthmessengers.com)

## WEIGHT LOSS

Self-Empowerment Education Center ..... [www.seec-icmct.com](http://www.seec-icmct.com)

## WOMEN'S HEALTH

Birth Care & Women's Health ..... [www.birthcare.org](http://www.birthcare.org)

## YOGA

Align with Grace ..... [www.alignwithgrace.com](http://www.alignwithgrace.com)  
Higher Than Most on Yoga ..... [www.higherthanmostyoga.com](http://www.higherthanmostyoga.com)  
New Future Society Healing & Yoga Center ..... [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com)  
Unity Woods Yoga ..... [www.unitywoods.com](http://www.unitywoods.com)  
Samskara Yoga and Healing ..... [www.samskarayogava.com/](http://www.samskarayogava.com/)

**Visit Our Website To  
Download  
The Entire Issue Of Pathways  
to Your Phone, Tablet or  
Laptop.  
Lot's Of Links!  
[www.PathwaysMagazine.com](http://www.PathwaysMagazine.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](http://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](http://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](http://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](http://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](http://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](http://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  
Local & Organic Produce • Gourmet  
Cheeses & Delicacies • Organic Foods  
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](http://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](http://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.

We also give them thanks for acting as important distribution outlets for Pathways Magazine, now in our 42nd year of serving the DC metropolitan area.

## BETHESDA, MD



**Village Green Apothecary, Bethesda**  
5415 Cedar Lane, 20814  
301-530-0800

[www.myvillagegreen.com](http://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](http://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](http://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](http://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

### DAWSON'S MARKET

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

#### 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 12<sup>th</sup> 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.

## DC NATURAL FOODS, CONT'D



### 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



### ALEXANDRIA, VA

## 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.

## DC NATURAL FOODS, CONT'D



### 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.



#### 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

## DC NATURAL FOODS, CONT'D



### 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.

## 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.

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

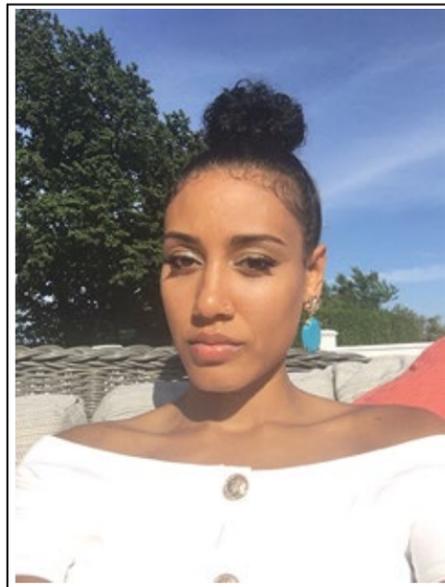
Please let them know that you saw them in Pathways or on [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)

## ADVERTISER INDEX & ON THE COVER

A Wider Circle.....	70	Holistic Moms Network.....	74	Share International.....	76	The Healing Frequency.....	67
Acupuncture and Natural Medicine, Dr. Amos.....	29	Hollow Reed Healing // It's Not Therapy.....	81	Skilled Maids.....	43	The Hearts Center A Spiritual Community.....	26
Acupuncture for Healing Support.....	77	Illuminate Frederick.....	54	Sleep Magic.....	81	The New Dream.....	68
Affirmative Tarot with Maya.....	79	Inner Harbor Wellness // PRISM.....	57	Smile Herb Shop.....	5	The Soul Shepherd.....	19
Akashic Librarian.....	79	Inner Harbor Wellness // PRISM.....	74	Solartopia.....	68	The Spiritual Tarot // Tarot Celebrations.....	58
Align with Grace Yoga.....	34	Inspired by Angels.....	80	Somatic Energy Therapies.....	76	Tri Touch Therapies.....	86
Align with Grace Yoga.....	73	Integrative Massage.....	84	Soul Song Healing.....	79	Tri Touch Therapies.....	79
Alix & the Archangels, Alix Moore, LLC.....	68	Interfusion Festival.....	8	Soul Source Spiritual Center Selinske.....	15	United Metaphysical Churches (Roanoke Retreat).....	38
All Eco Design Center.....	22	Intuitive Wellness.....	63	Spiritual Spectra.....	82	Unity of Fairfax Church Events.....	76
Allergy Amos, MD, Helena - Allergy Elimination... 77	77	Intuitive Wellness.....	78	Starchaser Integrated Coaching & Energy Healing.....	67	Unity Woods Yoga.....	76
America Meditating Radio Show.....	73	Jones, Alice.....	80	Starchaser Integrated Coaching & Energy Healing.....	76	Village Green Apothecary.....	16
Amethyst Astrology Services.....	79	Judy Kay, Psychic Medium.....	87	Sticks and Stones.....	84	Vitology Institute.....	37
Arlington Metaphysical Chapel.....	55	K&M Law Firm.....	66	Stones That Heal - Knowles Apothecary.....	32	Vivifying Reiki of Northern VA.....	87
Association of Holistic & Traditional Therapists... 58	58	Knowles Apothecary.....	3	Striving For Health.....	39	Voice of the Gatekeepers.....	87
Astro Traditional.....	80	Kuceris, Misty.....	53	Superet Light Center.....	87	Vows and Wows Wellness Spa.....	88
Avillion Aura Imaging Photography.....	86	Life Transforming Hypnotherapy.....	85	Takoma Metaphysical Chapel.....	18	Washington Chiropractic.....	83
Aziza Doumani Reiki & Wellbeing.....	73	Light Works Reiki and Psychic Mediumship.....	80	TaroZod.....	88	Washington Gardener.....	71
Bach, Eric.....	83	Lotus Wellness Center.....	10	Telespectral Church Service.....	56	Ways To Wisdom.....	70
Baha'i Faith.....	83	Lotus Wellness Therapists.....	28	Telespectral LLC.....	56	Wealth Messengers.....	81
Beam In Help.....	77	Lotus Wellness: New Year New You Retreat..... 57	57	The Armchair Dreamer.....	73	Wollstonecraft Coaching.....	59
Bethesda Therapeutic Massage.....	86	Lotus Wellness: The Awakened Life Retreat..... 72	72	The Crystal Shop at Brookville Pharmacy..... 63	63		
Birth Care & Women's Health.....	77	Maid Brigade.....	71				
Blue Heron Wellness.....	73	Marie-Claire.....	81				
Blue Nyle Therapy Services.....	44	Mary Kay-Massage.....	82				
Blueberry Gardens.....	78	Mary Kay-Massage.....	69				
Body & Soul Shepard.....	84	Maryland Psychiatric Research Center.....	36				
Boyd, Tim.....	69	Meditation Museum.....	74				
Brookville Apothecary - Knowles.....	95	Meridian Healing Works.....	82				
Carlos the Medium.....	87	Mindfulness Center.....	17				
Carlos the Medium.....	80	Mindfulness Center.....	78				
Carol Burbank Storyweaving Coaching & Healing 70	70	Modern Smile Dental.....	27				
Carroll, Kathleen.....	85	MOM's - Mom's Organic Market.....	13				
Center for Health & Wellness.....	62	Montgomery County Stroke Association.....	85				
Center for Spiritual Enlightenment (NSAC).....	80	Morning Star, Konstanza.....	88				
Centers for Spiritual Living.....	35	Mother Earth News.....	65				
Chinese Herbs & Acupuncture.....	82	Mountain Mystic Trading Co.....	44				
Circle of Worship.....	85	Natural Living Expo.....	2				
Cloud Hands Tai Chi.....	73	Natural Living Expo.....	45				
Community Crisis Services, Inc. (CCSI).....	85	Natural Living Expo.....	96				
Culp, LCPC, LPC, Courtenay J.....	83	Naturopathy Services - Knowles.....	33				
DC Dentist, Terry Victor, DDS.....	61	New Future Society Healing & Yoga Center..... 74	74				
Dental Excellence Integrative Center.....	23	New Future Society Healing & Yoga Center..... 67	67				
Eckankar - Maryland Satsang.....	74	National Integrated Health Associates (NIHA).... 4	4				
Eckankar of Northern Virginia.....	55	NIHA Dentistry.....	24				
Experience Rebirthing – George Kalish.....	81	NIHA-Dr Gastwrit.....	25				
Facial Rejuvenation - Amos, MD, Helena -.....	78	NIHA-Dr. Tapscott.....	25				
Feng Shui Designs, Hope Gerecht.....	67	Olney Holistic Chamber of Commerce.....	64				
Financial Chakras.....	40	Optimize Life Products.....	66				
Fischer, DDS, Richard.....	62	Patty's Angels, PC Sands LLC,.....	82				
Four Directions Wellness.....	78	Potomac Massage Training Institute (PMTI)..... 12	12				
Four Directions Wellness.....	64	Psychic Medium Annie Larson.....	81				
Gardner Chiropractic.....	41	Reiki Center of Greater Washington.....	75				
Glen Echo Tai Chi.....	74	Robert Jordan Health Services.....	14				
Glut Food Co-op.....	68	Rolfers.....	30				
Go Forward Personal Coaching.....	89	Rose Rosetree Energy Spirituality.....	75				
GPS Your Path.....	66	Sacred Circle.....	61				
Green Comfort Herb School.....	68	Samskara Yoga and Healing.....	59				
Healing Crystals.....	84	SavvyRest.....	20				
Healing Light Center, LLC.....	42	SavvyRest.....	21				
Heartfire Healing Journey.....	88	Scheer Partners.....	65				
High Holy Day Services-Shirat NaNefesh.....	70	Self-Empowerment Education Center.....	78				
Higher Than Most on Yoga.....	84	Shamanic Healing Institute.....	31				
Holistic Counseling LLC - Bharati Devkota.....	83	Shamanic Spring.....	75				
		Shamanic Way, The.....	75				

CLICK ON THE PAGE NUMBER TO GO TO THE AD

## ON THE COVER



Stephanie Kiah is an internationally recognized visual artist best known for her portraiture and mixed media work. Her mixed media painting "Wanderlust" is about mental health, self-care, and how she found joy and inspiration doing one of the things she loves best - traveling abroad. Largely inspired by her travels to the beautiful island of Barbados, this piece embodies a personal euphoric moment, representing how far she's come over the years in regards to her struggles with anxiety and at times depression. "Wanderlust" is all about self-love, taking the time to enjoy life's pleasures, living in the present, and the magic that can manifest when all those elements are given the space to align.

Kiah's also a wellness advocate, budding food activist, and soul on a quest for truth and inspiration. Through sharing personal experiences of her journey towards health and wellness, she hopes to inspire others to strive for an increased quality of life through mindful living practices. Her artwork and blog can both be found on her website [www.StephanieKiah.com](http://www.StephanieKiah.com).

Website: [www.stephaniekiah.com](http://www.stephaniekiah.com)  
Instagram: @stephaniekiah  
Facebook: Stephanie Kiah Art

# Old Fashion Service in Modern Times

Traditional & Alternative Health Care  
For The Entire Family



Local Delivery Available



**Hossein Ejtemai, R.Ph.**  
Pharmacist

## Brookville Pharmacy

7025 Brookville Rd  
Chevy Chase, MD 20815  
Mon-Fri: 9am-6pm, Sat: 10am-6pm, Sun: 10am-3pm  
PHONE: 301-652-0600  
FAX: 301-652-8261  
www.BrookvillePharmacy.com



**Alan Chiet, R.Ph.**  
Pharmacist

## Knowles Apothecary

10400 Connecticut Ave, #100  
Kensington, MD 20895  
Mon-Fri: 9am-6pm, Sat: 9am-1pm  
PHONE: 301-942-7979  
FAX: 301-942-5544  
www.KnowlesWellness.com



**Janice Granmayeh, R.Ph.**  
Pharmacist Nutritional  
Advisor

## McLean Pharmacy

1392 Chain Bridge Road  
McLean Virginia 22101  
Mon-Fri 9:00 a.m. - 7:00 p.m.  
Sat 10:00 a.m. - 5:00 p.m.  
PHONE: 571-488-6030  
FAX: 571-488-6035  
www.mcleanrx.com

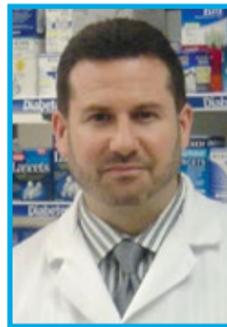


**Sean Park, R.Ph.**  
Pharmacist

## Brookville Pharmacy & Wellness Center

5454 Wisconsin Ave, Ste. 400  
Chevy Chase, MD 20815  
Mon-Fri: 8am-6pm, Sat: 9am-2pm  
PHONE: 301-718-0900  
FAX: 301-718-0901  
www.BrookvilleWellness.com

We accept most  
insurance plans.



**ALAN CHIET, R.Ph.**  
Pharmacist



**HOSSEIN EJTEMAI, R.Ph.**  
Pharmacist

Transfer a prescription  
and receive **\$5 off!**

Excluding Medicare and other state and federal programs.

## PROVIDING

- ▶ Biomimetic Hormone Replacement Therapy \*
- ▶ Personalized Recommendations From Experience Nutritional Advisors To Meet Your Wellness Needs
- ▶ Veterinary Compounds
- ▶ Lactose Free Formulations \*
- ▶ Practitioner Brands Stocked
- ▶ Herbal / Homeopathic Remedies
- ▶ Natural Health And Beauty Aids
- ▶ Gluten Free Products
- ▶ Kosher Vitamins

\* Requires Valid Physician's Prescription



**20% off**  
Everyday Vitamins and Supplements  
may not include ALL vitamin lines

**15% off** Professional lines



**Pathways  
NATURAL LIVING EXPO  
50<sup>th</sup> ANNIVERSARY**

*Many thanks to our friends and community. We look forward to seeing you at the show!*

**COME CELEBRATE WITH US!**

**Explore,  
Learn, Shop,  
Play, Network**

**And Have a Great Time at Our  
50th Expo of Healthy and  
Unique Goods and Services**

**Pathways Presents the 50th**

# **Natural Living Expo**

**Sunday, September 29, 2019 • 10 AM - 7 PM**

**130 EXHIBITORS • 56 WORKSHOPS**

**FREE INDOOR PARKING • EASY ACCESS AT THE BELTWAY & RT. 50**

**Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church, VA 22042**

**Only \$10 with coupons available at [www.naturallivingexpo.com](http://www.naturallivingexpo.com)**

**See the complete program beginning on page 45**

*Visit our Pathways table for FREE giveaways, enter our raffle and say hi!*

**ALTERNATIVE MEDICINE • ANGEL READINGS • ANIMAL WELL-BEING • ART • ASTROLOGY • AURA PHOTOGRAPHY  
AROMATHERAPY • BEADS & CRYSTALS • BOOKS • CHIROPRACTIC • CLOTHING • COACHING • CRAFTS • DENTISTRY  
ENERGY HEALING • FACE READING • FENG SHUI • HEALTH PRODUCTS • HERBS • HOLISTIC DOCTORS • HYPNOSIS  
JEWELRY • LEARNING CENTERS • MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NUTRITION • PAIN MANAGEMENT  
PALM READING • PHARMACIES • POLARITY THERAPY • PSYCHICS • PSYCHOLOGY • QIGONG • REFLEXOLOGY • REIKI  
SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAI CHI • TAROT • WEIGHT LOSS • YOGA • MUCH MORE • SPEND THE DAY!**

## **The Pathways Event of the Year**