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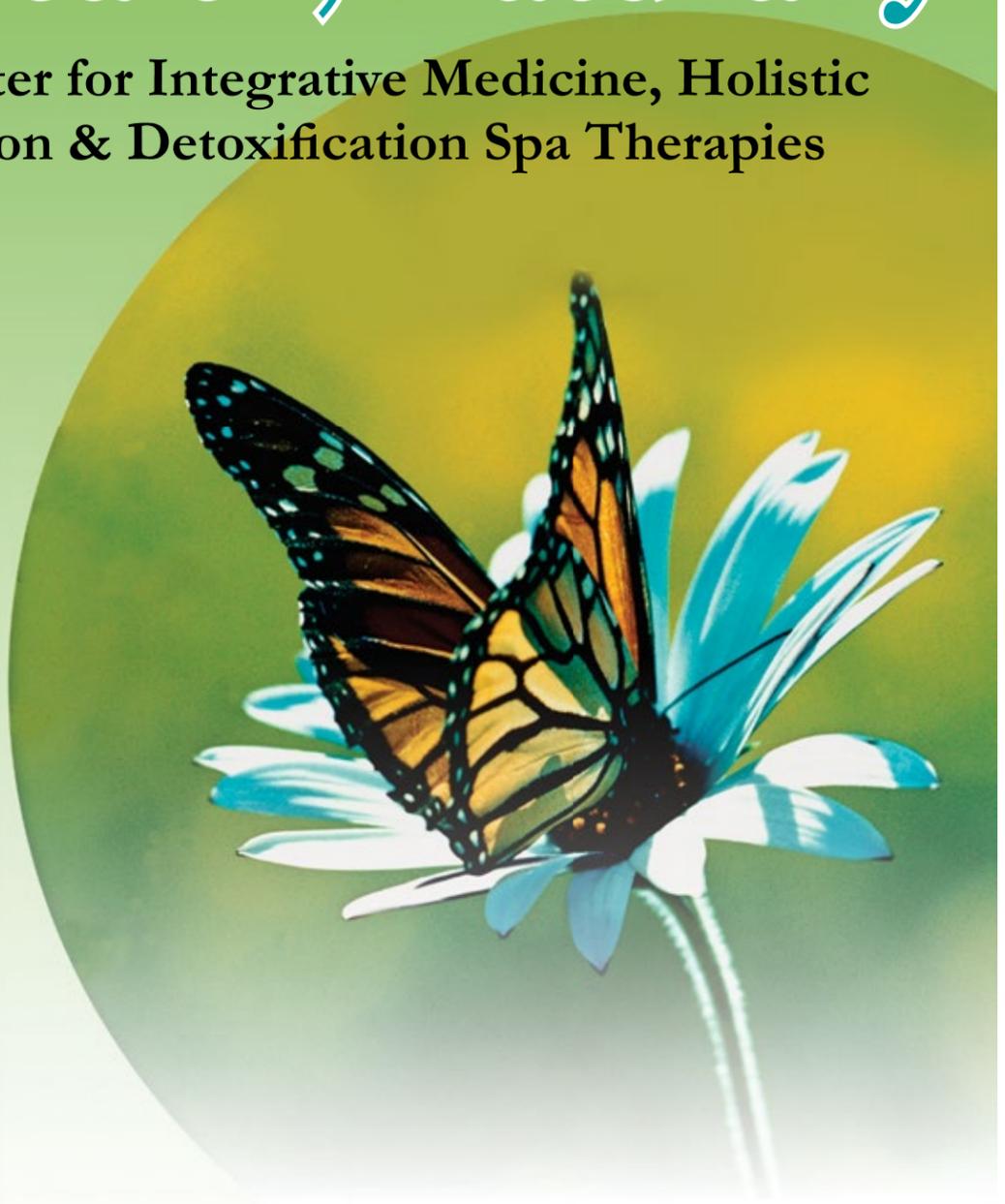
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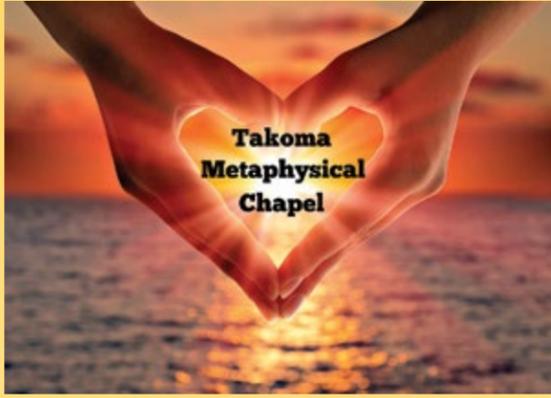
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WHAT WE'RE ABOUT

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.

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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. **You can also download a free copy of our complete online version of the print issue from our website!**

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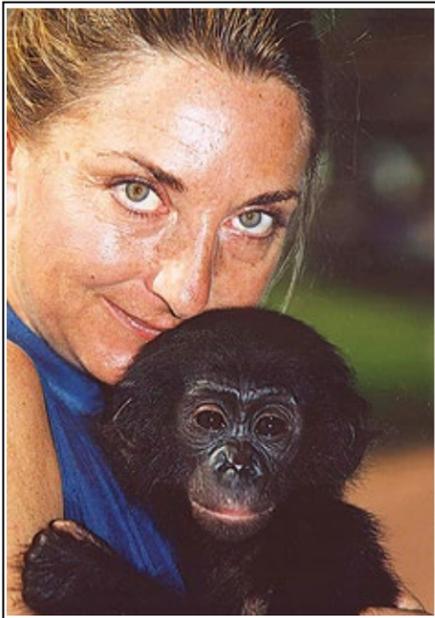
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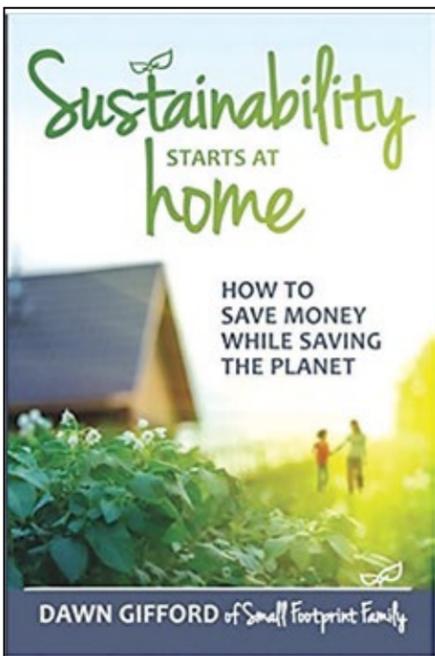
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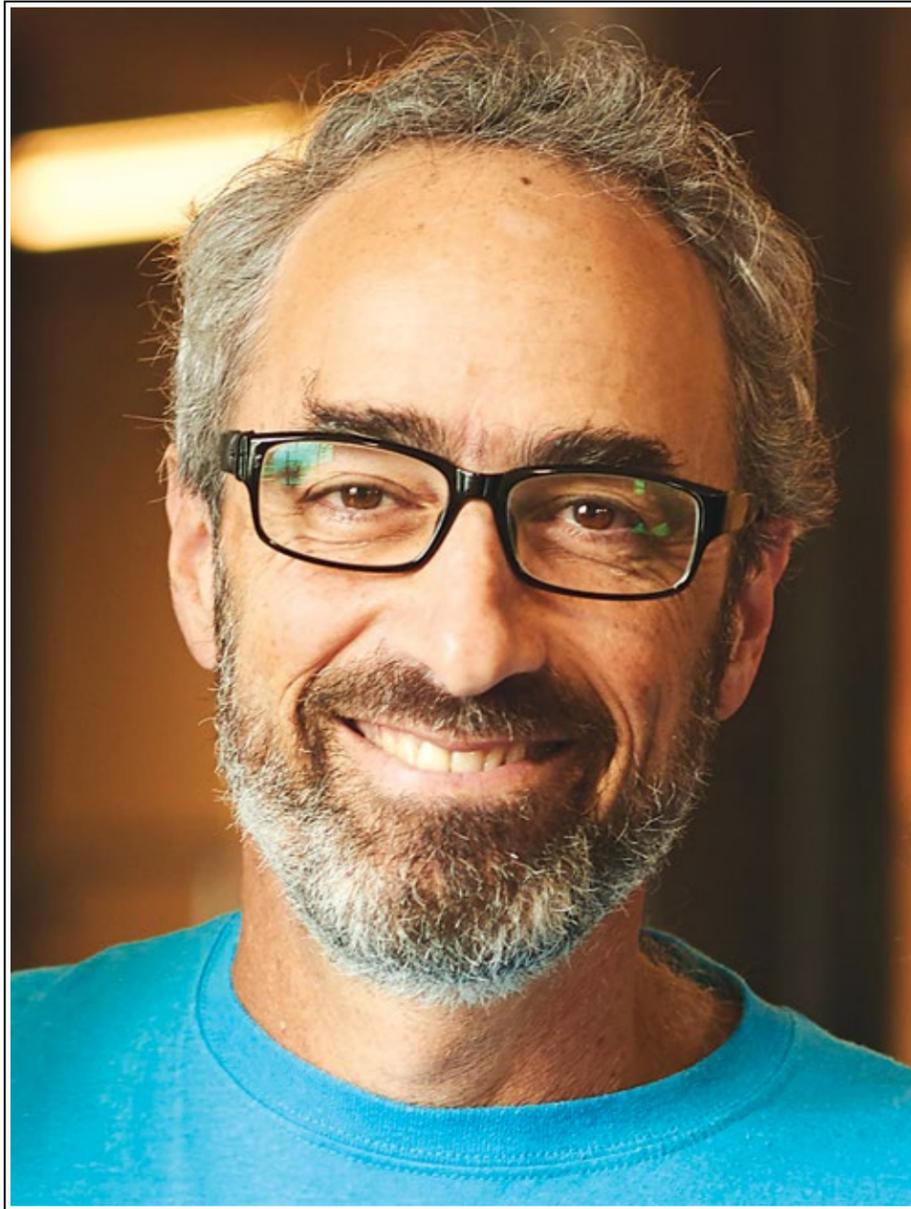
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Cultivating Student Entrepreneurship

A primer on how university programs are preparing 21st century innovators

INTERVIEW BY MICHELLE ALONSO

“The 21st century is indeed the entrepreneurial century.... The rate at which new ventures for profit, non-profit are being created has never been higher in history... And I think the most telling statistic is today, the millennial generation, 75% of high school kids want some day to have their own venture. Not a job for life with some big company. Their own adventure.”
~ Excerpt from Michael Morris, TEDxUF Talk, April, 2015



Interview with Daniel Mosse, PhD

always think of solutions to increase efficiency. When I walked home with my daughter from high school in 2012, and we used to hang out downstairs, I kept thinking, why am I heating the upstairs? And sleep time comes, we go upstairs and I think, why am I heating the downstairs? This started the quest for a better system. I explored zone systems that are very expensive and only control, as the name says, zones. This was not sufficient when my Pittsburgh-born daughter wanted to be at 65°F while my Brazilian self wanted 70°F. I then bought a Nest, which was a so-called “learning thermostat,” but it was insufficient—there was no room-by-room control.

At the time you were a Computer Science professor. So did you present your students with this specific environmental challenge and ask them to work on a solution, or had you started tinkering with the technology and enlisted them to collaborate with you on bringing it to fruition?

It started as a senior design project for computer engineering students at the University of Pittsburgh in spring 2015. I told them what the problem was, told them a sketch of my initial solution, told them we needed both hardware and software, and they were off doing their prototype!

There were 9 students to start with. Four students were interested in creating a startup at the end of the semester, 3 actually went to the first meetings and started working on it, then one of them dropped out to go back to school, to get an MS in Machine Learning. And then there were 2! In December 2015 those two former students and I incorporated a company.

Give our readers an overview of what HiberSense is and how it works.

HiberSense reduces typical HVAC energy costs and consumption by 20-40% while improving occupant comfort through an easily installed, bat-

tery-operated room-by-room climate control system. HiberSense’s Micro-Zone Climate Control™ solution includes a distributed network of intelligent sensors, proprietary software, and wireless automatic motorized dampers. The information collected allows HiberSense to learn and predict occupant patterns and temperature preferences, automatically redirecting heating and cooling airflow by judiciously opening vents where needed and closing vents where there is nobody and, importantly, where it predicts there will be nobody.

Who came up with the product name?

A group of students from LaRoche University helped us to choose the name by working over an intense weekend with us, and then offering up suggestions. They were design students who were taking a class, and the professor came to AlphaLab Gear with these students. They went back to their college and after a couple of weeks they offered us many options. We liked the play on words, showing that the house will hibernate and save energy, while sensors monitor the environment. It was a great exercise and example of how students can do great fieldwork when given the opportunity.

How is your team now applying the HiberSense technology in the real world?

We are installing it where users have problems with comfort mostly. For example, at the dentist’s office that has poor insulation or airflow in some rooms, we are able to compensate for these original flaws. No more dangerous and expensive space heaters! We also work with landlords that are paying for the utility bills, while tenants may be less careful—and not incentivized—with temperature control and savings, such as University dorms. We focus on residential units—apartments or houses—and light commercial units—small commercial spaces.

The University of Pittsburgh’s Blast Furnace program is just one example of how universities provide special programs and offer curriculum on subjects that nurture innovation and support entrepreneurship. How instrumental was Blast Furnace to your team in getting HiberSense launched? What was involved in working with this accelerator program?

When we decided to form a company, we had zero to very little experience in the business world. As a Professor and a few senior students, we did not know the first thing about creating a business. One of the founders, Brendan, had taken a class and used Hiber-

continued on page 106

How did you come up with the idea for HiberSense?

Because I am an environmentalist and do not like to waste anything, I

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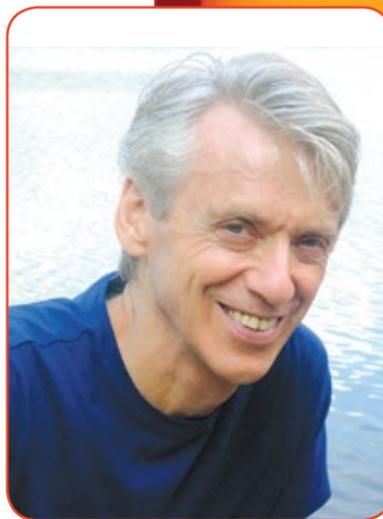
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Slow-Food Mindfulness

BY PATRICIA ULLMAN

Meditation is becoming more ordinary and mainstream each day, which is amazing and wonderful. The challenge that naturally comes along with that, as with many traditional things that become popularized, is how to retain clarity about its profound core even while celebrating its growing accessibility.

As the ancient practice of mindfulness meditation co-emerges in the West as both an authentic practice and as a self-help fad, businesses are springing up all across the country, which offer a variety of things under its umbrella—at mindfulness studios and in yoga classes, in schools, and in organizations and businesses. Washington DC is a little behind the more hip, less conservative cities like New York and Los Angeles in starting up and developing these businesses, but in the last couple of years the meditation scene has begun to grow here as well. Several mindfulness-related studios opened in the DC area last year, and there are a growing number of people and organizations teaching it in schools, hospitals, and businesses.

I've been teaching meditation all around the DC area during the last year or so, and I've been trying to stay on this interesting edge between making the authentic practice accessible without succumbing to a fast-food mentality—our society's habit of wanting to get a quick fix that feels good and doesn't require any work.

The problem with fast food is that it ultimately leaves the body undernourished and the mind craving more. The slow food movement, on the other hand, is about remembering and honoring the benefits of real food, locally sourced, cooked at home, enjoyed sitting down. Eating in this way takes more time and attention, but it ultimately enriches one's life and health, both physically and emotionally. The analogy is a good one.

The *Washington Post* recently carried an article by Dr. Thomas Joiner, a professor of psychology at Florida State University ("Mindfulness would be good for you. If it weren't so selfish: How a self-help trend warped a good idea"; Aug. 25, 2017). Dr. Joiner writes that the usurpation of authentic mindfulness by the current "ersatz version" is more an issue of how it's being promoted and less to do with the practice itself. Yes, indeed—the practice, after all, has been passed down from teacher to student for millennia, like a precious family treasure. Its methods and import are so fundamental to our integral functioning as human beings that it's actually puzzling it isn't taught in schools and promoted as essential to our mental and physical health and development.

I expect—I hope—that meditation will follow a trajectory similar to that



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Meditation is becoming more ordinary and mainstream each day, which is amazing and wonderful. The challenge that naturally comes along with that, as with many traditional things that become popularized, is how to retain clarity about its profound core even while celebrating its growing accessibility.

of yoga, exercise, and running, reaching a tipping point where it will be taken for granted as part of our cultural paradigm. Yoga studios and gyms are now considered a normal feature of our American society; but not that many years ago yoga was viewed with skepticism as a trippy Hindu fad, and, before that, gyms were seen as the provenance of body-builders and wealthy narcissists. For various reasons (including, among others, the publication of scientific research confirming the many real benefits; unscientific, profit-biased promotion of entrepreneurs; adoption by celebrities with resulting publicity; and the marketing of cool and sexy costumes and gear), it's now taken for granted that exercise is necessary for our basic physical health and that yoga helps keep our bodies flexible and our minds calm. Doctors routinely tell us to be sure to run, walk, or exercise. It's as fundamental to our health as eating well and brushing our teeth.

The trade-off to these disciplines becoming so wildly popular is the uneven quality of instruction and the resulting risk of injury, frustration, or misunderstanding. The way mindfulness is being promoted can easily lead our fast-food culture to think it's another miracle drug, a magic pill for stress. As Dr. Joiner says in his article, "There's nothing wrong with pleasant activities, but those already have a name: 'pleasant activities.'"

The Practice: Relaxation or Realization?

Because of the way mindfulness is being promoted, it's natural that most people would expect to experience one of the many 'pleasant activities' being offered in the name of mindfulness, like sound bathing, visualizations involving purring kittens and wind chimes, things with exotic names like chakras, tantra, and kundalini, and

instructors who talk the entire time because they're afraid to leave people with more than a few seconds of silence. There is nothing wrong with these kinds of activities (whether or not they actually qualify as 'meditation'), but rather with the mad scramble to mush them all together under the wildly popular, scientifically endorsed umbrella of mindfulness. (A quick Internet search will tell you that mindfulness can bring a reduction in stress, less rumination, more happiness and peace, improved focus, less emotional reactivity, improvement in menstrual cramping and inflammatory disorders, lower blood pressure, improved memory, increased optimism, relaxation, greater awareness, and less anxiety, fear, loneliness, and depression—and so on.) With the current promotional barrage, it's only natural people would seek it out as something to try, another potential tool that may offer help in the on-going struggle with this challenging human life.

But mindfulness meditation isn't just another relaxation technique—although relaxation can be one of its natural side effects. The essence of mindfulness is nonjudgmental attention, a full engagement with what is happening in the present. Another way of saying this is that it's a synchronization of body and mind, having one's body and mind in precisely the same place in any given moment. We usually experience this only when something out of the ordinary catches our attention, or when we exert some particular effort to pay attention. What scientists call our "default mode" is our usual wandering mind, with which we spend a disproportionate amount of time talking to ourselves and ruminating on past and future hopes and fears, so that our mind is not in this present moment in which we are actually alive. When we think this habitual wandering mind is the only alternative, we live

our lives largely on automatic, reacting rather than responding. Mindfulness meditation shows us an alternative, a way of freeing ourselves from our own endless cycle of conditioned thoughts, emotions, and actions.

Mindfulness is an inherent quality of the mind, but practices for intentionally cultivating it have never been part of the western cultural paradigm, which sublimates the veracity of direct experience to intellectual analysis and scientific proof. In mindfulness meditation, we stage a gentle, intentional boycott of our usual conceptual processes (both conscious and not) of categorizing, rehashing, labeling, and judging everything. There is no criticism of our busy human mind in this gentle practice, but simply a structured opportunity to notice the alternation between being caught in the busyness and then returning repeatedly to an intentional focus, like the breath. The discipline of consistently doing this strengthens and stabilizes our mind, and there's no question that this fosters countless mental, physical, and lifestyle improvements. The Buddhists and the scientists agree on that, and it's wonderful that we're now able to actually measure many of the physiological and behavioral effects of this practice.

Mindfulness meditation comes from the Buddhist tradition. The historical Buddha left the comforts of his palace and studied with various ascetic yogic practitioners before concluding he could only find the non-conceptual truth he was seeking through his own direct experience. He famously sat down under a tree, vowing not to get up until he could see and understand the nature of reality beyond his limited concepts. He simply watched his mind, not buying into it, until the "veils" covering over this basic wisdom were removed and he could see things clearly. He realized all human suffering is caused by the disjoint between our conditioned expectations and what is simply true.

We can't just apply further concepts to think our way out of this predicament, but we have to sit down and unwind the web of our habitual responses, which is a courageous, even outrageous, thing to do. And while Buddhism is ultimately about helping others, we first have to see through the clouds of confusion we're constantly emitting with very little (if any) awareness of what we're doing. "First, cause no harm." "Put on your own oxygen mask first." "Clean your house." Etc. The beginning of the Buddhist path necessarily needs to be self-focused, which is not self-ish. The student-teacher relationship at this first stage of the path is described as that of a patient-physician. We realize we need help, and, realizing there is no magic pill, we seek a teacher who can show us how to walk along the path with our own two feet.

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Ayurveda, Digestion and Immune Health

BY TOM AND SUSAN WOLFE

The crucial position of the gastrointestinal system is testified by the huge amount of immune cells that reside within it. Indeed, gut-associated lymphoid tissue represents almost 70% of the entire immune system; moreover, about 80% of plasma cells reside in gut associated lymphoid tissue.

~ *Allergy and the Gastrointestinal System*, National Institutes of Health website, May 7, 2016

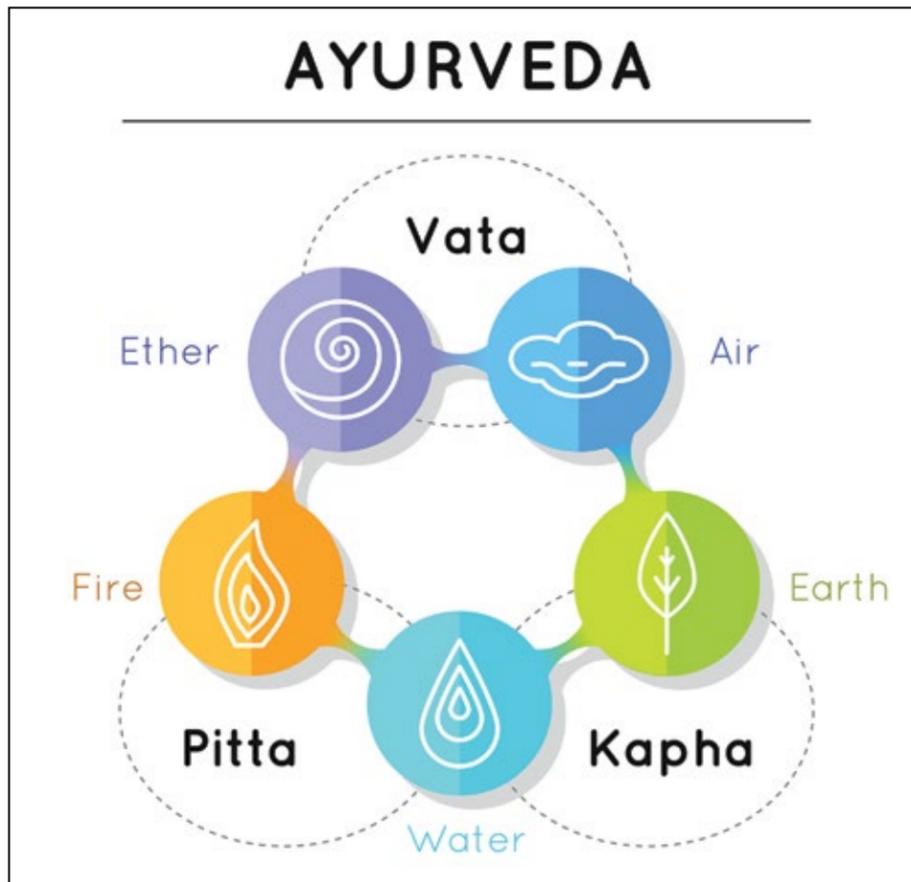
Ancient systems of medicine have long known the close relationship between the digestive and immune systems. In fact, in Ayurveda and Traditional Chinese Medicine, the three organs of digestion are considered the key to transformation and balance. Today, clinical research is providing new evidence to support that ancient knowledge. It's exciting for herbalists and practitioners to see the research supporting what we have known.

But what does this all mean for you? First of all, Western science is now saying more than 80% of immune function is found in the gut. So what that means is you will be supporting more than 80% of your immunity when you learn how to use herbs to balance your digestion by taking good care of the three primary organs of digestion: stomach, Small Intestine and Large Intestine!

Traditional medicine systems such as Chinese Medicine and Ayurveda understand the human body as an energetic organism. The subtle elements—Earth, Air, Fire, Wood, Water, and Ether—work together in harmony to support, nourish, and heal the body. When this energetic system is disrupted or out of balance, illness results. Having a basic understanding of these elements and how they function in the body can help us to prevent illness and discomfort.

To understand the relationship between the immune and digestive systems, we must understand the main element that connects them: Fire.

The Fire element is dominant in the stomach and small intestine, where it is essential to breaking down and assimilating food. Fire is also present in the liver and spleen, driving the immune system's ability to identify and



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attack invading pathogens. If this Fire in the body is weak, overwhelmed, or misdirected, digestive issues and unhealthy immune response can result. How that may manifest is dependent upon many factors, including lifestyle and individual constitution.

Understanding the Doshas

As Ayurvedic herbalists, we work with people to help them understand their primary *Dosha*, or Ayurvedic constitution, which allows them to predict strengths and weaknesses associated with their body types, and to prevent common difficulties associated with their type.

Each of the three *Doshas*—*Vata*, *Pitta* and *Kapha*—is made up of two energetic elements. Each *dosha* has its positive and negative attributes, and its particular role in the healthy functioning of the body. Each individual has their own unique balance of *doshas* within themselves, generally with one *dosha* strongest; this strong *dosha* is one's constitutional type.

Ayurveda is a vast body of knowledge, with many subtleties. We will do our best to keep explanations approachable, and focused on the subject of Digestion and Immune Function. With an understanding of the way these elements work in the body, we

can begin to understand what support and encouragement the body needs for optimum health.

If you're not sure of your constitutional type, you can take an online quiz here: <http://ayurvedadosha.org/doshas/ayurveda-dosha-test#/axzz4eilxyXke>.

Vata Dosha

- Elements: Air and Ether
- Responsible for all the *movement* in the body
- Vata circulates nutrients in the blood, and moves specialized cells from the immune system to where they are needed.
- Strengths: mobility, lightness, expansion, flexibility, overview, faith
- Weaknesses: dryness, anxiety, coldness, nerve disorders, gas or constipation, poor nutrient absorption

Vata and Digestion

Vata digestion tends to be cold and dry, with erratic appetite and a tendency toward gas and constipation. These folks tend to be slender, and have a hard time putting on weight or muscle mass. They may be restless and active, and struggle to eat balanced, regular meals. They may forget to eat, or be uninterested in food, then eat large quantities in one sitting. Vata types can

be drawn to extreme diets, especially ones focusing on "pure" food; but these diets are often Vata-aggravating. People with Vata predominately need soothing, warm, well-cooked foods and a balanced approach to eating.

Signs you may have Vata-excess digestion:

- Erratic appetite
- Excess gas or gas pain
- Dry, hard, "rabbit pellet" stool
- Infrequent (less than every other day) bowel movements

Remedies for Vata-excess digestion:

- Triphala
- Hot water or Ginger in the form of hot ginger tea, Ginger Supplements (I like Ginger Force by the New Chapter Company), or fresh ginger from the supermarket
- Marshmallow root made into a tea by simmering one tablespoon of root per quart of water
- Flax meal or flax seeds soaked overnight in water to drink first thing in the morning
- Soothing Carminative herbs such as Fennel Seed, Anise, Cardamom, and Sassafras Root
- Charcoal in capsules or combinations designed for Vata like Vata Digest from Banyan Botanicals

Things to avoid:

- Bitter foods and herbs (including coffee!)
- Raw or cold foods
- Irregular mealtimes

Vata and the Immune System

The Vata immune system may also be erratic in its reaction to invaders, and easily depleted. The Vata type needs to be nourished and supported with warm, soothing herbs, foods, and environment. Vata folks may be especially vulnerable to respiratory problems, where their tendency to dryness and hoarseness leaves sensitive sinus and lung tissues susceptible to infection. The Vata immune system may respond quickly to pathogens, but it also can quickly deplete itself, increasing the likelihood of re-infection.

Signs you may have a Vata-excess immune system:

- Unpredictable reactions to illness
- Frequent changes in symptoms
- Loss of appetite when ill
- Dryness, whether in skin, dry cough, sore throat, constipation

continued on page 99



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Brian C. Funk, Pastor

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Come and join us and our new Pastor, Rev. Brian C. Funk. If you have been looking for a church that feels like “home”, welcome to AMC!

Worship Services

Sunday Morning

Adult Study at 9:30 am
Spiritual Healing at 10:30 am
Worship Service at 11 am

First Sunday

Oneness Service with group healing at 11 am

Sunday Evening

Spiritual Healing at 7 pm
Worship & Message Service at 7:30 pm

Last Sunday

Music & Meditation Service at 7:30 pm

Weekday Evening Events

Mondays

7:30 pm, Guides & Teachers Circle, Rev. Steven Woods

Wednesdays

7:30 pm, Heart and Soul of Mediumship, Melody Krafft

Thursdays

7:30 pm, Meditation

Fridays

7:30 pm, Evidential Mediumship Development

Monthly Events

Last Saturday

Psychic Saturday at 10 am–2 pm
Mini-Readings, Psychic Art, and Spiritual Guidance
No Psychic Saturday on December 30, 2017

*Come join us for our Christmas Concert on December 17,
Christmas Eve service and Christmas Day Dinner!*

Classes

Topics include: Mysticism, Astrology, Self-Realization, Energy Healing, Soul Purpose, Manifestation, White Eagle, Tarot, Meditation, Mediumship, and much more. Visit our website for our current class offerings.

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Please contact the church office to schedule appointments, 703-276-8738.

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For more information, see our website:

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Rev. Brian Funk is the new pastor at the Arlington Metaphysical Chapel and was ordained in October 2009 by Rev. F. Reed Brown with United Metaphysical Churches. He is a certified medium and healer through UMC. He created AKOS Oasis, his website dedicated to Higher Spiritual Teachings and Spiritual Retreats. His passion for Divine Metaphysics and his highly-refined sensitivity to the Other Side makes him a gentle and wise teacher, healer and medium.



Bonobos: Messengers of Peace

BY REBECCA BOSSEN
EDITED BY CAM MACQUEEN

Imagine a world where resources are abundant and shared equally. Where society is matriarchal and matrilineal, and all community members receive respect and consideration. Where conflicts are resolved through affection rather than violence.

In the heart of the Congo rainforest, our closest living relatives demonstrate daily that this world is possible. Bonobos are endangered great apes who share almost 99% of our DNA. Chimpanzees, our other closest relatives, are noted for their male-dominant, aggressive behaviors; bonobos provide a very different paradigm, a harmonious society built on cooperation, trust, and female power. Female relationships form the backbone of their social structure, but males are by no means excluded. Though bonobo societies are technically female-dominant, they are remarkably egalitarian. Bonobos are very intelligent and sensitive beings, and their behaviors indicate a deep investment in the wellbeing of others.

Multiple scientific studies have borne out what is evident to even a casual observer: bonobos are brimming with empathy. When a loved one yawns, a bonobo yawns back; it's not a sign of boredom but rather a sign of something that scientists term "emotional contagion." When given the opportunity, the majority of bonobos will share food with a complete stranger despite there being no direct benefit to them. Bonobos have been seen caring for orphans, the elderly, the injured. In times of stress, they tend to band together rather than fall apart.

And no description of bonobo social behavior is complete without a mention of their amorous proclivities. Bonobos are sometimes referred to as the "Make Love, Not War" ape, and they definitely live up to that billing. Sexual activity plays a large role in bonobo society, extending beyond procreation into recreation, pleasure, bonding, and conflict resolution. Bonobos do not form permanent monogamous partnerships but rather have many different interactions with a variety of individuals, not limited by age or sex. Their nonsexual physical displays of affection are also numerous; bonobos can often be seen hugging, kissing, cuddling, and grooming. To put it succinctly, they love love.

There are various hypotheses as to why bonobo behavior has evolved to be this way. Perhaps it is due to their resource-rich environment in the rainforest, or the lack of competition within their ecological niche. Here's what we know for certain: their prosocial, loving society would not have survived this long if it did not provide some evolutionary benefit. Bonobos are living proof that, despite our notion of "nature, red in tooth and claw," coop-



Sally Jewell Coxe, BCI Founder is shown nurturing a young bonobo. Bonobos may not know the word compassion, but they exemplify it nonetheless. These peaceful and loving great apes are not only fascinating in their own right, they also set a powerful example for us, their sister species. Nowhere is that example more timely and necessary than in the country where they reside, the Democratic Republic of the Congo (DRC).

eration is also a winning strategy.

Victims of Conflict & Consequences

Bonobos may not know the word compassion, but they exemplify it nonetheless. These peaceful and loving great apes are not only fascinating in their own right, they also set a powerful example for us, their sister species. Nowhere is that example more timely and necessary than in the country where they reside, the Democratic Republic of the Congo (DRC).

It is a stunning irony that bonobos, these exemplars of peace, live in one of the most war-torn countries on Earth. Over five million people died as a result of the Congo War, making it the deadliest conflict since World War II. The war was driven largely by disputes over

the country's natural resources. Even those who survived faced exceedingly difficult circumstances. Millions were left displaced and destitute, and many found themselves with no means to support their families. Though the war officially ended in 2003, the effects still linger. Infrastructure is severely lacking, and many people have little or no access to healthcare or education. Poverty is widespread and jobs are scarce.

Humans are not the only ones suffering; their difficulties are putting immense pressure on the ecosystem around them. People rely heavily on slash-and-burn agriculture and bushmeat hunting for survival. And despite a government moratorium on industrial logging concessions, logging—both legal and illegal—contin-

ues, further degrading the habitat.

For the bonobos, this is nothing short of a catastrophe. Their rainforest home is disappearing day by day. Though we can't know the bonobos' original range, we do know that human activity has severed critical habitat corridors, fragmenting the remaining bonobo population.

As devastating as the loss of habitat may be, the biggest threat by far is poaching. Though taboos against hunting bonobos were once common in the region, these traditions have broken down in the face of extreme poverty. Smoked meat is one of the only commodities that can withstand the long trek to market, and bonobos are valuable sources of meat and profit.

Many people do not realize that bonobos are endangered or that it is illegal to hunt them. There is no global outcry on behalf of the bonobos because, outside of the DRC, very few people are even aware that bonobos exist. All of these threats combined are hurtling bonobos to the brink of extinction. *Only about 15,000 bonobos remain in the wild, not even enough to fill Madison Square Garden.*

Our sister species is struggling for survival. The Congo rainforest is struggling for survival. The Congolese people are struggling for survival. The bonobos, the indigenous people, and the forest are part of an interconnected ecosystem. The only way to save it is to adopt an integrated, harmonious conservation approach, and one that ensures the wellbeing of the forest and all its inhabitants.

Bonobo Conservation Initiative (BCI): Bonobo Peace Forest

Now imagine a safe haven for bonobos. Millions of acres of protected rainforest. Billions of tons of carbon sequestered, preventing climate change. A network of nature reserves managed by local communities, providing sustainable sources of income, educational opportunity, and lifesaving services. A brighter future for all. The best part? It's real, and it's already underway. It's called the Bonobo Peace Forest.

Inspired by the cooperative nature of bonobos, the Bonobo Conservation Initiative (BCI), led by its founder, Sally Jewell Coxe, developed the Bonobo Peace Forest concept in partnership with Congolese organizations and communities. The Bonobo Peace Forest does not simply address the symptom of bonobo population decline; rather, it addresses the underlying ecological and human forces that shape the bonobos' destiny. Rather than follow the conventional model of "guns and guards" conservation, where indigenous people are deprived of their ancestral lands and resources, BCI is committed to building local capacity and working with Congolese commu-

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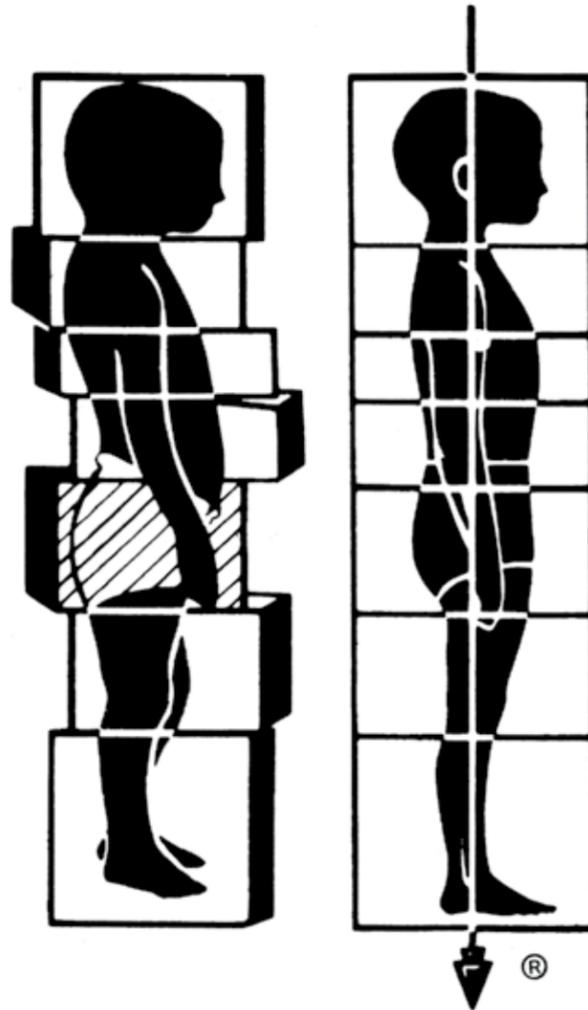
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Seven Steps to Bringing Balance

BY J. P. RIPPETOE

For so many of us, this world is spinning at an ever-increasing rate. Over the past few years, I have seen family dynamics shift and long-term friendships cast aside. While I don't make a habit of watching the news, I know that tensions are running high as the political climate continues to heat up, there are incidents of mass violence, and a deeply held distrust of others seems to be the norm.

This is having a very real impact on us as reflected by the fact that one of the top causes for long-term disability is depression. As I write this, suicide is the top 10th cause for death in the US. Americans check their smart phones in an aggregate of over 9 billion times per day indicating we are becoming more connected to our technology than we are to each other. I think it can safely be said that, for the most part, the human race is dramatically out of balance. Yet, there are some—many, really—who are swimming against the tide. Some are well known—Ekhart Tolle, author of *The Power of Now*, comes to mind. Perhaps you personally know others—your yoga instructor, your Aunt Bessie who spends time knitting, a trusted clergy member or spiritual mentor. In the vast grassy plains, there are spots of color from those who have flowered into their balance, but they remain the exception to the rule.

It is my personal passion to bring Balance and Bliss into the world. Those who know me will attest to the fact that I have a very calming energy. Some have even gone so far as to say I am “un-eff-withable.” While I am certainly not super-human, and I can get as upset about things as the next person, I do know that following certain steps will help to cultivate balance in

my life. It is those steps that I would like to share with you now.

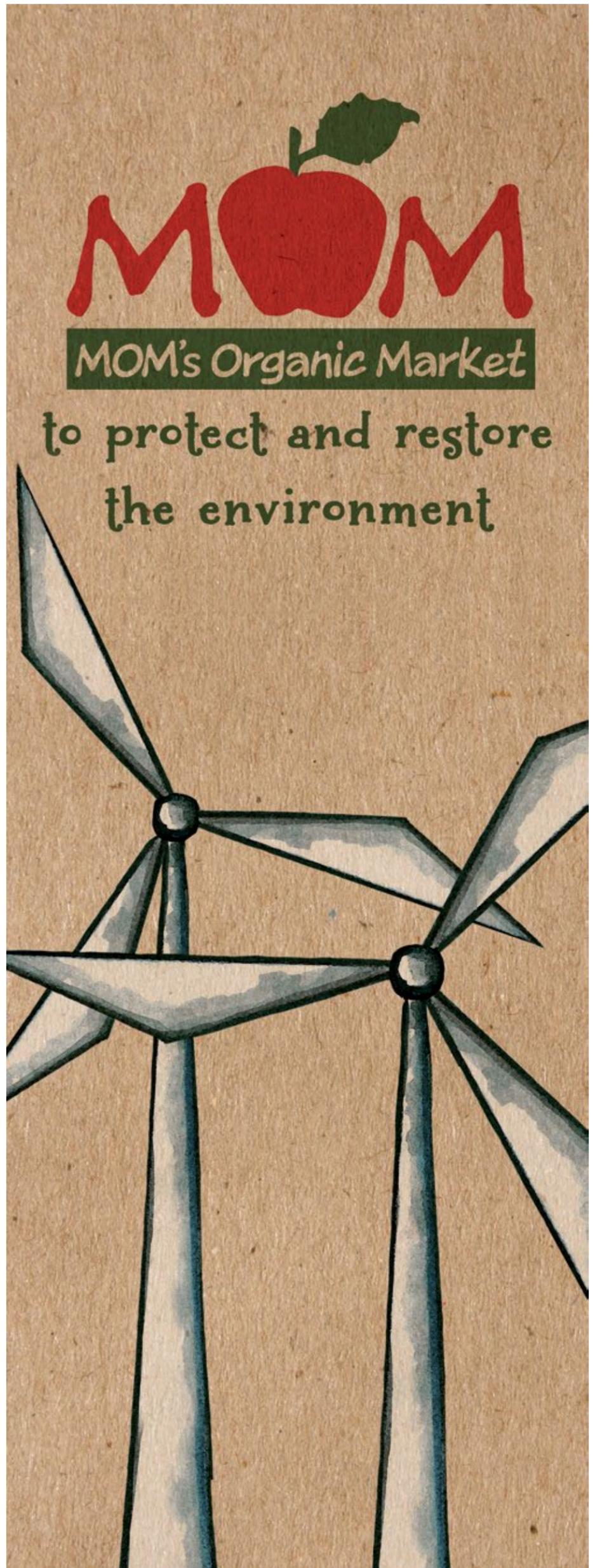
Be In the Moment

This first step is one that will move you a great distance toward a balanced life; simply being in the moment can alleviate the vast majority of our stress. Take a moment and think back over the past few days or weeks of your life. Notice how often you have spent time rehashing things that happened hours, weeks or even years ago. Perhaps there were things you said or did that you continue to replay in your mind. In my past I have made mistakes on a grand scale. Epic mistakes! If I spent all my time now marinating in the guilt of what occurred in the past I would be paralyzed. You simply cannot live an empowered present if you are still reliving the past.

Also, notice the amount of time you spend creating dragons you will have to slay at some point in the future. Think of the times you “knew” you would have to confront someone over a situation that never came to pass. For both, take notice of how you are feeling as you relive the past or create battles that may come. Having the awareness of how both make you feel will help you by triggering your awareness that you have slipped out of the now. Oftentimes, this awareness is all that's needed.

Being in the moment is not an easy task, especially when you are first starting. You may find the time you spend now will be short, but stick with the practice of being in the now. The more you do, the longer the time will be and the more balanced you will begin to feel.

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Feel Better

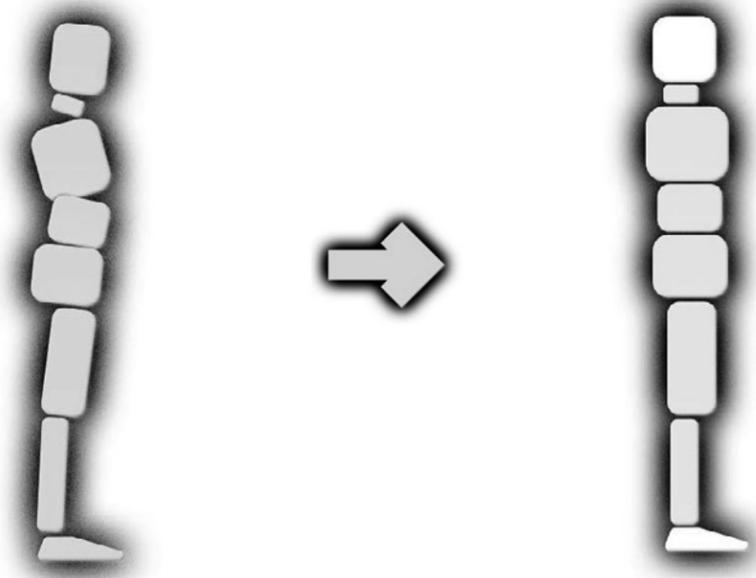
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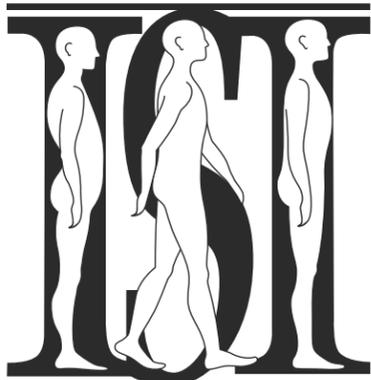


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Sankalpa Practice: Love Notes From Your Soul

BY CLAUDIA NEUMAN

By definition, a Sankalpa should honor the deeper meaning of our life. A Sankalpa speaks to the larger arc of our lives, our dharma—our overriding purpose for being here.

~ *Yogarupa Rod Stryker*

The concept of Sankalpa can be traced back to the Vedic Age many thousands of years ago. The word itself is defined like this: “san” refers to a connection with our highest self, and “kalpa” means a vow, or a resolve, something you believe in and resolve to follow above all else. The difference between making a New Year’s resolution and practicing Sankalpa, for the most part, is the attitude we take. We make a New Year’s resolution to stop or start something that we think will “fix” us. (I will stop eating sugar, or I will start to exercise daily.) Why? Because we feel we are less than we can be, we are ashamed of some behavior we can’t stop doing, or we are simply just fed up with our lives.

A Sankalpa is a short, affirmative statement you construct for yourself, somewhat like an affirmation, but not exactly the same thing. Your Sankalpa starts from the radical premise that you are not broken and don’t need to be “fixed”. Remember the first part of

the word, “san”, refers to a connection with your higher self, or, your soul. The second part of the word, “kalpa”, refers to a resolve that is made from this highest part of you rather than some perception you have of yourself that is negative. The yogic view is there is a part of all of us that is whole and perfect and cannot be pierced by anyone or anything outside of ourselves. Therefore, a Sankalpa is a statement that comes from this wise guidance within us. It is a ‘love note’ from your very soul.

As with most things in the tradition of yoga, the concept of creating a Sankalpa is multi-layered. That is because we are multi-layered beings. The yogic approach addresses all the aspects of existence, so grasping and developing positive, authentic goals is a process that involves some soul searching.

Creating and working with the concept of Sankalpa starts with listening to your heart. Whatever it is we think



we want to change or create, there is usually a deeper, purer desire that our authentic self is pushing us towards. So, finding a Sankalpa is a process of uncovering the layers that cloud up our perceptions. We have to become still, we have to listen, and we have to question our “self talk”. Once we find a Sankalpa that feels right, an amazing

journey starts. The good news is this is easily practiced anytime, anywhere and by anyone!

The ancient yogis asserted that we already possess the tools we need to navigate our lives in the direction our soul is taking us. We all have a purpose. We are born, essentially, to realize that purpose, or Dharma. We come equipped with innate qualities such as mental sharpness, excellent memory, unsurpassed states of calm, confidence, the ability to discipline the mind and body and the wisdom to make auspicious choices in life. We are born to thrive and realize our purpose. Our external

circumstances, such as trauma, illnesses, losses and more, tend to derail us so much we quickly become identified with the events of our lives rather than connect to the wealth of wisdom we already possess. We identify with our changing emotions and racing thoughts about our lives, we judge our conditions and base our actions on this type of thinking. We encounter a lot of discouragement as result, which is when we start trying to make resolutions, which often feel more like a punishment than an acknowledgement of our own innate goodness. The untrained mind can be a breeding ground for a tragic life!

Yogarupa Rod Stryker, the founder of Para Yoga, explains that our minds are the architects of our lives. Without a practice, such as meditation or yoga, the ordinary mind is more or less at the mercy of our life circumstances. We feel trapped. We forget we have choices. We become dependent on external forces for our happiness. Stryker always reminds his students that ‘the untrained mind is a terrible master, but a wonderful servant.’

That wise and clear part of ourselves yearns to express through us. Deep down, we all feel the pull of this highest part of ourselves. Practicing

continued on page 23



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Erma Caldwell

Erma Caldwell, MSW, LCSW-C, received her BSN from Johns Hopkins University and served as Director of In-Service Education at John Hopkins Hospital. She holds a MSW from the clinical program of Catholic University of America and is a Board Certified Diplomate. She received group psychotherapy training at the Psychiatric Institute of Washington, DC. Her special interests include working with adults who experienced childhood sexual trauma, persons struggling with aging and other transitions, and couples encountering crisis in their relationship.

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Sankalpa Practice
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and finding a Sankalpa, then, requires you think outside the box and you start with the notion that no matter what your circumstances are, no matter what your mood is or what kind of situation you may find yourself in, at your core, you are the very essence of love, peace, and wholeness. If you believe there is a part of you that does not attach to suffering or fear, you may begin to understand your desire to stop eating sugar on a whole other level! A Sankalpa will lead you to the deeper conversations your soul is trying to have with you; it will lead you to the 'love notes' your soul is sending you all the time.

Discovering Your Sankalpa

There are two types of Sankalpa. The first one is an affirmation or statement of your true self, for example: "I am whole and perfect just as I am," or "I feel stable and whole at all times," or, "I love each moment" or "I listen to the truth of my heart at all times." This is a generalization about your life that you feel speaks to the bigger picture of who you are. This type of Sankalpa has no specific, tangible result but could become sort of a life long mission statement you keep close and use to remind you of your higher purpose in life.

The second type of Sankalpa is a definite goal you set. Ask yourself: "What do I need to do right now in order to move forward with my life in the next

year?" This is a practical way to start getting to the heart of your desire. Do some writing about it. Because for many of us, the bigger picture our soul has for us is too far out of reach. Therefore, asking yourself this question will help you to create milestones along the way.

With this type of a statement, it's good to be specific and also think about this happening within a certain amount of time. You should be able to believe this is possible for you to obtain, and be able to actually see it happening in your mind's eye. If you understand this is part of a much bigger picture that your highest self has for your life, you will begin to understand you wouldn't have the desire to reach this goal if it didn't have a higher purpose. It is a marker, a milestone, and a step in the direction of your bigger picture. So you start with where you are right now. Always state the Sankalpa in the affirmative, as if it is already done. Think of your Sankalpa as if it is coming from your soul, it's already done, and it's part of the bigger plan.

Discovering your Sankalpa requires getting still, perhaps meditating, and listening to your heart. It's real, authentic, and honest: not something you need to make up or produce. You just need to listen. According to Richard Miller, PhD, clinical psychologist and teacher of Advaita Vedanta, the Vedanta tradition describes three stages of listening. The first is called *shravana*; it is the willingness and courage to hear the message of your heart. The second is

called *manana*, which means the act of turning to and welcoming in the messenger. When you hear the message, you must be willing to welcome it in and sit with it. The final stage is *nididhyasana*, which is the willingness to do whatever is required to respond.

But if you are not the type to soul search, then what do you? For many of us the idea of soul searching is just silly, but the idea of setting a goal isn't. So here is a new way to start the process: start with the premise that every desire you have has a deeper root desire lurking around in the background. Just think of it that way for a moment. Chase the idea a bit. For example:

"I want to stop eating sugar. Why? Because I want to lose weight. Why? Because I want to have more energy. Why? Because I want to enjoy life. Why? Because I want to feel more love, and I want to love others more, when I have extra weight, I pull back from this. I want to accept myself and others from a loving place..."

A Sankalpa from this line of inquiry might be, "I love, accept and enjoy my life fully. I love myself and others fully." This could be a wonderful jumping off point towards finding a way to eat better and avoid sugar, right?

Remember, start with whatever is coming into your awareness now. The inner self already knows where you must go and what you must do. If you are dedicated and vigilant about the process, more is revealed.

Yoga Nidra and Sankalpa

If you have been around the world

of yoga for a while, you have probably heard about the practice of Yoga Nidra, which literally means the "yoga of sleep". For those of you who simply cannot meditate or get to a still and quiet place, Yoga Nidra is a good place to start. This practice is effortless and simple: you just lie down and listen to recorded sessions that have been made by experienced teachers of Yoga Nidra. It is a guided relaxation that can be anywhere in length from 10 minutes to 40 minutes.

The practice of Yoga Nidra systematically relaxes the body and mind by guiding you through various rotations of consciousness. You are aware and awake, but you experience profound and deep relaxation on all levels. Studies have shown that practicing Yoga Nidra is deeply healing for many different types of situations, from PTSD (Post Traumatic Stress Disorder) to chronic depression or serious illnesses.

In most Yoga Nidra sessions, you have the opportunity to state your Sankalpa three times at the beginning and at the end. During Yoga Nidra, the doubts and limited thinking that usually hound your waking experience are softened. You are more open and not fighting quite so much.

You can find Yoga Nidra everywhere, live (in many yoga studios) and recorded. There are many free Yoga Nidra practices that can be downloaded from various websites.

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has practiced functional and integrative medicine and psychotherapy for 35 years.



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YOGA TODAY

Sankalpa Practice: continued from page 23

Here are a couple of great resources:

- Yoga Nidra Network - www.yoganidranetwork.org/downloads
- Robin Carnes - <http://yoganidranow.com/>

Richard Miller, whom I mentioned earlier, is the creator of “iRest,” Integrative Restoration Institute. His work with Yoga Nidra is groundbreaking. You can find some free downloads on his site (<https://irest.us/try-irest-now>) and read about the wonderful ways in which he is using Yoga Nidra for specific populations to alleviate stress, improve sleep, heal unresolved issues and traumas, improve confidence and heal PTSD.

Practicing Your Sankalpa

Sankalpa is way of molding your mind towards most positive, authentic thoughts. Therefore, this statement can be used anytime, anywhere, like a mantra. It can be used during a yoga practice, while meditating, and before you fall asleep at night. Yoga Nidra is probably the best way to really work with your Sankalpa because you will also receive the numerous benefits of doing Yoga Nidra!

The studios listed below offer Yoga Nidra events that you may want to check out:

- Dream Yoga, McLean, VA - www.dreamyogastudio.com/workshop-schedule.html

- Blue Heron Wellness, Silver Spring, MD - www.blueheronwellness.org
- Willow Street Yoga, Takoma Park, MD - www.willowstreetyoga.com/workshops-events-2/
- Washington Yoga Center, Washington, DC - <http://washingtonyogacenter.com/apps/mindbody/classes/253>
- Yoga District, Washington, DC - www.yogadistrict.com/20140819-152720/

Enjoy!

Claudia Neuman, E-RYT 500, YACEP, MSW, is the director of the Yoga Teacher Training program at Blue Heron Wellness. Originally from Los Angeles, she started the serious study of yoga upon the opening of the studio called, ‘Yoga Works’ in Santa Monica, where she completed several Yoga Teacher Trainings. Prior to this, she studied and taught in and around the LA area. In 2005 she received certification in Anusara Yoga. In 2012 she re-started her studies with Yogarupa Rod Stryker in Para Yoga. You can learn more about Claudia by visiting her website: www.alignwithgrace.com; on Facebook: www.facebook.com/Align-With-Grace-Yoga-Claudia-Neuman-180762065286179/.

Claudia Neuman will be offering a Sankalpa Workshop, “Listening to the Love Notes of Your Soul”, at Blue Heron Wellness on Feb. 18, 2018, from 2-5pm. Visit: www.blueheronwellness.org for more information. See her ad on page 59.

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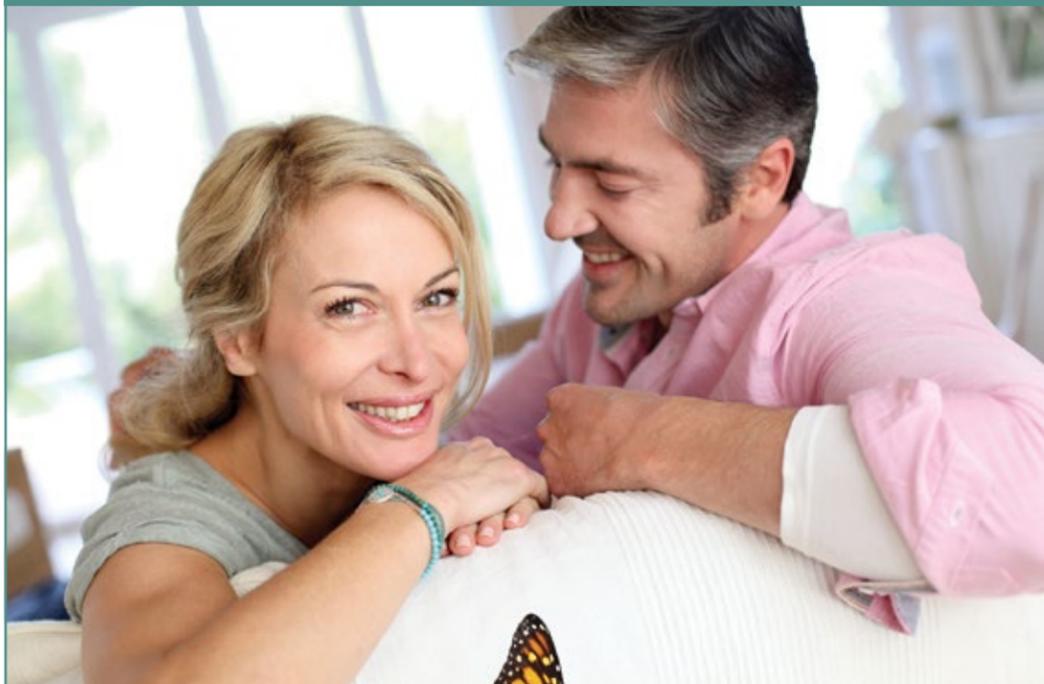
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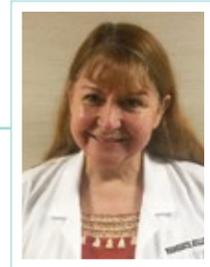
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Margarita Kullick, MD, has over thirty-five years' experience in Internal Medicine and Nephrology. She is trained in functional and holistic medicine and has been practicing anti-aging medicine for the past 20 years and is a member of The American Academy of Anti-Aging Medicine.



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Past Lessons Create Future Success

BY MISTY KUCERIS

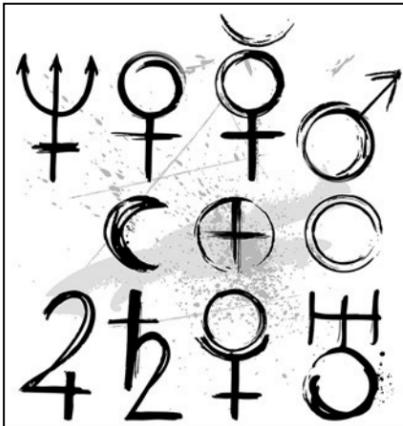
The winter quarter will be extremely active with two new triad sequences occurring, Mercury going retrograde, Saturn entering the sign of Capricorn, Uranus turning stationary direct, and the first two eclipses of the year occurring. Some of these astrological energies indicate you need to review your life before you move forward with changes. Other astrological energies indicate you'll see signs of paradigm shifts, which will occur between December 2017 and May 2018. How you prepare for all this energy depends on how much you understand the lessons you've learned from the past so you can use that knowledge to move into the future.

As the winter months begin in 2017 and 2018, Jupiter forms a trine to Neptune on December 2, 2017. This is the first time this trine will occur in this triad sequence. The second time it occurs is on May 25, 2018, when Jupiter is retrograde and Neptune is direct. The last time it occurs is on August 19, 2018, when Jupiter is direct and Neptune is retrograde. When a triad sequence starts, it helps if you can make a note of any important events that occur during that time period so you can

review them when they occur again. This is one way of using the lessons learned from the past to prepare for your future.

Jupiter rules both Sagittarius and Pisces. Neptune rules Pisces. In some ways, there is a sympathetic energy between these two planets. Jupiter wants to move beyond the boundaries that others have established. It wants to create its own boundaries. Neptune tends to dissolve boundaries created by others. At that same time this can cause confusion. You don't always know what new boundaries need to be created. With Neptune you shift between two different worlds. With Jupiter you create your own world.

When a trine occurs, it's easier for the two planets to work together. In the positive this means there could be breakthroughs in the arts and sciences, such as, new technology enabling people to move beyond their mental and physical limitations. In the negative, this could mean you don't know



how to understand all the information coming your way. Other people could deceive you. Or you could find yourself following magical dreams that are not based on reality. There could also be a spiritual awakening, either for the good or for the bad.

Mercury goes up to 29° 18' of Sagittarius and turns stationary retrograde on December 3, 2017, just a few hours before the full Moon occurs, and the day after Jupiter forms its first trine to Neptune.

Mercury entered the sign of Sagittarius on November 5, 2017. Mercury isn't really comfortable in the sign of Sagittarius because Mercury likes to be the keeper of trivia while Sagittarius likes to be the seeker of new information. If you're not careful, you may be seeking too much information to support your search for a spiritual awakening in your life. Or, you may be justifying your actions because you don't feel quite secure with your search.

When Mercury turns retrograde in

Sagittarius, you feel mentally fatigued with all the new information you're receiving. It's time to take a break from all the "noise" that surrounds you. You need to take time to process your new information. It helps if you can ask yourself: Is this information I'm receiving improving my lifestyle and bringing more love and friendship into my life? If you can't answer that question now, you will be able to answer it once Mercury turns direct on December 22nd.

On December 3, 2017, a full Moon occurs with the Sun in Sagittarius and the Moon in Gemini. Emotionally you want to get as much information as possible. Personally, you want to move forward with your life, but you have difficulty communicating your desires as Mercury is now retrograde in Sagittarius. You don't know where to begin.

This full Moon has the energy of the Jupiter/Neptune trine, which occurred the day before. For this reason, take time to review your boundaries and see if they are realistic. You may want to let go of situations or people who are standing in your way. But before you take any action, see if your actions are realistic. Try to discuss the problems with others to see if you can develop a solution before just letting go.

The new Moon, with Sun and Moon

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ASTROLOGICAL INSIGHTS

in Sagittarius, which occurs on December 18th is part of a stellium. A stellium is when three or more planets are close to each other and usually in the same sign. When a stellium occurs, the planets and the sign of the stellium intensify the energy of that sign and work as a domino effect. In this case, Mercury retrograde, Venus, Sun, Moon, and Saturn.

With all this energy in Sagittarius you want to find out how to move into the future. The best way to start is by reviewing what you thought was important in your life and determining whether you still feel the same way. You'll need to decide whether you feel free to express yourself or whether you're living by the rules others have established. Once you think this all through, you'll need to determine how to establish the right boundaries that bring security into your life. If you can do this, you'll use the energy of this new Moon to its maximum potential in your life. If, for some reason, you feel scattered today, pull back and reflect on your personal situation.

On December 19th, a major paradigm shift occurs as Saturn enters the sign of Capricorn. It will remain in the sign of Capricorn until March 21, 2020. The last time Saturn was in the sign of Capricorn was from February 13, 1988, to June 10, 1988, and again from November 12, 1988, to February 6, 1991.

Several historic events occurred the

last time Saturn was in Capricorn: the Berlin Wall fell and Germany reunited; President George H.W. Bush and Soviet Union President Mikhail Gorbachev declared the end of the Cold War; Prime Minister F.W. de Klerk started to dismantle apartheid and released Nelson Mandela from prison; thousands of students occupied Tiananmen Square in Beijing, China protesting for democracy as the Chinese government declared martial law and hundreds of demonstrators were killed; the Tokyo Stock Market crashed ending Japan's long period of high Economic Growth; and the Exxon Valdez oil tanker became grounded in Alaska's Prince William Sound and spilled around eleven million gallons of crude oil into the ocean.

Saturn represents the boundaries that need to be established in society. In the positive, it creates a society where people honor the rules and try to find ways to live with each other. In the negative, it represents where people are forced to live under rules and regulations they don't like or accept.

Capricorn represents the status quo of society and the need to retain a corporate memory. Since Saturn rules Capricorn, it's not surprising Capricorn also represents rules and regulations. It also represents the desire to succeed in society and be accepted by others. Things tend to get very conservative when Capricorn is involved. In the positive, leaders look to rules and

regulations that make society work better. They consider the needs of their people. In the negative, leaders determine what rules and regulations need to be followed, no matter what the cost, in order to make society homogenous.

When you think back on events that occurred during the last time Saturn was in Capricorn, you either see leaders be willing to make changes within the government to attempt to include more people or you see leaders become more fixated with their goals to prevent changes. Whatever occurs with governments during this time period creates long-lasting implications for that particular country. It's important to pay attention to world events at this time.

On a personal note, when Saturn is in Capricorn you want to do everything you can to secure your place in society. You are willing to work for what you believe in. You also understand the importance of the corporate culture. You are willing to hold on to the past if it secures your future. You aren't as willing to take risks. You also don't want radical changes.

When the Sun enters Capricorn on December 21st, the winter solstice begins in the Northern Hemisphere and the last quarter of the astrological calendar begins. Emotionally you want to pull back. You want to assess the path you've taken. You want to receive the rewards you feel you are owed.

When the astrological year began on March 20, 2017, the chart set up for the United States had a Pisces rising with Neptune conjunct the Ascendant. This was also true for the chart set up for June 21, 2017. The Ascendant for the chart set up for September 22, 2017, was a Capricorn rising. Now with the final ingress chart for this astrological year, the Ascendant is once again in Pisces with Neptune conjunct the Ascendant. What this means is you still won't get clear information regarding matters pertaining to political leaders. They will still attempt to use the fear of the unknown as a means of governing; or they will continue to make promises that can't be kept. But with the Sun conjunct Saturn, you want to know what's going on. You don't want empty promises. You want to see some form of action. Don't be at all surprised if you find more people willing to become politically involved. And, don't be at all surprised if you find yourself taking more direct action so you have control over events in your life.

You'll feel a lot of relief when Mercury turns stationary direct on December 22nd. You put off implementing new ideas for the last three weeks. You were forced into a position of listening, which really isn't that easy when Mercury is in Sagittarius. Yet, at the same time, you were able to seek spiritual

continued on page 28



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ASTROLOGICAL INSIGHTS

Past Lessons Create Future Success

...continued from page 27



Understanding the law of attraction is very important. By focusing your mind on your goals, you can attract situations into your life that enable you to achieve those goals.

guidance to determine if your goals were realistic. Questions you had a few weeks ago are being answered. You seem to know what to do.

A full Moon, with Sun in Capricorn and Moon in Cancer, occurs on January 1, 2018, the start of a new year. Success in the workplace is very important. You want to have structure in your life and live to your full potential. At the same time, you want to take care of your family. You don't want them to feel deprived of anything. This is a good time for looking at the structure you've created in your life to determine if it brings you the security you and your family are seeking.

Uranus turns stationary direct on January 2nd. It went retrograde on August 2, 2017. When Uranus was in retrograde motion, it felt as if some of your projects didn't get off the ground. You may have tried some new ventures but there was always something that stood in your way. Now with Uranus turning direct, you'll be able to move forward with some of those ventures.

Normally, the shift of motion for outer planets, such as Uranus isn't that important—but this one is. Uranus is at 24° of Aries. It is beginning to move out of the sign of Aries and will enter the sign of Taurus on May 15, 2018. Now you need to pay attention to any new ventures you start. You want to make sure they have value to you and can be sustained financially.

On January 15th, Jupiter forms a sextile to Pluto. This is the first sextile that Jupiter and Pluto will form in this triad sequence. The second sextile will occur on April 14, 2018, when Jupiter is retrograde and Pluto is direct. The third sextile will occur on September 12, 2018, when Jupiter is direct and Pluto is retrograde. Because this is a triad sequence you may want to make a note of anything important that occurs at this time. Usually when something new occurs now, it will need to be revisited again in April and September 2018.

With these two planets making a

sextile, this is a good time to understand how you can use the past to create a better future. It's also a good time for you to find a way to balance power in your life so you can use this power to your advantage. The good news is you understand what's important in life. You are able to focus and create a plan that brings the best to you. Understanding the law of attraction is very important. By focusing your mind on your goals, you can attract situations into your life that enable you to achieve those goals.

The new Moon, with both Sun and Moon in Capricorn, which occurs on January 16th is part of a stellium in the sign of Capricorn. The other planets involved in this stellium are Saturn, Mercury, Pluto, and Venus. During this new Moon, you want to understand the rules so you can establish the right path to success. You want to get along with people and you don't want to cause any ripples in society. At the same time, this new Moon forms a square to Uranus, which means that any new projects you begin may not have a set standard. You may actually have to create your own rules and set your own boundaries.

The first eclipse of the year occurs on January 31st. It is a total lunar eclipse with the Sun in Aquarius and the Moon in Leo. It is also the second full Moon that occurs during the month of January. This year there will be a total of five eclipses (two lunar and three solar).

When this eclipse occurs you may feel as if you have been working so hard that you haven't had time to play. You need to reach out to your friends and spend some time with them. If possible, take time to consider your career path and determine if you are feeling satisfied with your life. Perhaps you compromised too much to get where you are. Or, perhaps you need to relax and take time to appreciate your life right now.

The second eclipse of the year takes place on February 15th. It is a partial solar eclipse, which means it takes place during the time of the new Moon. This time both the Sun and Moon are in the sign of Aquarius. Normally, when the new Moon occurs in the sign of Aquarius, it's a great time of year to try new ways to do things. But this time there's a slight difference. What you really want to do is review your life to determine what lessons learned from your past are important to use to promote your future. Add your future dreams into the mix and create new goals for success in your life. Once you do that, reach out to your family and friends and ask for their support.

Misty Kuceris is a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections: www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com. See also her ad on page 46.

ENERGETIC LITERACY



Muladhara Root Chakra Mandala
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Energetic Literacy: Stronger Resistance

BY ROSE ROSETREE

Would you like to do your part to reclaim our country back from the brink of the current mayhem, making a real difference at this historic time? Then you've turned to the right article. I aim to help you benefit from the unique perspective available through energetic literacy.

This column specifically concerns discernment, hope and, especially, how to take more effective action, because now is the time for preparing to resist politically and socially. I'd also like to show you a way to boost your personal development by bringing forth a new strength. Stronger than ever! Accordingly, in this article I'll be calling you *Strong Reader*.

And speaking of using your power effectively, what will get America back on track? Poll after poll shows the vast majority of Americans fear that our country is on the wrong track. Once upon a time, maybe, you didn't imagine you would ever need a new kind of strength to handle this. Well...now you do.

Let's start off with a quiz. Choose wisely and you can make a big difference. Read the five questions below. How many of the following do you do on a regular basis? Respond YES or NO. (Then be sure to read the *answers* that follow.)

1. At work I spend a lot of time talking about the latest political news.

2. At home I keep my spirits up by watching comedy shows that call out corrupt politicians.

3. Some days I'm just glued to MSNBC. This gives me the strength to go on.

4. More than ever, I meditate in order to bring peace to the world. During the day, I'll pray for spiritual help to save America.

5. To comfort myself I think back to the beautiful pink pussy hats we wore during that great protest demonstration.

Scoring this quiz is easy. Simply take away one personal strength point for every YES answer you gave because not one single thing on that list is worthy of you, Strong Reader. However, there's plenty else to do now (more on this later).

Energetic Literacy Reveals Answers

Sadly, too many of us idealists equate our passions and beliefs with making a difference. As if, "My strong feelings and faith will move mountains." Not really. For example, aiming to roll back all of the Obama Administration's legislative achievements isn't some abstract mountain. By paying attention to (real) news, we can take targeted action.

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ENERGETIC LITERACY

Energetic Literacy: Stronger Resistance

...continued from page 29

We're no longer living in the olden days. Back then, what if we didn't like living near some mountain? You stayed anyway because you identified with your tribal village and probably felt a great deal of social pressure to fit in and please others. But now? We're strong. We're free. And we don't have to try moving mountains by means of faith. Instead, we can get in a car and drive far away from those lousy mountains!

Speaking of using free will, in today's America there's a vast difference between what we can accomplish in objective reality versus over-emphasizing our feelings or outright wallowing. Of course, our feelings and beliefs will always matter to us, but now's the time to translate our good caring into action—to say things and do things—effective things.

You see, Strong Reader, every day we have innumerable choices. For instance, will we take 10 minutes to call a legislator? Ten minutes so we can keep calling until we get through and can leave a message? Or instead, will we stay busy trying to perfect our inner lives? Every day we have to make choices like this, also known as "how we spend our time." Choice after choice leads to consequences. Which consequences exactly? Results in reality, of course, and also the health of our own auras.

Energetic literacy helps us explore what's going on and learn specifics of emotional and spiritual life in greater detail. By the time you develop Stage Three Energetic Literacy, you'll find it super-easy to assess how you're doing, and assess others, too. Some would consider this progress, but others not so much. Aura reading reveals when somebody slips off track. Maybe he lives in hope, imagining his huge psychological movement forward; yet really he's just spinning his wheels.

What if we, personally, get a bit off track? Here's the good news: We can always, always get ourselves back on track...and simultaneously contribute to improving our nation. Let me share a practical summary about how to get strong and effective using ideas based on years of aura reading research, and from doing thousands of sessions of Rosetree Energy Spirituality (RES).

Consequences happen in our environment and also build up in our energy fields. Everyday choices accumulate as patterns in our auras. But fear not, Strong Reader! If today's pattern isn't great, you can improve it right away, thereby creating a better tomorrow, which includes developing strength for resisting tyranny and bringing new life to the U.S.A.

Spiritual Patterns and Problems

Let's go for more specifics. Energetically speaking, right now, you're likely to fit into one of the three following patterns.

#1. Spiritual Shutdown

What's your first reaction even hearing those words, "Spiritual Shutdown"? "Not me!" you might shriek. Well, I'll bet you're right. I doubt that any *Pathways* reader lives in Spiritual Shutdown.

The Energetic Problem: Root Chakra Databanks are huge. Here are two examples of chakra databanks that everybody has:

- Root Chakra Databank for Connection to Objective Reality
- Root Chakra Databank for Making Money

As for chakra databanks from the heart up, the aura parts that tend to be stuck and shut down include:

- Heart Chakra Databank for Emotional Growth
- Third Eye Chakra Databank for Spiritual Growth

What causes this problem? A person keeps choosing to avoid human caring. Here you might wonder, what about people who are energy sensitive? Can they fall into Spiritual Shutdown? Sure! Ever since The Age of Awakening began on 12/21/12, everybody who wishes to be energy sensitive can be. But people in Spiritual Shutdown actively choose to squash and squelch down their sensitivity, negating other people's feelings as well as their own.

What fixes this problem? Only the person in Spiritual Shutdown can choose to make a change. No amount of understanding or do-gooding from your side can make a bit of difference. So please remember that.

When dealing with others in Spiritual Shutdown, say things about and do things in objective reality. Dealing with the world as it physically exists is the only kind of successful conversation you can have with them. Note: Strong Reader, when handling folks in Spiritual Shutdown, avoid discussing anyone's feelings or beliefs or motivations. This will only cause you to appear weak in their eyes.

#2. Spiritual Addiction

The Energetic Problem: Chakra databanks from the Heart Chakra up are over-functioning. While chakra databanks from the Solar Plexus Chakra down are small or even shut down (temporarily, at least).

What causes this problem? Look, nobody tries to move into Spiritual Addiction. Ironically, a person like Gladys may be working really hard to fix herself emotionally or spiritually—working too hard at that, and not paying enough attention to life outside her head.

What fixes this problem? Keep reading the rest of today's column, Strong Reader. Because the practical recommendations that follow can make a difference. (Beyond that, I do plan to

ENERGETIC LITERACY

write more about this topic in my next Energetic Literacy Column.)

Dealing with others in Spiritual Addiction involves continually shifting the conversation back to objective reality. It emphasizes facts, not feelings. "What are you doing?" not "And how does that make you feel?" Conversational choices like that can help you to have a productive dialogue.

#3. Human-Based Spirituality

The Energetic Power! Fortunately, this is a natural way to live. When someone like Josephine lives in Human-Based Spirituality, some of her chakra databanks will be larger than others; but all of them will be working to some degree.

If Josephine learns about the new rules for living in The Age of Awakening, her aura will show something even better than Human-Based Spirituality. I call it "The New Strong." Aurically, it's characterized by spiritual awakening all the way down to the level of chakra databanks. Living that way, Josephine will be moving extrarapidly towards effective action—and also spiritual Enlightenment.

What causes this state of balance? Josephine pays attention to reality. She may have a beautiful prayer life, a gorgeous spiritual life, or a dynamic psychological process of self-realization. But she limits all this technique time to 20 minutes per day. Just 20 minutes daily, tops!

Dealing with others in Human-Based Spirituality is a breeze. They're remarkably easy to converse with, and to like because they have rich inner lives, yet are firmly grounded in reality, unlike people experimenting with Spiritual Addiction. You might benefit by seeking out friends who live in Human-Based Spirituality (or even better, those who live The New Strong).

From the perspective of energetic literacy, there's no doubt about it. People in this third group can make the most productive contributions to the Resistance.

5 Tips for Stronger Resistance

Here's the beauty part, Strong Reader. Your choice about each of the following can also help you to live in Human-Based Reality. Your political actions can build energetic strength.

Effective Resistance # 1: At Work

While you're at work, do your job. Excuse yourself politely from side conversations about the latest political anything, because you're paid to do the job you were hired for. By emphasizing productive work, you're earning a good reputation. Also, your honorable work contributes to collective consciousness—how all Americans are connected energetically.

Back when I was a teacher for Maharishi Mahesh Yogi, he used to say, "People get the governments they deserve." Slacking at work won't fix America's collective corruption, no matter how righteous the grumbling.

Effective Resistance #2: At Home

Free time is so important. Instead of watching comedy shows, you could

take that aforementioned 10 minutes per day to email government officials. You can go even further and call up some of those Senators and Reps, either to complain or to lend encouragement. It's well established that leaving phone messages is far more effective than emailing; but texting and emailing sure beat doing nothing at all.

What about all those extra hours, after you take those 10 minutes? A lot of us (and I include myself here) periodically slip into losing our personal lives. Periodically we may need to remind ourselves to get a life. Visit friends. Pursue hobbies. Why? Because grumbling and gossiping is the refuge of the powerless!

Effective Resistance #3: Find Strength in Active Pursuits

I think Rachel Maddow is brilliant; and I enjoy certain other pundits as well. Nevertheless, too much watching can turn folks into passive bundles of outrage. By contrast, how about doing volunteer work? This is not passive; plus it can help you feel better than binge-watching your favorite pundits. If you don't have time to volunteer, then donate. (Not passive, either.) One way or another, take action to help America get back on track.

Effective Resistance #4: Prayer Alone Won't Rescue America

Fixing our political and social problems is a job for humans. As the saying goes, "Heaven helps those who help themselves."

Effective Resistance #5: Expressing Yourself

Are you scared about America's current political situation? Good for you—you must be listening to real news! And while I can appreciate the desire for comfort, let's not lull ourselves into "feeling good." Now's the time for *doing* good: Effective speech, intelligent action. Voting! Rise up to this historic challenge, Strong Reader. In the words of a recent U.S. President who can inspire you still: Yes. You. Can.

Rose Rosetree is the author of The New Strong paperback, eBook, and online workshops. The Founder of Rosetree Energy Spirituality (RES), she's got 397,000 copies of her books in print. Over 1,000 media interviews include The Washington Post, the L.A. Times, USA Today, and The View. www.rose-rosetree.com. rose@rose-rosetree.com. See also her ad on page 85.

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Turning New Year's Resolutions into New Year's Joy

BY EVE OF ELITE TAROT

A new year is just around the corner. The changing of the calendars invites us to reflect on the prior year and insure that our resolutions for the New Year are up-to-date. We may have goals for 2018 of losing weight, manifesting joyful love, or finding a career of passion and purpose. While these goals can be embraced year-round, we look at the New Year as a green light and perhaps that “umph” needed to make the changes thought about for so long to happen.

Alas, it seems as if each year brings a desire for changes; yet each year, with all the best of intention, these resolutions don't stick. This can lead to shame, sadness, and self-judgment, which lead to delaying the goals until the following year. Know this is all a journey and we are all in this journey together. While the journey to lose weight is very different from the journey to bring joyful love into your life, which is very different from finding a career of passion and purpose, there are common themes and tools that apply. Shame, sadness and self-judgment are not necessary.

As you look to 2018 as a new beginning in whatever area of your life

you want to improve, here are a few tips to help you achieve your goals in ways that utilize less energy, strain, and stress, and yield faster and more positive long-lasting results. Some of these steps may seem obvious or even counterintuitive, however these are the three places in the process that sabotage results time and time again.

STEP ONE: Mental Preparation

The first step is to acknowledge that changing will be difficult. This may seem obvious—almost ridiculously so. While that is true, when you make a New Year's resolution, it is most often made in response to either positive or negative motivation. Perhaps you are feeling physically great after a long hike and you declare you are going to give up sugar to keep that feeling going. On the negative side, perhaps you ended a drama-filled relationship and you swore that was the last time. While motivation is wonderful—we all need motivation and determination to make changes—motivation and adrenaline have a lifecycle, and the process of making change is often longer than the lifecycle of the motivation. A plane always carries more fuel than it needs to get to its destination just in case there are any detours. Yet, we often don't

plan ahead of time for the motivation and adrenaline to run out before we've accomplished our goal.

Next month, my gym will be packed. I will need to arrive to the group classes earlier than normal because of all the additional people who just joined. The new gym goers are smart and motivated. They will be saying 2018 is the year they are going to be healthy. 2018 is the year they are going to go beyond where they tried before. Unfortunately, on February 1st, only half of them will still be at the gym. It is not that they will be doing anything wrong. It is just that they will not have anticipated just how challenging changing a pattern will be. So, when motivation ends and results are not seen, they may be caught off guard.

If you are not fully prepared for the challenge ahead, it may lead to a self-sabotaging stall where you might say, “I didn't think it would be this hard.” Yes, it will be this hard. Plan to have more fuel than you need to get to your destination.

STEP TWO: Plan Your Plan

The next step also may seem counterintuitive and commonsensical, yet it is also where people often halt and self-sabotage their progress. The sec-

ond step is to engage the analytical brain to pick a program. Whatever your particular New Year's resolution is, intellectually there is a keen understanding this is something healthy and joyful you want to be part of. So, it is important to engage that analytical brain in the process—before you start.

Let's say your New Year's resolution is regarding diet and health. If you go into any bookstore, you will see numerous rows of books with different plans, diets and systems. Is there one book that works best for everyone? Of course not. We are all different, with different body types and metabolisms. You, as the ultimate consumer and pilot of your vessel, need to find the system that works best for you. Fortunately, there is much to choose from. Do your research. Ask questions now, before you engage in the process. What is the approach this system uses? Is this the best system for me and my unique background, needs, body? What is the timeframe approximately like? What are the obstacles I may face by choosing this system over another? When can I expect to see any results? Who is this person or what is this company or organization I am going to place my trust in to help me navigate this transition?



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ACCESSING YOUR INTUITION

There is no guarantee in life, much is the pity. However, this stage in the process is all about using your brain to reduce risk as much as possible, and plan the best system for you going forward.

In addition to researching the system you want to use, you may want a team in place, in addition to friends and family, of those who can best support you during this change. While you alone are ultimately making the change, you do not have to go through the process alone. If your resolution is to go from couch to marathon, it is helpful to have a physical coach in the form of personal trainer, nutritionist or physical therapist to help you navigate that physical transformation. As such, if your resolution is to go from releasing trauma to living your most authentic life, it is helpful to have an emotional coach in the form of a counselor or therapist, twelve-step or support group to help navigate the emotional transformation.

If you were told you were going to go on a four-day camping trip, you might write out each day all the different food items you need, making sure you had extras in case a bear ate one of your suitcases. Take this time to do all your preparation. You do not know what your specific journey will look like once you set out as you embrace your New Year's resolution. Try to account ahead of time for all you may need and more, recognizing there may be unexpected detours along the way. Going back to my earlier airplane analogy, the airplane doesn't fuel up mid-flight. While that is possible, it is a whole lot easier to do all of it back at the airport. So, do your planning and preparation before you begin a program.

Both step one and step two of the three-step process all happen before you've even started. When you are building a house, it is key to start with a good blueprint, a solid foundation. Without that, you can design your house anyway you want only to have the house fall down with a simple gust of wind.

STEP THREE: Don't Overthink, Just Do

The third step is to ignore the brain. You might be thinking, Wait a minute. The whole second step was all about engaging the brain and now you're telling me to ignore the brain? Yes. Your brain only wants to see you happy, healthy and safe. However, your brain cannot fully grasp the unknown as the brain views unknown as unsafe. The hardest part about making a transition is that it takes time to see results. The longer you go without seeing results, the more opening the brain has to question and attempt to sabotage your efforts.

I go back to my example where there will be so many new people at my gym on January 1st and sadly only half of them will be there on February 1st. Perhaps they lost no weight and may have even gained a few pounds. In addition, they are now super sore, hungry, dealing with cravings, and rearranging their schedule to fit this in their lives. The motivation and adrena-

line that was so abundant on January 1st is waning with few results. So, the brain will do whatever it needs to do to go back to the known. Imagine if you decide to cut out sugar and, after three weeks, you are still not seeing results. It does not necessarily mean the plan is not working—it just means it will take more time for results to be seen. However, at that moment, if someone offers you a delicious looking cupcake at work, the brain will offer very feeble resistance.

It takes the additional time when there is no motivation, and a self-sabotaging brain to get through before results are seen. If, perhaps by February 10, suddenly you can zip into something you hadn't been able to in years, or suddenly the scale goes the way you want, then and only then does the brain get on board and say, "I get it! I know why we're doing this!" Then, when someone at work offers the delicious looking cupcake, there is renewed motivation and a brain earnestly saying, "No thank you." The people at the gym on March 1st have no special powers. They are just continuing the program, despite their brains. With the research they did ahead of time, they can tackle any unexpected detours that arise and not derail their progress.

One good way to illustrate this third step is to relate it to Tom Hanks' character in the movie *Castaway*, where Hanks is stranded on a desert island. He knew he needed to get off the island or he'd die there alone. So why didn't he? When he tried, the breakers surrounding the island were too strong and pushed him back. That is your self-sabotaging brain in action.

The keys to crossing through the metaphorical breakers are: 1) acknowledge that this will not be easy; 2) do full research ahead of time; and then 3) ignore the brain and focus on action. As you may recall from the movie, his push through the breakers was not fun, and it was not the time for too much analytical thinking. It was a time for action, not for questioning, "Will I need to get a new birth certificate?" "How do I explain my situation to whoever finds me?" "Will Helen Hunt still be waiting for me?" Although all very valid questions, they were just not helpful to getting him through the dangerous waters. In fact, if he considered those questions during the tumultuous process, it would surely tax him in ways that he could not afford, and he would most likely have been pulled back once again.

While choosing to place energy into those questions beforehand would have been understandable under the circumstances, it would not have been an effective use of energy. Once on the other side, his immediate challenge faced and conquered, his questions were all answered in ways he couldn't have even imagined ahead of time. This is the time to call upon your already in-place supportive team to help you navigate this part, this stage, of the journey.

Now please don't get me wrong. *Castaway* is a movie and therefore full of dramatic effect. Finding a career of

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ACCESSING YOUR INTUITION

Turning New Year's Resolutions into New Year's Joy ...continued from page 33

passion and purpose, bringing healthy love into your life, or getting on a physically healthy track does not have to be so calamitous. Yet, please think of this scene if you find yourself saying, "Maybe next year." "I didn't think it would be this hard." "Maybe it's just not for me."

The Tarot Perspective

To look at these three steps from a Tarot perspective, we can examine three representative cards: 10 of Wands, King of Swords and The Fool.

Step One - 10 of Wands: In this card, there is a challenge taking place. We see a man with his shoulders hunched over as he struggles to lug 10 wands. The wands don't seem heavy, and perhaps they are quite light if carried by another person. Yet, for this one particular person, moving the wands forward is a tough endeavor. In addition, in the act of carrying the wands, his hands are forced to cover his eyes, which only makes the challenge more intense as the journey and destination are unclear (see image to the right).

Step Two - King of Swords: With swords representing action and analytical thought, this is the time to put this



10 of Wands

energy into place. With emotion taken out of the process, this energy asks all the questions, does all the research and makes the decision of the program to take going forward. As master of our

own actions, this energy does what is needed to minimize risk and plan for the most optimal outcome.

Step Three - The Fool: Every journey, no matter how big or small, starts with the proverbial leap of faith. Crossing through the breakers requires adopting a fool mentality. Trust the process that you embraced in the earlier two steps, and then proceed forward. You will not know all the twists and turns and detours that await after beginning the process. However, your own brain will navigate the journey after the process begins and once the breakers have been crossed.

While not easy, there is no special skill or superpower needed to turn New Year's resolutions into New Year's joy. By focusing on what is in your power, it is achievable. 2018 awaits. You can do it!

Eve of Elite Tarot is an intuitive coach and professional Tarot card reader. Named one the nation's top psychics in the book, Top 50 Psychics & Mediums in the United States, and host of the weekly international radio show, "Mainstream Metaphysics," Eve helps executives, celebrities, leaders and luminaries worldwide find their path for optimal success and happiness. www.elitetarot.com



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The Unstoppable Green Power Revolution

BY HARVEY WASSERMAN

The planned Tesla Gigafactory in Nevada will produce lithium ion batteries for electric cars and other alternative fueled technologies.

In the dry Nevada desert, just outside of the city of Sparks, the world's biggest building has begun pumping out lithium-ion batteries. This mammoth Tesla Gigafactory is the brainchild of a South African immigrant, Elon Musk, and named after a legendary inventor and immigrant from Serbia, Nikola Tesla. Its aim is to transform global green energy distribution.

Meanwhile, along New York's Niagara River, another Musk enterprise, known as SolarCity, will soon be pumping out 10,000 solar panels per day.

These behemoths are at the cutting edge of an epic technological revolution now driving energy production rapidly, cleanly, and decisively away from fossil and nuclear power.

Germany, which has the world's fourth-largest economy, is moving so rapidly into a post-fossil/nuclear reality that one of the country's key "problems" has been a wave of cheap, clean wind and solar-based power strong enough to occasionally overload the national grid. Smaller countries like

Iceland, Denmark, Sweden, Switzerland, and Costa Rica are eagerly following suit.

In the midst of this astounding bounty, the fossil-fuel-and-nuke-bound America of Donald Trump and the Koch brothers seems hopelessly out of step. While green-energy production soars in efficiency and plummets in cost, a corporate-owned central grid is dragging the United States down, toward environmental disaster, technological obsolescence, and economic depression.

Sadly for us Americans, many of the new technologies remaking the green-powered world were pioneered here in the United States but are now being dominated by global competitors. These include:

Photovoltaic cells: This photo-chemical process by which light can bump electrons from various inert media and create electrical current has been known since the early 1800s. The prototype PV cell was produced for the space program at Bell Labs in 1954. It still generates juice. The next incarnation went up on the Voyager satellite.

Arco and other American companies pioneered PV research and development. But gradually the lead slipped away to Germany, Japan, Is-

rael, and China. And after decades of being dismissed as too expensive to matter, photovoltaics experienced one of technological history's most astonishing price drops, falling by 80 percent in the last decade, with still more breakthroughs on the horizon.

Solar panels installed on rooftops can now produce electricity more cheaply than any other source, including fracked gas. With batteries from Tesla and other providers, solar panels will now be able to light, heat, and cool buildings 24/7 without interruption. Plus, they will be powering electric vehicles. Millions of free-standing structures can now become their own self-sufficient power plants.

The principal beneficiary of these developments may be China. With massive government support, the People's Republic recently made a daring attempt to corner the world photovoltaics market. It ramped up production and flooded the global market with panels priced below cost, intending to drive out competitors. But enough independent factories survived that the Chinese wound up with both global competitors and a surplus of panels, which they began to deploy domestically.

Facing horrific problems with coal-based air pollution, China is now tak-

ing a second great leap into PV. By 2020, it plans to invest some \$360 billion in renewables, much of it in PV. Already dominant in the global market, China's grip on this most crucial technology is bound to deepen.

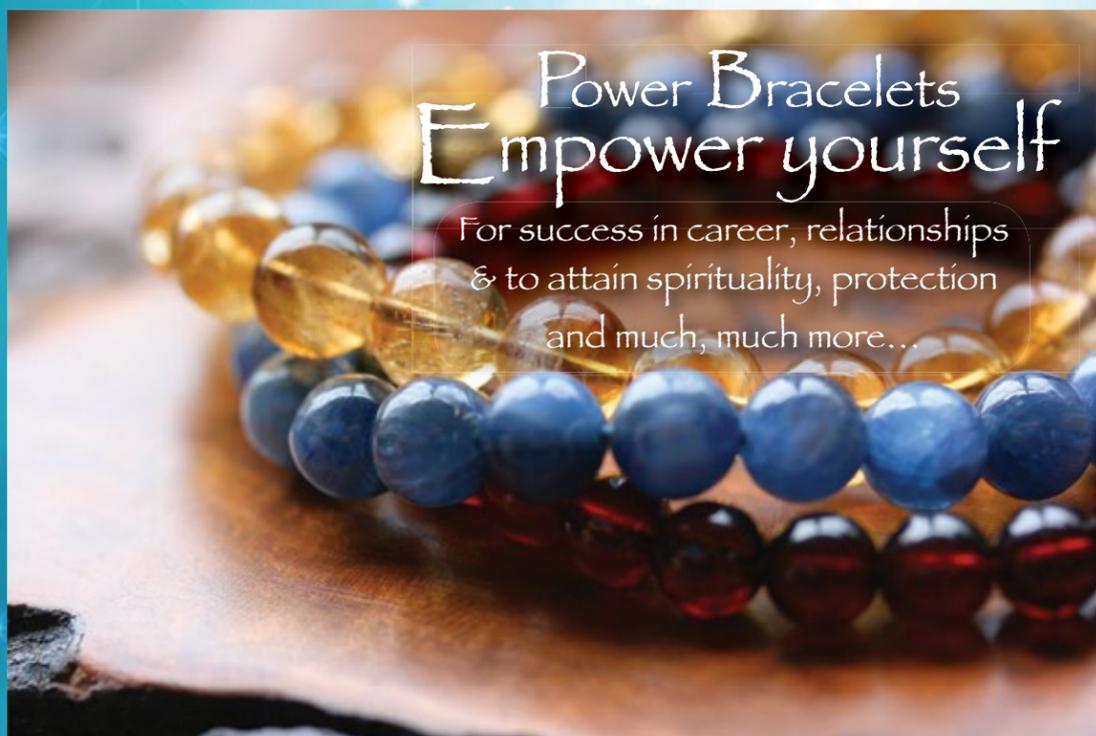
Photovoltaic roofing shingles: Photovoltaic technology has long been dominated by rigid crystalline wafers, which need to be mounted in glass and metal casings. A far more attractive option was pioneered by the legendary Stanford Ovshinsky, who died in Michigan in 2012 at age eighty-nine. The holder of more than 400 U.S. patents, Ovshinsky established a factory outside Detroit to produce roofing shingles that embody amorphous PV, a more flexible incarnation of the crystalline solar cell. The shingles offered a building owner the benefit of a new roof along with electrical generating capacity.

Ovshinsky's business acumen never matched his genius as an inventor. But Elon Musk has picked up on the technology. His Tesla operation will be offering "solar roof tiles" as the core of a "trifecta" home system that will collect electricity, store the juice in a Power-Wall battery array, and use it to power both homes and plugged-in electric

continued on page 36

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The Unstoppable Green Power Revolution

...continued from page 35

cars. The company says it'll be delivering the package by the end of this year.

Wind power: In the early 1980s, during Jerry Brown's first stint as governor of California, the generous tax incentives drew thousands of wind turbines to the Golden State.

Many came from overseas, especially Denmark. Prompted by a powerful Green Party, the Danes made a conscious decision to avoid nuclear power altogether and plunged into the wind industry, at times generating more wind power than the country can use. Like Germany, Denmark is now well on its way to going 100 percent renewable, a goal it intends to achieve by 2050. Meanwhile California has counted more than 13,000 turbines, producing enough electricity to light a city the size of San Francisco.

Advancing efficiencies have rapidly driven wind power prices down. Big utility-scale machines now generate electricity far more cheaply than nuclear power and all fossil fuels except fracked gas, with which it is competitive. New designs have reduced the number of birds killed by turbines, which was already less than the toll extracted by tall buildings, automobiles,

feral cats, or tall cooling towers at fossil/nuke burners, which are also the source of chemicalized waste known as hot water effluents, responsible for killing untold millions of marine creatures.

In places like West Texas, as in Germany, American turbines sometimes flood the grid with more cheap juice than the utilities can handle. But the real boom may soon come from the oceans and lakes, where the breezes can be almost never-ending. The Great Lakes boast some of the world's most powerful breezes, in close proximity to cities including Detroit, Toledo, Cleveland, and Buffalo, and are free from the salt that corrodes ocean-sited turbines.

Batteries: The term "battery" was originally coined by Benjamin Franklin, soon after he flew that kite. The core technology he invented hadn't changed much in a quarter-millennium—until recently.

The mobile storage units Tesla is building in Nevada are a new breed; as production ramps up, some 5,000 workers will lead the charge to close an "intermittency gap" in power storage that has been one of green energy's chief stumbling blocks. And while



© Alban Egger | Dreamstime

doubters may still fret that we'll freeze in the dark "when the sun doesn't shine and the wind doesn't blow," a new generation of batteries from Tesla and others will smooth over the gaps in Mother Nature's production cycles, lowering the down times in factories, homes, cars, and more.

With the ability to smooth over gaps in production and distribution, this new technology will eventually end the plague of blackouts caused by cen-

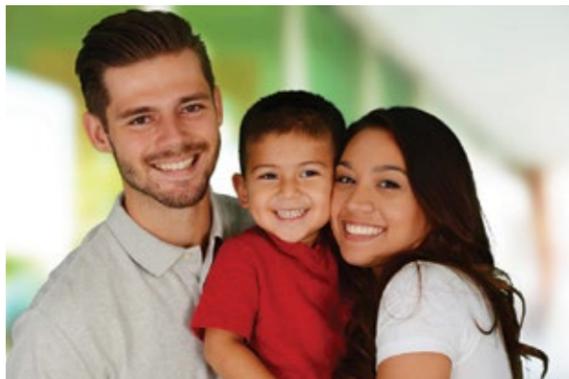
tral grid failures. The change could be aided by an ironic automotive twist. Under the hoods of millions of aging hybrids, batteries need a very high level of charge. As they age, they need to be replaced. But they still hold enough juice to help power a house, which does not need to accelerate down a road. Millions of these old batteries may soon plug in to free-standing buildings, speeding up the new paradigm.

Electric cars: Trump's attacks on fuel-efficiency standards aim to prolong Detroit's ability to produce high-profit gas-guzzlers instead of ultra-efficient electric cars. But California's tough stand in favor of those standards may render Trump's attacks futile.

Far safer, simpler, and more efficient than internal combustion machines, electric cars are finally tearing through the automotive market. Though repeatedly hampered by corporate resistance and government opposition, they remain a sure bet to dominate the future market. The question is when and where.

LED lights: Simpler, cleaner, and far longer-lasting than the billions of incandescent and fluorescent relics being replaced virtually everywhere, light-emitting diodes are essentially photovoltaic in reverse. They convert electricity to light in much the same way that PV converts light to electricity,

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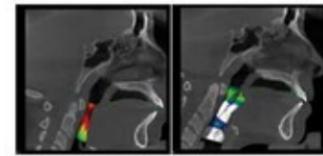
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ENVIRONMENT AND JUSTICE

But the boom in green-energy technology offers a vital path to a prosperous future. As that great American philosopher Yogi Berra might say, when you see such a fork in the road, take it.

among other things minimizing heat loss.

A new type of LED lights, double-heterojunction nanorads, being developed in the United States and South Korea, promises to both store and emit the energy that produces light, revolutionizing yet another green industry. These astonishing yin/yang units have the ability to charge themselves with ambient light, then re-emit it, and will clearly follow the original LED units into a global boom.

These are a few aspects of a far-reaching energy revolution that could help end fossil-fired global warming and erase the apocalyptic risks of our decrepit reactor fleet. But the Trump/Koch cabal is running a tragic replay of American techno-industrial failure.

It began in the 1970s, when the Big Three American auto elite decided not to build fuel-efficient cars. Foreign carmakers such as Honda and Toyota filled the void, helping transform our industrial heartland into a poverty-stricken Rust Belt.

The farce deepened when those same big-wigs declined to build hybrid cars. Toyota eagerly filled that gap with millions of Priuses.

Now we have the Trump/Koch oligarchs fighting renewables at every turn. They are rushing to assure Detroit that fuel efficiency is once again not a concern and electric cars will never come. They are working to pull back investments and progress in renewables. The jobs, says Trump, are in the coalmines and pipelines, and in subsidized oil and gas fracking projects.

Trump is trying to lead the nation in the wrong direction. More than a quarter-million Americans now work in the solar industry. Almost a hundred thousand more work in wind. According to the American Council for an Energy-Efficient Economy, jobs dedicated to increasing energy efficiency employed more than 830,000 in 2014, with up to 1.9 million possible by 2050. Musk's SolarCity, part of a burgeoning project known as the Buffalo Billion, will be by far that city's biggest employer, and installing the solar panels it produces will employ thousands more. According to the *Independent*, more Americans now work in solar power than in all of America's coal mines, oil fields, and gas extraction operations combined.

More than a quarter-million Americans now work in the solar industry. Almost a hundred thousand more work in wind. According to the American Council for an Energy-Efficient Economy, jobs dedicated to increasing

energy efficiency employed more than 830,000 in 2014, with up to 1.9 million possible by 2050.

But the ninety-nine nuclear reactors still operating in the United States continue to drain our resources. Despite the 5,000 jobs primed by the Buffalo Billion solar panel factory, New York Governor Andrew Cuomo wants to spend \$7.6 billion to save 1,100 jobs at four dying upstate reactors.

Illinois wants to lavish \$2.3 billion on two more. Ohio legislators may gouge ratepayers some \$300 million per year to keep three decrepit midwestern nukes in operation, but just voted to zero-out mandates for renewable energy. That idiocy is being duplicated across the United States, by state legislators beholden to the Kochs.

Meanwhile, in the wake of Fukushima, China began to rethink its nuclear future. It has thirty-six operating reactors and about a score under construction. How many more will follow is unknown. Only Russia, India, South Korea, and a handful of small players are even contemplating new construction. And China, unlike the United States, is taking steps to phase out coal and embrace wind and solar power. Its huge investment in renewables virtually guarantees Asian dominance in global green markets.

Here in the United States, Trump cripples our economic future when he denounces climate science. As the auto industry should have learned by now, attacking efficiency standards is a fast track to failure. Promoting fossil fuels shovels vital cash into a burning pit. Subsidizing nuclear power guarantees economic and other meltdowns.

And assaulting renewables means getting left behind in the twenty-first century's rich green boom. Donald Trump seems hell-bent on burying America's economic future in collapsed mines, leaking pipes, obsolete cars, and nuclear waste.

But the boom in green-energy technology offers a vital path to a prosperous future. As that great American philosopher Yogi Berra might say, when you see such a fork in the road, take it.

Harvey Wasserman is author of Solar-topia! Our Green-Powered Earth and co-author, with Dan Juhl, of Harvesting Wind Energy as a Cash Crop. He edits www.nukefree.org. See also his ad on page 62.

This article first appeared online in May 2017 at progressive.org and is reprinted here with the author's permission.

Dr. Tom ROSELLE

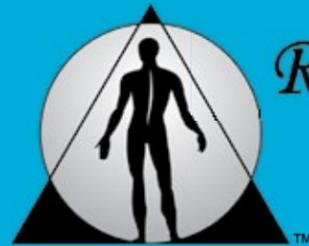
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ENVIRONMENT AND JUSTICE

Time for Puerto Rico and the Virgin Islands to Go All Green

BY HARVEY WASSERMAN

The terrible global-warmed tragedy that has ripped through Puerto Rico and the Virgin Islands now offers us a unique opportunity—and a vital imperative. As Elon Musk and others in the business of clean, green power have made clear, the islands' centralized fossil-fueled electric grids should not be rebuilt.

Instead, they advocate entirely replacing them with decentralized, community-owned micro-grids, powered by solar panels, wind turbines and locally grown biofuels. That conversion would guarantee the islands a cheap, secure energy supply while fighting the global warming that made these hurricanes such fearsome destroyers of life and property.

Hurricanes Irma and Maria have stripped these American territories of their fossil-fired electric grids. The devastation includes more than 50 Puerto Rican hospitals going dark, with tragic loss of life.

Without pumps for water, cell towers for communications, refrigeration for food and medicines, and so much more, the islands' immediate future is grim. The official four-to-six month timeframe for restoring the central electric grid guarantees more death and desperation.

Nearly all the islands' power has come from fossil fuel burners, including one fueled by coal imported from Colombia. Electric rates are far higher than on the mainland United States, worsening the debt so cruelly cited by Donald Trump immediately after disaster struck.

About 2 percent of Puerto Rico's electricity has come from wind and solar. Some installations sustained serious damage. But at one 40-acre flower operation, three-quarters of 244 solar panels—installed six years ago at a cost of \$300,000—sailed through the storm, and were producing usable power the next day. The 44 turbines at the 101 megawatt Santa Isabel wind farm on Puerto Rico's south side also escaped serious damage (as did some 12,000 Texas wind turbines during Hurricane Harvey).

Tesla's Musk helped green nearly the entire energy supply of American Samoa, as well as much of Hawaii's island of Kauai. Puerto Rico and the Virgin Islands are far larger. But advanced collectors and battery storage systems, along with a new generation of wind turbines, are poised to quickly replace the islands' rickety, obsolete energy

supply system with a green network of storm-proof micro-grids—and a showcase for global change.

The Caribbean is also fertile ground for biofuels to power the region's automobiles. Brazil runs a very large portion of its vehicular fleet by turning bagasse, a byproduct of growing sugar, into an alcohol-based fuel that's far cheaper and more efficient than imported gasoline.

And the islands could use a massive influx of LED lights, along with other energy-efficient technologies to streamline demand.

But micro-gridding will be key. The islands are mountainous, with many remote villages. Most could be made self-sufficient quickly with local networks powered by rooftop panels, small wind arrays and homegrown biofuels.

In the cities, grids that go neighborhood-by-neighborhood and building-by-building can be pieced together far more cheaply than with the wasteful, obsolete reconstruction of a national pole-and-wire dinosaur.

Tesla already is shipping in Powerwall solar/battery arrays. The Sonnen Company is lending expertise acquired in Germany's energiewende conversion to 100 percent renewables. Even lacking the Caribbean's intense sunlight and steady breezes, many German communities are headed to complete energy self-sufficiency based on rooftop panels and local-owned turbines.

As renewable prices continue to plummet, the Caribbean islands should follow Germany's lead, and take Elon Musk's offer to help them go totally green.

Irma and Maria have exacted a terrible price for wiping the slate clean. But with their abundant solar and wind resources, Puerto Rico and its Caribbean neighbors can emerge relatively quickly and cheaply with a sustainable, import-free network of local-based micro-grids. Their reward will be far lower long-term rates and a modern, reliable energy supply system designed to survive the next global-warmed wave of killer storms.

Harvey Wasserman is author of Solar-topia! Our Green-Powered Earth and co-author, with Dan Juhl, of Harvesting Wind Energy as a Cash Crop. He edits www.nukefree.org. See also his ad on page 62.

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Operating in a World of Polarity

How embracing opposites helps shift the tides

BY CAL SIMONE

In today's world, we are faced with polarity everywhere we turn. It can be quite challenging to have an experience of harmony, balance, or non-duality when the world is presenting so many polarized and polarizing situations.

Never before have we witnessed so many stark (and stuck) polarities. As you read through this list, pause after each one and notice how it lives within you, some likely more than others:

- Red and blue. The polarization of the two primary political positions has resulted in Congresses that cannot make any significant headway with legislation. One side wants to continue the movement of recent years in one direction, while the other wants to overturn much of that movement.

- "For us" and "against us." Shortly after 9/11, the U.S. President proclaimed, "You're either with us or [against us]." In that moment, he was speaking about the intensifying polarity that has held us in its grip for 15 years since then.

- Good vs. evil. The movies and TV keep drawing us to the polarity of people being either good or evil. Any time we believe our side is the "right" side, the other side becomes the "wrong" side, and there's no possibility of seeing the point-of-view of the "other."

- Guns vs. no guns. The right to bear arms is offset by a desire to eliminate weapons from our society.

- War vs. peace. For some, war is completely justifiable, while for others, there's no scenario that warrants war. One could say there's a war between proponents of war and peace.

For many of us, the change in administration seems like a giant step, or several steps, backwards. A great deal of movement in the last decades—towards embracing diversity; having open communications with other countries and peoples; increasing acceptance and embracing of all persons, regardless of their race, gender, country of origin; women's reproductive rights; caring for the Earth—all have been significantly dashed by the rhetoric of bigotry, exclusion, and business interests. So much of the progress

we've made towards the liberation of all beings appears to be on track to be undone.

The opposites I see are extreme. It's not like there's a bit of one mixed in with a predominance of the opposite. The positions are stark and highly distilled. Approaching 100% of one or the other, rather than diversity, or even a continuum, is binary, as if there are only two possible choices or states of being. Note I'm not saying that, as individuals, everyone has such distilled polar positions. I do see a diversity of desires, opinions, and agendas among people. It's society, and often leaders, that seems to want to maintain these stark polarities.

Everything serves. Accordingly, I'm not saying polarities are inherently problematic. We humans are designed to perceive polarity; it's one of our unique talents. It's being stuck in them as such basic opposites that brings about difficulty, from our relationships to our society's functioning.

Revealing the Shadow

How did we end up here, and what can we do about it?

The term *shadow* has received increasing exposure in recent years. More often than not, among coaches, it is used to refer to our parts, the specific sub-personalities that exist within us. However, our shadow consists of *all* that is unseen in us, and more particularly, unseen *by us*. Any aspect of being human that is unacceptable or abhorrent to us is *disowned* in our shadow. So if we hold fast to one side of any polarity, the other side of that polarity becomes buried in our shadow where we can't see it.

Who is contributing to this? Well, nearly everyone.

Many folks committed to spiritual practices tend toward an affinity for peace, light, and harmony, having a preference for the higher energies and states, eschewing the lower ones, and dis-identifying with their darker sides. This preference can be a profound form of attachment. The opposites of what we identify as, or what we gravitate towards—dark, tumult or violence, and dissonance—nevertheless continue to exist as aspects of us as well. In reality, none of us is required to embrace those

continued on page 40



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She channels using her innate intuitive abilities and utilizes her knowledge in Theta Healing, Matrix energetics, and other modalities to align your mind, body, spirit and the field of quantum energy surrounding you. Many people have experienced major shifts in all areas of their lives. When someone has a solid spiritual and emotional well-being, it is rare to see a physical sickness. Rebecca will teach you to use your heart center space to vibrate at a frequency where physical, emotional and mental dis-eases are unable to exist. The universe is holographic and Rebecca becomes one with the hologram to remove blocks, patterns, fears, and limitations in your energetic field to manifest what you desire.

What does your holographic imprint or pattern consist of?

Your hologram consists of your thoughts, experiences and the thoughts and experiences of the collective consciousness around you. Do you have fears, negative belief systems, or DNA programming that lowers your frequency and attracts those exact same parallels into your life? Do you keep repeating the same circle or patterns of mistakes throughout your life but in different situations.

What is a holographic universe?

Much research has been devoted to quantum field theory, mathematical explanations, and more specific sacred geometry. This has demonstrated that the universe is a holographic image in which we project and create our realities within.

Imagine a kaleidoscope of waves and particles floating freely everywhere around you. Within each particle exists multiple realities and different possibilities in your life. The possibility, the reality, the portion of the holographic image that we focus on becomes your reality, it becomes the life that you live every day. The higher our vibrational frequency, the lighter and less dense and more vibrant our realities become. The universe conspires to manifest according to our frequency and the matter which is contained in our thoughts, and energy fields.

Rebecca works with many issues in all walks of life. She has successfully helped with emotional, spiritual, and physical dis-ease. Rebecca works with people who want to heal and she coaches them into a future that they desire and want to create.

Testimonial:

"I had sessions with Rebecca, it was life changing! I am a 54-year old male who had a very successful career as a medical doctor. However, that was my parents' dream, not mine. I thought I would die unhappy because I quit my career and did not know where to begin. Rebecca used her abilities to read my situation, clear trauma from my past and limiting beliefs, and align my chakras with the chakras of a new business idea. That idea manifested into reality 3 months ago. I am happier than I have ever been! I highly recommend her."
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"The field is everything."
— Albert Einstein

About Rebecca

Rebecca was born intuitive and blessed with the gift of knowing. She knew at a very early age that her purpose in life was to help people heal themselves and others. In 2002 she received a Masters Degree in Psychology and began treating patients. Since then, she has seen thousands of clients and furthered her career and studies to become



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an Integrative and Holistic Practitioner, which deals not only with the mind, but physical body and spiritual self as well. She advanced her career by becoming certified in Eye-Movement Desensitization and Reprocessing, Neuro-Linguistic Programming, Transpersonal Hypnotherapy, Past Life Regression, and is an attuned Reiki Master. In 2005, Rebecca studied to become a ThetaHealing Practitioner and teacher of this revolutionary modality. Since then Rebecca has practiced Matrix Energetics as well as recoding and access consciousness. Rebecca uses a combination of tools to help her clients. Rebecca has a passion for helping her clients expand their business potential, manifest soulmates, heal trauma, and make their life become the life they have dreamed about.

Operating in a World of Polarity

How embracing opposites helps shift the tides

...continued from page 39

opposites, and yet...there's a consequence if we don't.

Similarly, most people who are dedicated to noble causes are contributing to our society being mired in the polarities without realizing it. Activists unknowingly contribute to the polarization by trying to push away the opposite of what they are identified with.

On a national collective level, disowning is being done on a massive scale. One had only to watch the later presidential debates in 2016 to see this occurring with both of the final candidates, though it's not just the leaders that have been doing this; it's pervasive in our society. It's actually quite easy to see this in other people. Whenever someone is pointing the finger at someone (or something) else, and they have a strong emotional charge, then they are seeing (more often projecting) their disowned material in that "other."

It used to be that glimpses of the shadow would leak out from time to time, but now the collective shadow is gushing like a geyser. Everything society suppresses or wants to suppress is becoming more and more visible. While it can be disruptive, this is actu-

ally beneficial because, if we are willing to look at that which we've repressed, it shows us what we need to reclaim.

Time To Shift

To have a sense of wholeness requires embracing both sides of any pair of opposites. The key to having an experience of non-duality is to embrace dualism. To attain harmony and balance, we accept when we experience dissonance and when we're out of balance, rather than seeing them as problems to "solve" as quickly as possible. Basically, any time we have the desire to reject or push away something "out there", it exists in our own unconscious. The same goes for our society; whenever a segment of our society rejects or pushes away some other group, what's being pushed away exists, in some form, in that group's collective unconscious.

It may seem that people on the "other side" are misguided, "off course," or irrational—and they may or may not be. Regardless of whether they actually are or not, what's important is if you're reacting to what's "over there," some aspect of that is a part of you, at minimum in your unconscious. And if it's in your unconscious and you have no relation-

ship to it, then it has power.

There is some hope; there are some more recent indications of the possibility of shifting out of such polarized states. Increasingly, we are seeing more complex characters: heroes showing the dark side of their nature, and villains doing positive things. These figures, in the movies and on TV, as well as in real life, while traditionally representative of the polarities of good and evil absolute and mutually exclusive, actually do contain elements of their opposites. And there have been real-world examples of these: the head of a drug cartel built schools and gave to the community; philanthropists are revealed to be philanderers; even spiritual gurus have their dark sides. If it seems no one is solely positive or negative, that's because no one is. So we're slowly moving from that stark binary to shades of gray and colors.

On a deeper level, there is no "other," therefore, there is no "them." For most of us, just about everything we see is primarily a reflection of some aspect of our deeper selves projected onto others. This isn't an undesirable thing, and in fact, it's the mechanism behind us admiring someone else or falling in love. It is when we project unconsciously, accepting on face value what we see in our projections and believing a story that our projections are completely true and accurate, that we're not able to be responsible and

we can't really see the other. (Similarly, judgments are not undesirable; without judgment we have no discernment.)

Discovering the Disowned

There's a three-part program to bring about the sort of change many of us desire:

1. Discovering the disowned "other" in ourselves
2. Taking ownership of the situation
3. Declaring responsibility, and therefore, power

I will cover the first part here. The other two parts will follow in the next issue's article.

Practice: Discovering the disowned "other" in ourselves

The first thing you can do to shift things is to discover what it is you disown and then locate it within yourself. This is not an easy task, given that our ego wants to keep us away from knowing that these exist within us, since our ego deems them as unacceptable. To help with this, I've broken it down into a set of practice steps. (The first two steps are intended to be done as one process.)

Step 1: Find, and relate to, your disowned aspects somewhere outside of yourself.

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About the Author: Kathryn Brown Ramsperger is an award-winning intuitive coach, author, and humanitarian. Her articles have appeared in publications from *National Geographic* and *Kiplinger* to *Yahoo Parenting* and *Thought Catalog*. She's also worked for the International Red Cross and Red Crescent, living and working in Europe, Africa, and the Middle East. She currently nests in the D.C. suburbs with her family of humans and felines.

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Seek out people whose worldview is different from yours, or people you find yourself having a strong reaction to, whom you would tend to want to avoid or to confront. (Possibilities include folks who voted for the person you didn't want as President, or someone who holds a belief that is diametrically opposed to yours.)

Seek out people whose worldview is different from yours, or people you find yourself having a strong reaction to, whom you would tend to want to avoid or to confront. (Possibilities include folks who voted for the person you didn't want as President, or someone who holds a belief that is diametrically opposed to yours.) To do this more fully, you do want your reactions and judgments to surface, and use them to help yourself move towards people in whom you see your disowned aspects. (Important: I'm not suggesting you act out judgments or reactions with those folks. When the judgments or reactions emerge, the opportunity is to start becoming aware of them, not to express them outwardly.)

Tip for success: Relating to them requires genuine curiosity, which can be highly challenging to do if you're in the midst of reacting to them, at least at first. For a while, you may just want to practice becoming aware of what you're seeing for a while and not interact with the people you're reacting to. The purpose of this step is to notice internally the particular reaction you're having.

Step 2: Notice what is about them that you're reacting to.

What is it about them that triggers you? It's not actually about their specific behavior, but rather one or more characteristics you associate with their behavior. Hint: These will be adjectives (such as "mean," "self-absorbed," "clueless," "timid," "uncaring"), not nouns or verbs. (Using the examples from Step 1, what are the characteristics of someone who would vote for the other candidate for President, or who have a belief that is opposite from yours?) Once you are clear what those characteristics are, you now know what you have disowned.

Step 3: Keep a written list of the disowned aspects you find, along with their associated characteristics.

If you have a journal, set aside a section to list each disowned aspect. Write a name or short descriptive phrase that will help you identify them later. Then list the characteristics (adjectives) from Step 2 for each part. Once you've got your list of disowned aspects, you can move to the next step. Suggestion: You likely will become aware of multiple disowned aspects. For the remaining steps, I recommend that you focus only on one aspect at a time, at least until you've become more practiced at doing this.

Step 4: Locate one of those disowned parts within yourself.

This is no small effort, given how much—perhaps even lifelong—resistance we've had to them. As with Step 2, you're not looking for actions or behaviors, but characteristics. (Note: It's possible you might pick one of the characteristics on your list, start looking for it, and another one might reveal itself instead. That's perfectly fine; any self-discovery is valuable.) Most of the time, outside reflection is necessary to find a disowned aspect. Such outside reflections could be from a perceptive friend or a trained professional; what is required is someone skilled in separating out their own projections, to be able to see what you can't detect in yourself.

Step 5: Cultivate a conscious relationship to that disowned part within yourself.

Once you have an awareness this aspect is operating within you, bring yourself to your own disowned parts with curiosity and compassion, as you did in Step 1. Notice how these aspects begin to show up more readily. They may begin to seem different, perhaps less polarizing or less adversarial. Eventually, this will lead to you loving them.

Tip for success: One nice way to explore this is to use Active Imagination, wherein you write questions, and then wait for responses. It looks like a movie or TV script, where you write your name and a colon, and your question, and then the name of the aspect, and then that part's response, like this:

Mary: Hi. I don't know you and I'm curious to know about you. How long have you been around in my life?

Scared One: I've been here since you were 5.

Mary: I know you're afraid. What are you afraid of?

At first, it may seem contrived, but it won't take long before it's flowing as a dialogue between you and some part of yourself that's been living inside you for decades, but you didn't know it was there.

Repeat steps 4 and 5.

When you've sufficiently explored with one part, you can then repeat Steps 4 and 5 for another aspect on your list.

You may notice some unexpected benefits. For example, you may discover:

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MIND • BODY • SPIRIT

Operating in a World of Polarity

How embracing opposites helps shift the tides

...continued from page 41

- People you have found difficult to be with seem to be somewhat less difficult.

- Difficult situations might become somewhat easier to deal with.

- Your communications may be received better.

- You may find yourself calmer and more grounded.

One more thing...After having done all the steps, when you do decide to approach the people you react to, bringing some compassion helps; and it may be a nice stretch for you to bring compassion when you're in a strong reaction, which will likely take some mastery. If you have a spiritual practice, chances are you have already had some practice bringing compassion, and you can use your practice to prepare yourself to bring that compassion when you're looking for your disowned material "out there." This combination of curiosity and compassion is a winner.

Dangling Threads

There's only so much one piece can cover. And earlier, I mentioned there's work for us both as individuals and as collective. I will delve into collective work and explain the other two parts of the program in the next article.

Since you're reading this, there's a high probability you care about others. As you do the practice steps, repeatedly bringing yourself with curiosity and compassion is a loving act, and one that will assist you in further expressing the caring you have.

Cal Simone is a consciousness teacher, transformational facilitator, coach, writer and speaker, steeped in Jung and others. He enjoys the exploration of the unconscious, and has a keen interest in the patterns and dynamics of the collective psyche. Cal can help you or your organization know yourself better, improve your relationships, and discover your life purpose. He can be reached at conscious.cal@gmail.com.

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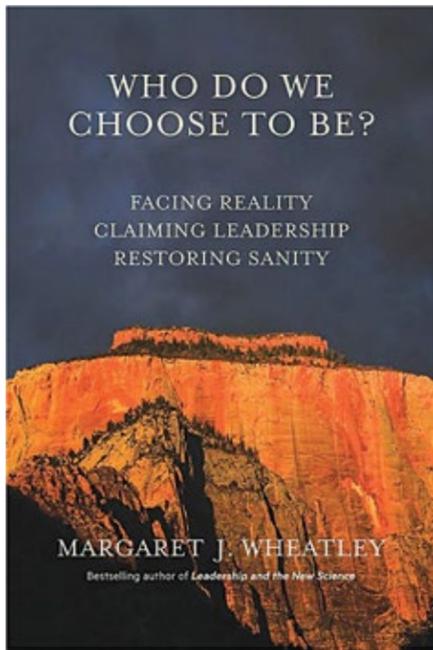
BY GABRIEL HEILIG

We are living through a time in human history that is literally inside us, inhabiting our minds without our knowledge. The body politic has split into belief systems that make conversation nearly impossible and national progress futile. In addition to America's split soul, the increasingly intrusive, unaccountable presence of Google, Apple, Microsoft, Facebook, and Amazon means we can imagine Big Brother inside us—listening to us—each of us—breathing alone. Now add AI's shadow spreading across the economy, threatening livelihoods by automating and robotizing almost any repetitive physical or mental activity we do—and, well, that's quite a brew we're all swallowing. And we're in that soup together. Like the frog that gets boiled a degree at a time while it's thinking of other things, we are slipping away from each other and disappearing into our tools and toys, one thumb-click at a time.

How can we work our way out of a corner we barely even notice because it surrounds us so completely? One of the hardest things in life is to change our minds—not *what* we think, but *how* we think. And how we perceive the world our thinking tells us we're living in? Recently, I looked at four books that speak to this in one way or another. Three of the titles are from Berrett-Koehler, which publishes books it believes will help build "a world that works for all of us." No one would argue the goal; the question is how far these books take us toward it. Its three books address how our view of the world inexorably molds the maps, routes, and destinations we're likely to find in that world.

Books that present One Big Idea often use repetition to impress on us how necessary the Big Idea is. However, this approach runs the risk of leading us right back to its starting point. Often not much is gained by reading the entire book. The first or final chapter will tell us just about as much as what's between them. It could have been an article, but often it was one already and publishers encouraged its author to inflate it into a book.

Fortunately, other authors will use an idea as a starting point for an intellectual expedition that explores the terrain in, under, around, and beyond the idea itself. The idea is used more as a vehicle for the exploration of further thinking, rather than as a permanent parking spot for the original idea. Berrett-Koehler (B-K) recently published books on the need to "think different." B-K is a remarkable publisher, committed to offering books that contribute to "connecting people and ideas to create a world that works for all." It doesn't offer its authors advances; it generates opportunities for speaking engagements and does more marketing on behalf of its authors than most other publishers.



One of B-K's three new titles is significantly superior to its other two. *Who Do We Choose To Be?* is authored by Margaret Wheatley, one of America's most adventurous, effective teachers on the subject of leadership. She offers us a journey into the ideas she explores. I suggest we take it. Her animating idea is nothing more—and nothing less—than this: "What is sane leadership? It is the unshakable faith in people's capacity to be generous, creative and kind." That sounds like intellectual cotton candy, until we try to summon that level of faith and try to find and offer generosity, creativity, and kindness—and do it consistently, with faith in the usefulness and self-wisdom of doing it.

Unlike some who present One Big Idea, Ms. Wheatley has a modest, practical, local view. She is writing primarily to encourage people to create what she terms "Islands of Sanity." She has no illusions about the folly and cruelty going on in the world. She cites multiple examples of cruelty, and the self-righteous self-delusion that often supports it. And she is generous enough as an author to give large parts of her book to the voices of others, quoting from many sources on leadership, sanity, information, and truth. Her book is wide-ranging and serves as an inquiry into ideas, states of being and their consequences in a way that made this reader want to travel this with my eyes and mind open, as hers clearly are.

Edward Hess and Katherine Ludwig, authors of *Humility is the New Smart*, have written a smart book-length argument for becoming a self-aware person in what they call "the Smart Machine Age" (SMA). In looking at this challenging new reality, they recommend a core skill set for thriving in an SMA world. These skills include: (1) Quieting the Ego, through mindful meditation and the practice of self-observation; (2) Managing Ourselves emotionally and mentally, especially

continued on page 44

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". You are able to choose your type of reading — Psychic, Mediumship or Medical Intuitive. She also offers one question readings.

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This is a great way to gather friends and family together that might not be quite ready for a one-on-one reading.

The Soul Shepherd has several healing modalities but focuses mostly on her John of God Crystal Bed (one-hour sessions) along with Intentionalized Energy (something she has been doing since she was a child).

The Soul Shepherd has been invited to do two radio blogs with CUTV News Radio, one with Jim Masters and one with Doug Llewellyn which will be posted to her website upon completion.

Please check out www.thesoulshepherd.com for descriptions of services, testimonials and pricing.

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

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

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

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

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BOOKS

Conversations With Books: Exploring Big Ideas for Insight on Current Issues ...continued from page 43

in how we often rush to opinions and conclusions; (3) Reflecting Listening, so we truly hear each other, not just wait for a chance to interrupt and dump our favorite opinion into the “conversation”; and (4) Otherness, by which the authors mean connecting emotionally and relating.

Who can argue with this? But does it really need 188 pages to make these points? I soon found this book getting tiresome, frankly. It’s one of those One Big Idea books that soon begins to feel repetitive and obvious, as if the authors are trying to tell us how to stand up straight. The point is: Stand Up Straight. It’s like marshaling a platoon of social scientists to research the question, “Are we going to be better off if we’re nice to each other—or should we all act like monsters?” With all due respect to B-K and this book’s authors, I don’t think an entire book was necessary to make the authors’ point. It seems a little late in the game for us all to be lectured about why we should notice our thinking, quiet our egos, and listen to each other. Its authors could have practiced a little humility themselves and made their incontrovertible but somewhat obvious points, and stopped. This could have been a tight, useful article, rather than a sprawling lesson in Standing Up Straight. Acting like a humble, sane person is a topic that has been covered in thousands of books, from Confucius to the Holy Bible to a library of wisdom literature. After a few useful chapters, this felt like atomizing the obvious so the authors could put it back together in front of us, rather than breaking new ground and taking us somewhere.

Another B-K book, *The Memo: Five Rules for Your Economic Liberation*, by John Hope Bryant, is more animated in tone and approach. It feels like a justifiably urgent sermon by someone who has walked his talk. His argument reaches toward the bottom-line—i.e., Inner Capital is more useful than Outer Capital. Mental poverty is worse than financial poverty, since being poor in confidence and obtaining some money often will not help self-respect. However, Bryant is speaking to poor people who still can summon the will and wit to make something more of their lives from his sound financial literacy advice. It’s a brave and bracing sermon, but delivered to a church whose pews are empty of the listeners Bryant most wants to reach. Many of those folks are trapped in minds focused on paying the rent.

And by the way, it’s not just African-Americans in that leaky economic boat. According to research done by economists at Harvard and Princeton, 78% of Americans are living from paycheck to paycheck; and if any of us had to come up with \$400 immediately, something like 60% of Americans will not be able to do it. That’s stunning.

Perhaps more useful than B-K’s

three books is the stirring example of community self-empowerment now occurring in Jackson, Mississippi. A new book from Daraja Press, a publishing house with a similar mission, *Jackson Rising: The Struggle for Economic Democracy, Socialism and Black Self-Determination in Jackson, Mississippi* demonstrates what poor people can achieve by working together with a plan. Jackson may be the most radical community in America—in the original sense of the Latin word *radix* to describe actions that “go to the root” of an issue. John Hope Bryant’s book is not as radical as that, but he offers bracing advice about how to climb out of one’s own mental foxhole, survey the battlefield, and fight more effectively for things worth fighting for.

Jackson Rising shows what can be accomplished when people leave their foxholes together, find each other, and join the battle with a united will and a unifying plan. What’s happening in Jackson is an object lesson in economic democracy. It has turned social injustices and human imagination into democracy as community performance art. What is being done in Jackson represents an extraordinary act of imagination, faith, guts, and skill. It is exactly what Margaret Wheatley wants to provoke in us. It is an Island of Sanity, in the reddest of America’s red states.

Like the rest of us also might want to do, B-K and its authors might want to take a month-long field trip to Jackson. Their books would be more grounded, B-K would get even more committed to its noble purpose, and its readers across this country would be better informed and inspired about what is still possible in America. Connecting to each other again will mean getting out of our thumb-in corners and growing more Jacksons in more communities, if we are to re-create democracy as a self-governing life-form able to survive its own self-blindness.

In our social media-induced, Pavlovian response to illusions of a Righteous American Christian Empire (RACE), millions of Americans have become all but addicted to seeing anyone who looks like an Other as being outside the definition of “a good American.”

Except—the universe has no “outside.” Ask the nearest physicist. We’re all here together, like it or not.

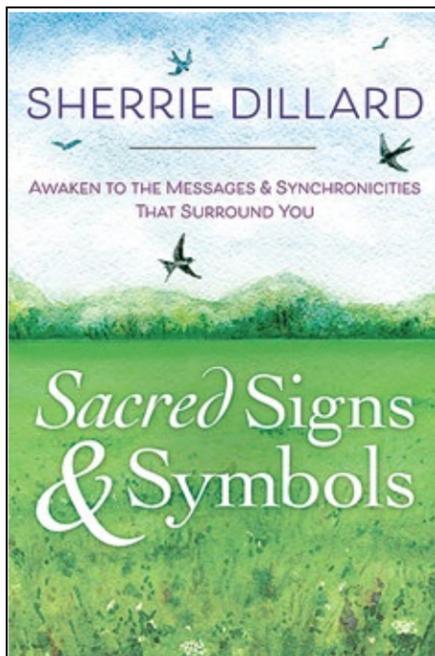
Gabriel Heilig has spent 35 years coaching over 5,000 people with important decisions to make. He works with a few people at a time and helps them build, or rebuild, their professional lives. He founded the only resume and coaching service ever awarded a lease to do business in the Pentagon. Clients included a recent Secretary of the Army and a Pentagon toilet cleaner who had worked at the bottom of the Federal pay-grade for 15 years, then was promoted twice within a year to train on Pentagon computer systems. He can be reached at: gabe@ideadesign-dc.com.

METAPHYSICAL BOOK REVIEWS

REVIEW BY NICOLE ORTEGA

Sacred Signs & Symbols: Awaken to the Messages & Synchronicities That Surround You

By Sherrie Dillard
Llewellyn Publications
June 2017; 264 pages
ISBN: 9780738749686



Have you ever heard the parable of the Drowning Man? It goes like this: Once there was a man stranded on top of his house during a flood. A man in a rowboat stops by and says, "Hey, get in, I'll save you!" The drowning man replies, "No thanks, I'm waiting for God to save me." Next, a man in a motorboat happens by, shouting, "Jump in, I'll save you!" The man again replies, "I'm good. I'm waiting for God to save me." A while later, a helicopter whizzing by sees the man on his roof and slows to hover overhead. The pilot shouts down, "Hey, do you need some help!?" The man shouts back, "No thank you. God will save me!" The water rises, and the man drowns, as he is unwilling to accept any offered help. When he gets to heaven and sees God he asks, "Hey! Why didn't you save me!?" God says to him, "I sent you a rowboat, a motorboat and a helicopter, you idiot!"

The moral of the story is obvious to us, the outsiders, because it's always

easier to see what's going on when you're outside, looking in. But when you're faced with a major life decision, like relocation, leaving a job, or getting married, things aren't always so clear. You're too close to the matter, and your monkey mind creates static interference between you and your intuition. The universe is constantly sending you signs to help you out, but do you know what to look for? Are you even paying attention, or are you busy staring at your phone?

Learning to read the signs around you is one of the most accessible ways to tap into your intuition and have a direct dialogue with the universe. In *Sacred Signs & Symbols: Awaken to the Messages and Synchronicities that Surround You*, Sherrie Dillard shows us how to recognize and decipher the smoke signals the universe is putting out.

Sherrie Dillard is a psychic medium and a well-established author. In 2011, after reading her book, *Discover Your Psychic Type*, I booked my first-ever intuitive reading with her. It was a positive experience and one I'll never forget. You can trust she's the real deal when it comes to communicating with the spirit world.

As a card enthusiast, I've often wondered why Dillard doesn't have a Tarot or oracle deck; but that question was answered with the release of this book, as the whole thing is basically an oracle guide. Dillard writes: "A couple of years ago, I began to get a message to develop an oracle system. Yet, I was not sure what type of oracle guidance system to create. Intent on figuring this out I asked for a sign or message to help point me in the right direction. I soon experienced an outpouring of them."

Dillard explains that she received so many signs it became undeniable she was headed in the right direction, but she remained confused about how to get started until she came across a hawk feather near a church. When she

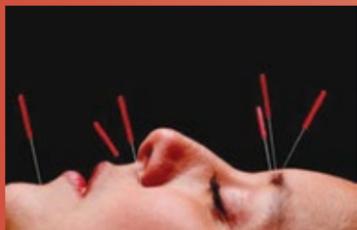
picked it up, a message "shot through [her] like a bolt of lightning" and she instinctively knew she was meant to create a sign oracle.

Dillard calls her oracle system "The Living Oracle," and the book has three main sections explaining how it all works. Part One: Understanding the Signs that Surround You, is the foundation, with discussions on what a sign is, how to spot one, getting familiar with signs, and one that I find especially useful, an exercise to strengthen symbolic awareness. Dillard explains that there are several different kinds of signs: healing, decision-making, comfort, redirection, change, guidance, and "I am Here" signs, which alert you to the presence of the Divine in your life. Dillard also includes a useful introduction to the different messengers sending these signs, like archangels, spirit guides, and even your higher self (which is a little mind bending when you think about it).

Part Two: The Living Oracle is about working with the oracle, casting the oracle, and different divination methods you can use with the oracle. Dillard gives instructions for casting three different kinds of oracles within the system. The Sign Signature method is explained as "a way to ask for an identifying sign from a loved one on the other side, an ascended master, an angel, an archangel, a spirit guide, or

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METAPHYSICAL BOOK REVIEWS

Sacred Signs & Symbols: Awaken to the Messages & Synchronicities That Surround You

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a nature spirit. This is their sign signature and they will use it to let you know when they are present." So, you could cast Sign Signature and get the message that your grandmother is present whenever you see a blue jay. There's also Temple of Spirit—a one-sign oracle used to connect with the Mother Goddess; and Sign Medicine Wheel Oracle—a healing rite to promote peace and harmony.

Dillard explains: "Similar to Tarot card spreads, oracle divination methods provide you with a format to further discern and gain deeper understanding from your signs." The text goes into detail discussing different divination methods for interpreting the signs. Part of the beauty of Tarot is being able to tell a story with the cards via *spreads*, so you know what card refers to a specific area of inquiry, (e.g., the past, present, future spread) versus drawing a jumble of cards and trying to make sense of it with no order.

Likewise, the Living Oracle gives instructions and formats to help you gain deeper understanding from the signs you see when casting. It works similarly to other oracle systems. Just as if you would draw a Tarot card from the deck, you "draw" a sign, by walking around, sitting, or vision questing

until you're finished collecting signs, and then you write the signs down on pieces of paper and shuffle them into a spread for further interpretation.

In this way, Dillard has managed to create an oracle system that unboxes oracle possibilities more than ever before. With Tarot, sure there are 78 cards and potentially thousands (or millions?) of meanings; however, when you're using cards the traditional way, you're still limited to the symbology of each card. With the Living Oracle, the system is created as you go. You can include that red car, the heart-shaped cloud, and the smell of fresh grass, and because the signs unfold organically and are not predefined, it's like having your very own custom oracle deck, but you know, *in real life*. Genius I say.

Part Three takes up roughly half of the book and is a glossary of possible sign interpretations. Dillard urges readers to follow their own intuition, but provides the meanings of various signs as a starting point for those who prefer a little more handholding. While there are more traditional definitions like animals and colors, there are ones I've never considered before, such as crosswalk, storage unit, and delivery truck—all things you would expect to encounter in modern life when out and about.

Books in this genre that break away

continued bottom left on next page



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Check out Misty's website for monthly astrological reflections and information on ordering her books, CDs, and DVDs.

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Sustainability Starts at Home: How To Save Money While Saving the Planet

REVIEWS BY ALYCE ORTUZAR

By Dawn Gifford
Small Footprint Family
2013; 339 pages (PB)
ISBN: 978-0692466469

Opting out of the Big Banking system by using a credit union is a lot like opting out of the Big Food system by growing your own and buying from local farmers. Both are necessary ingredients in creating a sustainable, more just society.

~ Dawn Gifford, *Sustainability Starts at Home*

This well-written, easy-to-follow, comprehensive resource guide is filled with meaningful lifestyle choices and actions we can pursue today to ensure that all of our children will “inherit a world that is worth living in.” Anyone who still has questions regarding the need to end our reliance on fossil fuels and extraction processes such as fracking will find compelling evidence to deter us from continuing to overheat our planet and deplete our diminishing supply of fresh water and remaining forests. Many unsustainable dirty energy projects are funded by Big Banks.

Author Dawn Gifford compares investments pursued by Big Banks with local and greener projects supported by credit unions and small community banks. She urges us to vote with our money and lists numerous Websites to consult that delineate the relevant criteria for choosing where to conduct our financial transactions. One highly regarded site is Green America (<https://greenamerica.org/better-banking>), which is known for its fair labor and fair trade Green Expos held around the country and its annual nationwide green shopping directory (see *The 2017 National Green*

Pages, <https://greenamerica.org/blognews/2017-national-green-pages>). Then she challenges us to go to the polls and vote to create a state-owned or public bank where we live, similar to the one North Dakota residents have benefitted from and supported for more than one hundred years. Each topic covered in this book includes a similar treasure-trove of resources.

The mission of Gifford’s Small Footprint Family is to encourage transitions to alternatives that have significantly lower carbon emissions (or possibly none). For example, we as a nation are the heaviest paper users in the world. The average American uses up about seven trees a year, which is the same consumption as six people in Asia or thirty people in Africa. Making paper generates 40 percent of the world’s industrial logging; is energy-intensive; emits tons of greenhouse gases and “persistent toxic pollutants like chlorine, mercury, lead, and phosphorus”; and relies on harsh synthetic pesticides and herbicides in

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Sacred Signs & Symbols: Awaken to the Messages & Synchronicities That Surround You ...continued from page 46

from the norm are rare. Sure, everyone has different interpretations on what’s the best way to develop your intuition, and 1001 ways to read a Tarot card, but mostly, it all blends together. So when a book like *Sacred Signs & Symbols* comes along—one that’s not only well written but also decisively practical and innovative—I can’t praise it enough.

Nicole Ortega is a professional intuitive, writer, and spiritual teacher. She runs The Sacred Odyssey, a community and resource for lightworkers on a journey to maximize their potential and impact by embodying more of who they really are. Join her at thesacredodyssey.com to learn more.

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Local authors and self-publishers are especially invited, but all mind-body-spirit writers, nonfiction or fiction, are welcome to submit new work. Send a short introductory email to nicole@nicoleortega.com, or snail mail a press release and review copy to Pathways Magazine, Attn: MBS Reviews, 6501 Eastern Ave., Takoma Park, MD 20912.

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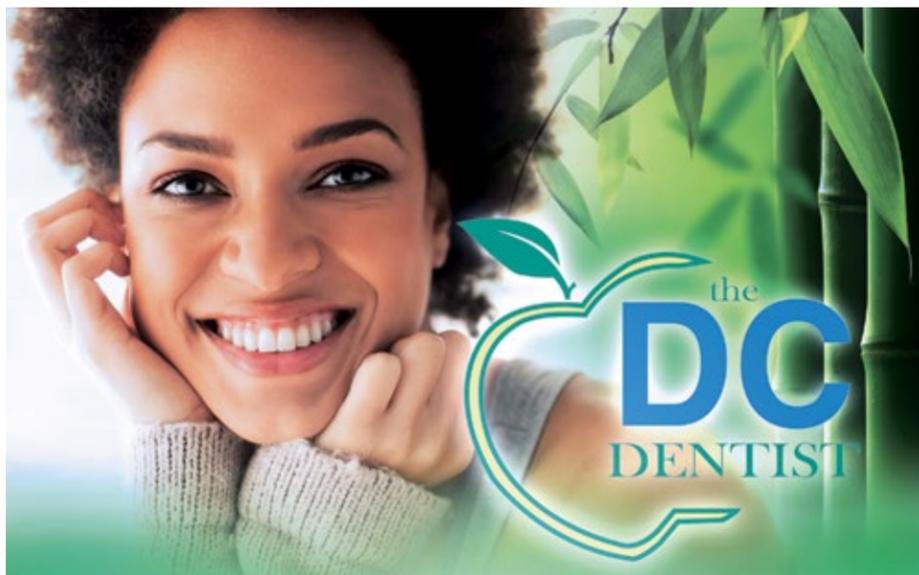
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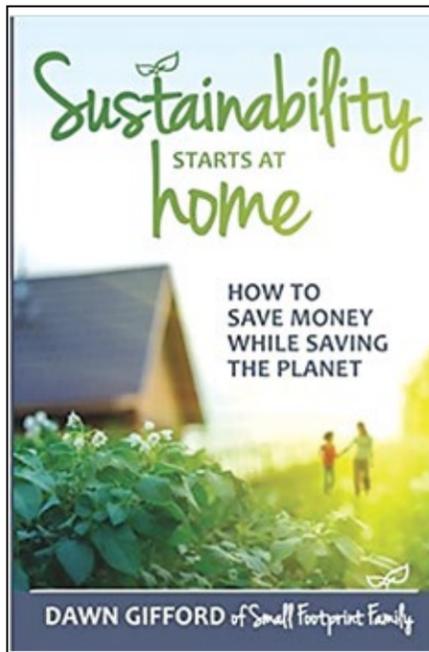
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BOOK REVIEWS

Sustainability Starts at Home: How To Save Money While Saving the Planet

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lifewithoutplastic.com/store/ and <https://thesoftlanding.com/bpa-pvc-andphthalate-free-toothbrush-guide/>; and composting food scraps to keep them out of landfills where they generate methane into the environment. Including cooking grease with the food scraps keeps it away from the sink and the drain that too often become clogged.

It is easy to set aside a small composting space for combining food scraps with leaves and twigs and end up with rich and amazing soil. It is also easy to bury food scraps (anything but large bones) in a yard and end up with even more amazing and resilient soil, which then feeds and generates biodiverse native conservation vegetation that captures stormwater onsite; feeds pollinators and other important beneficials; and becomes a wonderful carbon sink that captures and sequesters greenhouse gases.

Practices used to maintain manicured and usually monocultured turf lawns emit tons of carbon dioxide; and because the turf grass itself captures nothing nor feeds anything, it easily permits stormwater runoff. Urban and suburban housing developments have replaced so many farms today, research now documents that more pollutants enter the Chesapeake Bay watershed from urban and suburban stormwater runoff than from farms (except for the inhumane Eastern Shore chicken CAFOs [confined animal feeding operations]).

Gifford is a master gardener, master composter, horticulture teacher, Cooperative Extension agent, and a certified arborist and permaculture designer. Her timely money-saving tips for an eco-friendly holiday season include using LED holiday lights, not buying shiny-coated wrapping paper because it cannot be recycled and was most likely made in an Asian sweatshop, preparing a feast using seasonal and humanely-raised foods from a local ecological/organic farmer, buying a pesticide-free plantable tree from a local farmer/grower and planting it in a yard or a park after the holiday, making our own gifts or purchasing products made only from sustainable materials with minimal packaging, and replacing plastic trinkets with flavorful and healthy stocking stuffers such as organic clementines and dried fruits and nuts. (See Gifford's article in this issue, "12 Ways to Have an Eco Friendly Holiday.")

This practical and gratifying guide to "Radical Simplicity" does save money and can save the planet if enough individuals and families adopt and share these important yet simple lifestyle choices and actions. So share this book, spread these meaningful lessons and messages, and follow the author at smallfootprintfamily.com.

addition to the toxic chemicals used for pulping and bleaching that harm workers, adjacent communities and water sources, and wildlife.

Besides the obvious need to reduce our overconsumption of paper and to replace the dirty and toxic processes used to manufacture it, green and sustainable substitutes such as hemp are available. With established uses in medicine (in the cannabis form) and in manufacturing (especially the wonderful soaps and great clothing now available at the Green Expos), hemp was the mainstay of our economy for at least one hundred years in addition to other natural and renewable fibers, for a host of locally produced products.

However, I do not agree with the author that we should reduce access to print versions of newspapers and magazines and mainly read them online. There is sound research arguing against reading extensively online via computers (see the *Pathways* review of *How To Raise a Wild Child*).

Gifford also encourages the use of recycled toilet paper, cloth diapers, unbleached reusable cloth coffee filters, and cloth napkins; in addition to washable kitchen towels and washcloths in place of paper towels. She also encourages us to hang our wash outdoors to dry and to replace toxic chemical fabric softeners with one-half cup of vinegar in the rinse cycle to naturally soften the cloth. All of these easy-to-find green choices save money and rely on far less energy and fewer chemicals in terms of cleaning and reusing them. She helpfully supplies many calculations documenting the savings.

This book is also filled with nontoxic and natural do-it-yourself cleaning and body care formulas; purchasing tips for reducing packaging; how to lower our transportation footprints; ending our addiction to plastics ([48—PATHWAYS—Winter 17-18](http://www.</p></div>
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Weapons of Math Destruction: How Big Data Increases Inequality and Threatens Democracy

REVIEW BY ALYCE ORTUZAR

By Cathy O'Neil
Crown Publishing: New York
2016; 260 pp. (HB), \$26.00
ISBN: 978-0-553-41881-1)

Cathy O'Neil is a highly regarded mathematician on a mission that is in our best interests to support and promote. She identifies Big Data as our current industrial revolution in need of constraints. Part of our responsibility is to remember and learn from the past, so we do not discard important protections fought for and achieved during our earlier industrial revolution. She reminds us that before enacting health and safety regulations, coal mines were "death traps. In 1907 alone, 3,242 miners died. Meatpackers worked twelve to fifteen hours a day in filthy conditions and often shipped toxic products. Armour and Co. dispatched cans of rotten beef by the ton to US Army troops, using a layer of boric acid to mask the stench. Rapacious monopolists dominated the railroads, energy companies, and utilities and

jacked up customers' rates. Clearly, the free market could not control its excesses."

Heroic efforts of journalists such as Ida Tarbell and Upton Sinclair alerted the public and succeeded in generating a demand for many of the regulations that continue to protect us today. Amidst her compelling evidence, we should not for a minute believe that government regulations need to be weakened or eliminated, including oversight and accountability regarding agencies at every level of government. We also need to appreciate the importance of increased union influence not only in passing these health and safety protections, but in estab-

lishing decent pay scales (resulting in a more equitable distribution of wealth); the five-day work week with weekends off; paid overtime; job security; and a respectful workplace environment.

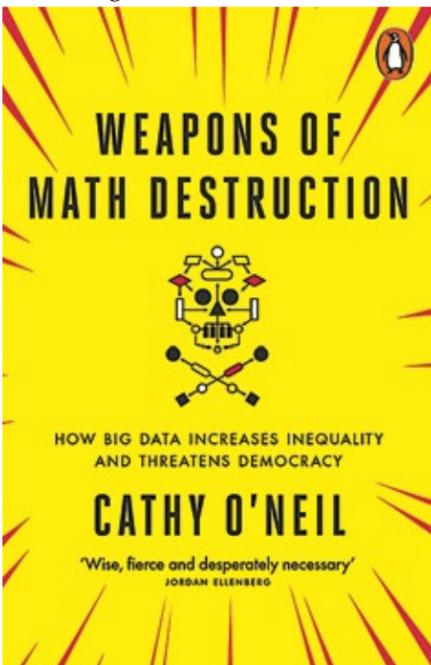
The 2008 financial collapse provides a sordid but excellent case study of what is at stake when even one of these regulations is removed. With the encouragement of the Republicans in Congress and Treasury Secretary Robert Rubin, President Bill Clinton (a Blue Dog Democrat) advocated for and signed the 1999 repeal of the Depression-era Glass-Steagall Act that was enacted as an effective wall between banking and investment operations. O'Neil's succinct summary of what went wrong

after the bill was repealed ("an orgy of speculation and fraudulent loans") and who was responsible is a must-read. The book's precautionary narrative includes numerous examples of free market failures; and O'Neil characterizes Big Data as an industrial revolution in need of vigilance, government oversight, and regulations where feasible.

Big Data permeates our lives throughout our lifetime in the form of flawed mathematical algorithms. In her reflections on this "dark universe of WMDs"—weapons of math destruction—she clarifies how WMDs wield an unreasonable amount of influence over our access to just about every opportunity. Algorithms are used to screen applicants for college, housing, loans, and jobs, to cite just a few examples.

O'Neil laments that 72 percent of job applications are rejected by computer programs premised on mathematical algorithms without any scrutiny by a human. Qualified workers and students are being denied opportunities

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BOOK REVIEWS

Weapons of Math Destruction: How Big Data Increases Inequality and Threatens Democracy

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by what she describes as abuses and misuses of mathematics that "distort higher education; drive up debt; spur mass incarceration; and pummel the poor at every juncture."

Algorithms save companies money by replacing human resource professionals with a computer software program, but we all pay a high price when

our personal information and our opportunities. She provides clear and reasonable actions and solutions for creating beneficial mathematical models that can and should serve the common good. We owe her an enormous amount of gratitude for identifying the problems and providing us with viable solutions. Everyone needs to read this

She provides clear and reasonable actions and solutions for creating beneficial mathematical models that can and should serve the common good. We owe her an enormous amount of gratitude for identifying the problems and providing us with viable solutions.

computers judge and reject qualified applicants under unfair circumstances that diminish society as a whole. It is a form of dummied down our workforce and students, similar to ways standardized tests have dumbed down elementary and high school education.

In this book, O'Neil surveys the data economy for harmful uses of mathematical algorithms we should all be aware of, so we can assert control over

book; it would be a wonderful and appropriate holiday gift.

Alyce Ortuzar is a 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. She can be reached at farmparity@gmail.com.

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Foods For The Face:

Top 10 Eating Tips for Healthy Skin

BY HELENA AMOS, MD (EUR), M.A.C., L.A.C

With the winter season upon us, our faces will, well, face all the challenges that come with the weather, the holidays, and the early darkness. Dry skin. Dark circles. Binge eating. Poor food choices or comfort eating to stave off blahs. All these seasonal discomforts and more affect your health, your mood, and your face.

While healthy looking skin is just one aspect of your overall picture of health and wellness, it's the one everyone notices right away and therefore demands proper attention and nurturing. There are many ways to obtain a natural radiant look that shows you are aging gracefully and beautifully in a way that defies your years. But one of the simplest ways to start is by watching what and how you eat.

Here are my top 10 tips to ensure your diet is providing the right ingredients for healthy skin during the winter months and beyond.

1. Hydrate with Omega fatty acids.

Keeping your skin well-hydrated from the inside out is one of the best ways to prevent dry skin and wrinkles. Omega fatty acids -3, -6, and -9 found in healthy fats and oils are vital because they become part of the skin cell walls.

"If the skin cell walls are plump and healthy, the skin will look more hydrated and dewy as well," said Paula Simpson, a nutricosmetics formulation expert and beauty nutritionist.

Salmon, walnuts, flaxseeds, chia seeds, coconut oil, olive oil and avocado are all great choices.

2. Cut out inflammatory foods.

"Foods that create inflammation are pro-aging," said Dr. Frank Lipman, an integrative and functional medicine physician and author of *The New Health Rules*. Too much sugar makes your skin susceptible to wrinkles, thereby making you age quicker. Nix processed, packaged and fast foods, as well as gluten, dairy and sugar.

3. Boost multi-vitamins with leafy green vegetables.

Broccoli, kale, spinach and mustard greens will keep your skin hydrated and healthy. Green juices are also an easy way to help absorb the nutrients more quickly.

"It's like a liquid multi-vitamin full of antioxidants," Lipman said. Be sure to limit the added sugar and fruits with a high glycemic load.

4. Increase intake of Amino acids.

Another cause of wrinkles is the weakening of collagen and elastin in the skin that happens as we age. Amino acids found in protein sources can help rebuild and repair damage. Meat, fish, eggs, tofu, some grains, nuts, and seeds are all excellent sources.

5. Protect with Phytoceramides.

Ceramides are the molecules that keep the skin firm. Production of ceramides starts to slow down naturally over time. "As we age, the epidermis (the skin's outer layer) thins and weakens, making it susceptible to dehydra-

tion and wrinkling," Simpson said.

Adding more Phytoceramides, plant-based ceramides, into your diet will replenish supplies to help to protect the skin's outer layer. Look for recipes that include wheat germ, brown rice, spinach and beets.

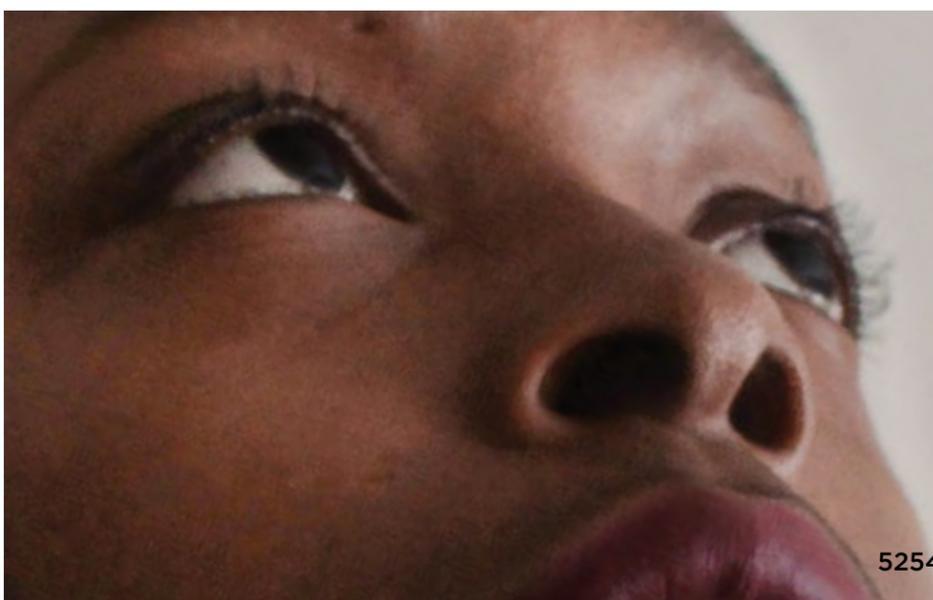
6. Add more Antioxidants.

Too much time out in the sun is a leading cause of aging. The sun creates free radicals that can permanently kill off healthy skin cells. This leads to blemishes, wrinkles, age spots, discoloration, and skin cancer as its most serious consequence. Yet the sun is not the only culprit— an unhealthy diet can do the same. Load up on tomatoes, carrots, kale and pumpkin. These brightly colored, antioxidant-rich foods contain carotenoids that can protect the skin and reverse some of the sun's damage.

7. Offset salt with Potassium-rich foods.

If you have dark circles under your eyes, it's probably genetic but they can

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TO YOUR HEALTH

Foods For The Face: Top 10 Eating Tips for Healthy Skin

...continued from page 51

also be caused by water retention or sodium-rich foods. Many fruits and vegetables, as well as potatoes, nuts, beans, legumes, meat, poultry and fish are potassium-rich and can balance out the sodium. In general, cutting down on your salt intake is a wise choice for your skin and your overall health.

8. Drink Rooibos tea.

As an alternative to coffee, which can dehydrate your skin, try Rooibos tea. This reddish-brown herbal tea is particularly high in polyphenols that help hydrate and protect the skin from premature aging. It's also known as "African red tea" or "red bush tea".

protects sensitive tissues, especially skin. Daily intake recommendations vary greatly but average between 2-4 liters; so the longstanding advice to drink 8 glasses a day is a good, reasonable goal.

BONUS Tip: Try a class in self-help techniques for antiaging and facial rejuvenation.

Learn about other natural and effective approaches for achieving healthy skin. Methods like acupressure can be done at home and are relaxing and energizing. They will improve the color of your skin, lift up cheek muscles, reduce jowls, and smooth "worry" wrin-

Offset the rich, fatty foods and binge-eating tendencies associated with the holidays by putting good bacteria back into the gut with probiotics, which help regulate digestion and also help skin look healthy. Sauerkraut, kimchi, kefir, and fermented vegetables are all probiotic-rich.

9. Promote digestion with fermented foods.

Offset the rich, fatty foods and binge-eating tendencies associated with the holidays by putting good bacteria back into the gut with probiotics, which help regulate digestion and also help skin look healthy. Sauerkraut, kimchi, kefir, and fermented vegetables are all probiotic-rich.

kles. Try on yourself and in between professional sessions of acupuncture and microcurrent treatments to tonify and keep your facial muscles in great shape.

Helena Amos, M.Ac., L.Ac., is an acupuncture and natural medicine practitioner since 1986. She received specialty training in Cosmetology Acupuncture in Europe and with the best teachers in the USA, and has been doing it for over 15 years. 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 rockvilleacupunctureend.com/ for more information and a schedule of upcoming classes for "Anti-aging and Facial Rejuvenation Self Help Techniques." LIKE on Facebook @AmosAcupunctureAndNaturalMedicine. See also her ad on page 45.

10. Don't forget Water. Water. Water.

Remembering to drink water is so much easier in the warmer months when we are hot, thirsty, and needing refreshment after being active. But dehydration can happen in cold weather months as well, mostly from being in dry, overheated rooms, from increased intake of alcoholic beverages especially around the holidays, and from simply forgetting to drink it. Water eliminates waste, lubricates and cushions joints, keeps your temperature normal and

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Why Are Things So Hard?

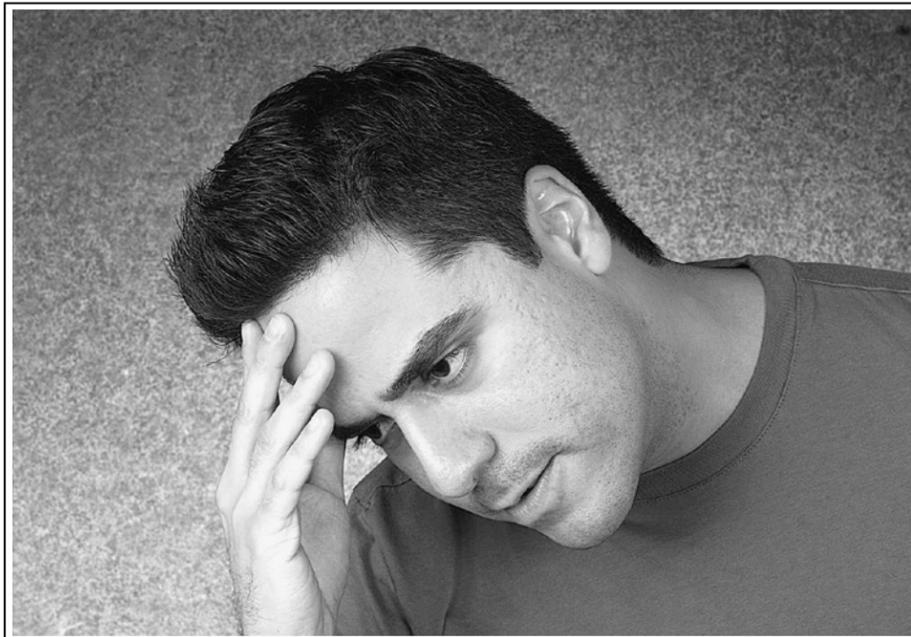
BY ROBERT CALDWELL

In a vintage Peanuts cartoon, Lucy comes to Charlie Brown asking for help on her school paper in which she is writing her Philosophy of Life. She tells Charlie she has already discussed, "Who Cares?" and "Forget It," but feels she needs a third theme. Charlie suggests "Why Me?" She embraces his suggestion immediately and promises to "put it in."

Lucy surely would have been comfortable with adding a fourth topic, "Why are things so hard?" for this is a sentiment with which most of us can identify. For many, this is a continually echoed theme—words to live by: our martyr's lament for our sufferings; our blaming others and the universe for life's difficulties; our prayer to the gods to go easier on us. And, it is a candid confession of how we often experience our lives.

"Why are things so hard?" These are revealing words of complaint that carry the implication that things ought not to be "so hard." They imply that we are victimized by the world, others, luck, fate, and the spirits—life itself.

"Why are things so hard?" This



question expresses the whimpering child in us who has refused or been unable to grow up. It is our self-pitying wish and assumption that life does not have to be hard. It is expression of our immature and unrealistic expectations for how we believe life could be, of how far out of phase are our expectations with the actual possibilities of living.

Life is always experienced through our predispositions—our frames. Expect not to succeed and you will find myriad ways to fail. Look for disapproval and you will inevitably meet someone who doesn't like you. Doubt yourself and you will prove yourself worthy of your lack of self-confidence. Expect life to be "done to you" and it

will be—you will be drafted into the community of victims.

All of us know what its like to get into a negative space, where everything seems to be going wrong. Where whatever we do, things just don't come out right. We develop laments: "Why are things so hard?" "I never get the breaks." "Whatever it takes, I just don't have it." Most of us, at one time or another, fall into this frame of mind. But, for some of us, like Lucy, these express our basic working attitude, our life philosophy. We blame others, fate, politicians, parents, children, bureaucrats, the universe, spirits, God for life's difficulties. We are in deep, and we hardly see anyway to swim out. "Why are things so hard?"...words that imply we are made victims by external forces—certainly not by our own attitudes and expectations. This negative frame, this dark expectation that we can't be happy or productive or successful because life is "so hard," comes to be a habit of being. The world as it is, we see as so formidable that we can't expect to make a fully rewarding life.

How did we come to have such persisting and powerful expectations that life should not be hard? We must be

continued on page 54

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Why Are Things So Hard? ...continued from page 53

gin in the beginning, growing up with mothers and fathers. Our parents are the dominant presence in our childhood. Mothers, primarily, and fathers significantly, are deeply bonded with their children and constitute our primary universe in those first months and years when we are attached, first physically, then emotionally to them. Of course, we move reluctantly and fearfully into being on our own. Taking on responsibilities, separating from the security and dependability of mother and father is threatening and perilous. We need help. The problem is that our guides to life, our installers of perspectives and attitudes are struggling with the same problems we are—and with varying degrees of success. Many of our mothers and fathers, themselves, think that life is too hard, and by their complaining and blaming, teach us to resent others and project fault outside ourselves. Also, in their own anxieties they are not able to give us adequate strengthening support as we attempt to learn to deal with the pains and rigors of experience. So we become cooperative learners, accepting, at least in part, the model that life is “so hard,” and believing that we have been betrayed in our natural expectation that life should be “not so hard.”

Expectations That Fail

Out of our yearnings and our ingenuities we develop a repertory of attitudes and styles through which we inadvertently guarantee to ourselves that we will come to frame our life as difficult, unlucky, unfair, and dangerous.

Things are so hard because we are often futilely searching for a replication of the merged experience of early childhood. Many (most? all?) of the popular movements share the theme of merger. Forum, Lifespring, Fundamentalism, Liberalism, New Age, NFL, GOP, ADA have in common hugs and more hugs between the participants as they rhapsodize about the wonders of their shared experiences. From marriages, to Wall Street, mergers for the higher good are the ideal. In every religion that interests us the talk is that all be One, with God and man.

Things are “so hard” because in so many ways our experience moves us away from merger, not toward it. As we live in an expanding and differentiating personal and cosmic universe, merging is only fragmentarily obtainable. We only merge with others when it is in our best interest, and we move away on the same motivational impulse. There is a painful story of the man who spent his life looking to merge with the “perfect woman.” Finally, he found her, and was devastated to discover she was looking for the “perfect man.” Fathers expect their children to be extensions of them-

selves. Mothers look to their daughters to intuit and express their deepest-if unfulfilled--aspirations. And both are bereft because it's a child's destiny to struggle with separating, even—and most particularly—from the un-separated parent. Separating is loss, but the refusal to yield to the past the securities of childhood, experience our grief and move on make the loss more disorienting and painful.

Things are so hard because we expect other person's minds to match ours. In childhood it had so often seemed that our mothers, could anticipate our needs, read our faces and cries, and somehow, “magically,” know what we wanted. In adulthood this wish to be known as our mothers knew us (real or imagined) tenaciously persists in spite of flagrant everyday evidence to the contrary.

Several years ago a graduate student at MIT, Humberto Maturana, began an illustrious career with the research paper, “What the Frog's Eye Tells the Frog's Brain.” He discovered that there were asymmetrical receptors on the retina of the frog that were formed so the frog could only see the world in certain ways. For example, the frog can only see flies as they move from left to right and not from right to left. It is not just that the frog sees no flies coming in from right to left, but that for him such flies do not exist. His reality is not determined by what is “out there” but by his capacity for incorporating and reacting to that world. No amount of training, of inspiration talk, of punishment, or cajoling, or torture can help the frog to acquire the skill of seeing flies approach from the right.

Maturana's “Frog” study has provided an illuminating metaphor for understanding the human mind. As the frog does not so much respond to flies as he responds to his specialized retinal agitations, so do we not so much take in people, places, and things as they are, but as they activate the mental programs, already a core part of who we are. Ordinarily, we are aware that artists respond to colors, musicians to sound, physicians to disease. Maturana's concept is much more radical: each person is tilted, not just toward his bias, but more than that, what is outside one's inherent capacity to perceive *has no practical existence*. For example, black and white film does not see color.

Steve Martin, on Saturday Night Life, illustrated Maturana's work in a vigorous routine set in a Paris taxi. Martin, taking the role of an American tourist, asks a taxi driver to take him to the Grand Hyatt. The driver does not understand, so Martin repeats his request with labored pacing. Failing to communicate his desire, he tries again, this time adding a fake French accent. Again frustrated by a blank stare, he shouts at the top of his lungs, “TAKE ME TO THE GRAND HYATT!” Of course, to no avail. In his routine Steve Martin ignores a basic rule: the success of communication has nothing to do with how clever or versatile you are at inventing words and signs, but on your success at getting desired results. His

communication was “so hard” for he acted as though he expected to be able to impose his mind on another through inventiveness and force; and he missed the indispensable piece—one’s communication must match the structure of the mind of the hearer. His trip to the Hyatt would have to be delayed until he found a taxi driver who knew English or could teach Martin French.

Things are “so hard” because beneath each of our interactions with persons or the world we bring—mostly un-owned or out of awareness—a self-esteem issue. We are often no more than a short step away from self-doubt. Whatever our actions, at some level of consciousness of sub-consciousness, we are always saying some equivalent of “Look at me Mom; How am I doing?” And we search her face (the world) for her reply. If “Mom” isn’t pleased, then neither can we be, and we go urgently about the task of trying to remedy the bad feelings and the sense of inadequacy we have because of this. Behind self-esteem questions there is the drive to believe that we are approved by significant others. It begins with mother, continues with father, and is passed on throughout our lives to all available companions.

We are poorly skilled at our attempts to win approval. We think that we only want to do a good job, or accomplish a desired goal, while we also, and

perhaps more urgently, want to win approval. We may even be skilled at making piles of money or scaling Mt. Everest, but lack an essential quality for choosing persons around us who can give us needed affirmations; also we may lack the ability to perceive approval responses even if offered. Things are indeed “so hard” when our needs are so great, our awareness of them so small, and our abilities to satisfy those needs so undeveloped.

Things are “so hard” because we simply do not want to grow-up. We shun responsibility. So we cling to the childhood “being-taken-care-of” notion that things “ought not to be so hard.” We stubbornly maintain the belief that we can lose ourselves in the present, just as we did as children, and not have to be concerned about the incompleteness of the past and the anxieties of the future. We are burdened by the blaming-thought-system that too often was modeled for us and by our failure to guide ourselves to develop confidence in the range of our capacities and our powers. We have learned to prefer complaining to grappling, and have found comfort in being “the victimized.” After all, taking the victim’s stance is part of a great tradition, expressed in politics by placing the fault on the opposition, in religion by making evil spawned by the Devil, in education by blaming the competing

system, in families by pointing to anyone else.

Clearly, we are hesitant to take on the world as it is, we are reluctant to grow-up. There is no larger step to make than that of letting go saying “Why is everything so hard?” For such a relinquishment would be to move into that often fearsome set of mind where we look at life not so much as something done “to us,” but “by us.” We would have begun to claim responsibility for ourselves.

Things Don’t Need To Be “So Hard”

Things are hard, often very hard, but they never have to develop into a fixed attitude or life philosophy as “so hard.” Some people do learn to set their expectations within the bounds of the possible. Some people do learn that their strength and intelligence can enable them to deal with what comes their way without having to resort to feeling weak, bashed or betrayed. These persons who don’t find life “so hard” have in common one or more of the attitudes which I will discuss here:

Adults don’t have any parents, anymore. Our wish to continue through life as children—a wish often denied, but unconsciously acted out in the way

we live our lives—is a distortion of reality. Actually, we never did have parents the way we thought we did. Our parents did not exist for our sake alone as we—and they—had often conspired to believe. They had been present to us for the sake of satisfying the structure and imperatives of their own minds, as the Maturana research implies. In the natural world we know that birds push their young off the branch, Zebras abandon their foals since they can’t keep up with the herd, and domestic animals show little recognition of their offspring after the passing of time. We grow-up, and not only do we leave home, *home leaves us.*

In one of his novels, Kurt Vonnegut offers this provocative image for those working to free themselves from their parental dependency. Vonnegut talks of going to Heaven and discovering that everyone there had the option of being whatever age they chose. Vonnegut elected to be 43 because he thought that was old enough to be respectable but young enough to be sexy. The disconcerting aspect of the experience had to do with the presence of his father, in this life a man of reserved dignity, who had picked eleven as his favorite year, and passed his time running about the heavenly terrain shouting and playing pranks wearing neither pants nor underpants. Perhaps

continued on page 56

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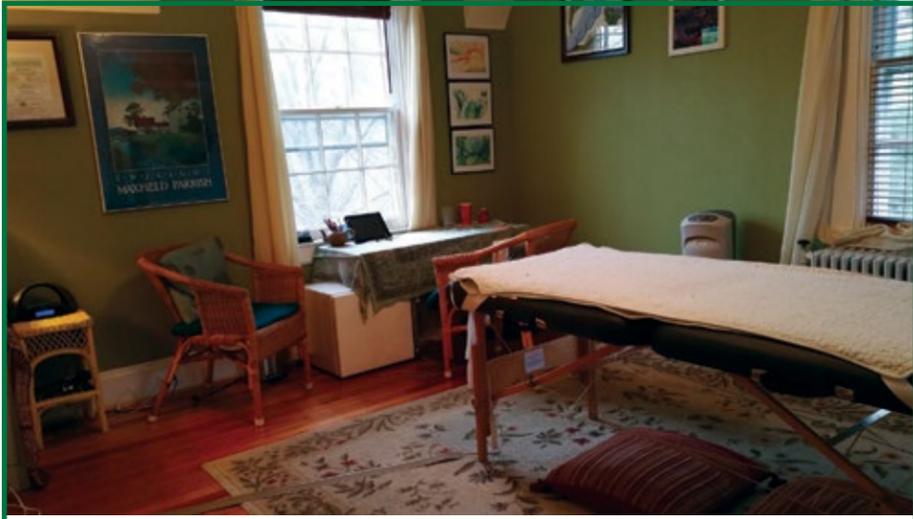


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CALDWELL ARCHIVES

Why Are Things So Hard? ...continued from page 55

this picture was part of Vonnegut's own self-therapy. Certainly, it helps to demythologize the Power of Father to see the very equipment employed for his own generation attached to a scampering child and waving in the breeze.

We are in charge. A sobering fact about being adult is that our responsibility is to ourselves. We are whom we need to satisfy. And only we can do it. Our mind is our own and the demands of our mind are all there is to respond to. Or course, this is no call for selfish life, but to fulfill in the most complete way we can the aspirations and values we hold. Two thousand years ago a great teacher, Hillel, wrote a poem that included these lines: "If I'm not for myself, then who can be for me?...and if not now, when?"

One of Aesop's fables tells about an old man and his grandson who were to take their donkey to the city to be sold at market. After having groomed the donkey magnificently, they began walking briskly by his side toward the city. Passing by some laborers, they overheard them muttering about how stupid they were to be walking when they could be riding on the donkey. So they both mounted his back. Soon they heard others complaining about what a great, cruel weight they made on the poor animal. The old man, thinking that made sense, resumed walking with the boy astride. After several paces they overhead the disgust in a man's voice as he spoke of the "insensitive boy" riding when his aged grandfather had to toil on the dusty road. The grandfather lost no time in switching places with the boy. Within a few minutes, another group was overheard criticizing the old man for riding as the small child walked. In complete frustration, they paused, rested and sought to come up with a better way. Finally, they resumed their journey and eventually came into town carrying a dusty and disheveled donkey upside-down on a pole tied by both ankles. Breathless and exhausted, they fell to the ground without either strength or a suitable donkey to complete their purpose. In trying to please everyone, they had succeeded in pleasing no one, least of all themselves—to say nothing of the donkey.

Receiving and giving from "what's available." People can only relate to one another according to who they are—their talents, likes and dislikes, available energies, and values. People cannot "get" something because we want them to "get" it, but only because they have the capacity and the will to "get" it. No amount of wanting it to happen will accomplish the desired result if the capacity for giving and receiving is not in the other. Others cannot experience perceptions, thoughts, or feelings that match ours, not we theirs, if our histories, styles and values are out of sync. Yet, if we can allow open attention to form in ourselves,

often we can sense just how the other person is attempting to do the best he or she can to hear and respond, and it becomes much easier to accept and build on a wondrous commonality of interest, community, ambition, and passion.

People only "give" what they can. It is only a remote happenstance when what persons give us is what we think they "should." People do not actually have the power to give because they "should," but only because—at some level—it helps them satisfy their own promptings. To the degree that we can learn to accept what others have for us, celebrate the persons they are and the world as it is—then we are due for a huge sense of relief. The task becomes to make the finest and most rewarding relationships from the elements of self and others which *are available*. This is hard, but it is possible, for it is working with what is given—for real.

Keeping balanced is the goal and the task. Let me offer an alternate meaning to the cliché, "Don't get angry, get even." "Getting even" is often thought of as revenge, a kind of squaring the score. Whining, complaining, anger, revenge are often evoked, but usually poorly skilled and unsuccessful attempts to hold our ground. I prefer to think of "getting even" as discovering how to keep our balance in relation to the easy and hard stuff or ordinary living. By "getting even" I mean finding the matching energy in ourselves to meet life's challenges head on, coming from a position that assumes we have the wherewithal to deal either by honest yielding or assertiveness. This is the approach expressed in one of the most exquisitely focused and useful set of words in our language, the serenity prayer of AA: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Recently, the virtues of channel surfing were again demonstrated, as I came upon one of the most remarkable stories of courage and triumphant adjustment to disability I had ever seen. The Discovery Health Channel carried the account of the "Woman with Half a Body." Rose was born with legs that had to be removed to save her life. What was left of her, grown to maturity was about 30 inches tall. With this handicap, she married a man of normal physique, made a home and gave birth to a boy—though just skirting death when the fetus expanded into her abdomen almost suffocating her. A few years later her mother died and Rose was left to care for, in her home, her father who was suffering from Alzheimer's, her schizophrenic brother, a four year old child, as well as tend to the relationship with her husband. She did all this, hoisting herself around with her arms, cooking the meals, guiding the complex interactions of this extended family, and doing the mechanical work on her car to enter in a stockcar race in which she was the driver. When her son began school

continued on page 96

12 Ways to Have an Eco Friendly Holiday

BY DAWN GIFFORD

Between Thanksgiving and New Year's Day, Americans throw away *a million extra tons of garbage each week*, including holiday wrapping and packaging. We also use more electricity on holiday lights than some countries use in an entire year. All this waste is really unnecessary.

Here are twelve eco friendly holiday tips to help you reduce your environmental footprint this holiday season.

1. Make Your Own Wrapping Paper or Go Without

Most mass-produced wrapping paper you find in stores is *not recyclable* because of the shiny coatings, foils and colors, and therefore ends up in landfills. And sadly, most wrapping paper and ribbon is produced in Asian sweatshops! What a shame so many trees and oil are wasted every year solely to produce something that exists only to be used once, torn off and thrown away!

Instead, here's a great chance to get creative! Wrap presents with old maps, the comics section of a newspaper, or children's artwork. Or use a scarf, attractive dishtowel, bandana, or some



© NAGY-BAGOLY ILONA | DREAMTIME

other useful cloth item that is a gift in and of itself.

You could even go without wrapping your gifts altogether. A Small Footprint Family Facebook fan recently told me that at her home, she hides all the unwrapped presents around the house, and holds a scavenger hunt for the kids to find them. What a fun, clever, low-waste idea!

2. Buy Energy-Saving Holiday Lights

Thanks to technology, you can now decorate your house with LED lights that use 90 percent less energy than conventional holiday lights, and can save your family up to \$50 on your energy bills during the holiday season! As an added bonus, LEDs release little heat, and they last about 200,000 hours. In the unlikely event that one

does burn out, the rest of the lights keep on glowing. Whew!

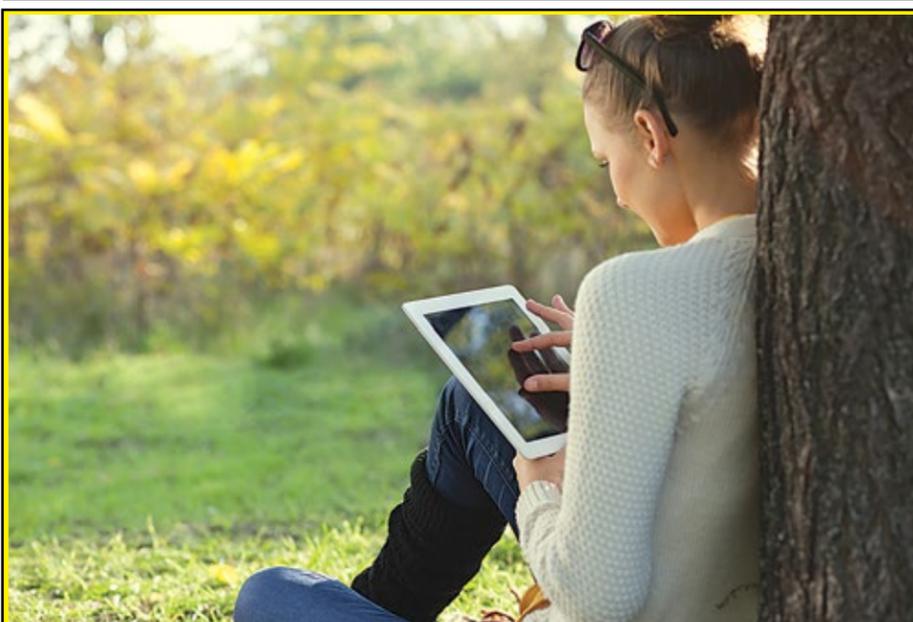
According to one U.S. Department of Energy study, if everyone replaced their conventional holiday light strings with LEDs, at least two billion kilowatt-hours of electricity could be saved in a month. The savings would be *enough to power 200,000 homes for a year!*

LED lights are available online and at many major retailers. Almost all holiday lights contain a tiny amount of lead between the wires and the plastic that covers the wires, so keep them away from children and wash your hands after installing them. They are a bit pricier, but for the ultimate green holiday lighting, you can find lead-free, LED holiday lights at www.environmental-lights.com/led-christmas-lights/lead-free-led-christmas-lights.html.

3. Add Organic and Local Foods to Your Holiday Feast

Support local family farmers who grow sustainable meat and produce. Not only does local, organic food taste better, but you'll also be doing your part for your community and the planet, too.

Two great resources for finding an *continued on page 58*



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GREEN NEWS & VIEWS

12 Ways to Have an Eco Friendly Holiday

...continued from page 57

organic turkey or humane ham and local vegetables for holiday dinner:

- <http://eatwild.com>
- <http://localharvest.org>

4. Get a Pesticide-Free Tree

Demand is on the rise for Christmas trees that are not covered in chemicals. Some growers use 40 different pesticides, as well as chemical colorants. The good news is there are now a number of tree farms that sell pesticide-free trees, so ask your local Christmas tree seller, or contact Beyond Pesticides (www.beyondpesticides.org/programs/center-for-community-pesticide-and-alternatives-information/pesticide-free-holidays/christmas) to search for an organic tree farm near you.

An even more eco-friendly option is to get a *plantable tree* you can put in the ground in your yard or a nearby park when you are done.

5. Recycle Your Christmas Tree

Each year, *10 million* Christmas trees end up in the landfill. While your tree won't fit in the recycling bin with your newspapers and bottles, you *can* recycle your tree.

Many cities offer programs to turn your tree to mulch or wood chips. Some cities even use your old trees to do important environmental projects like streambank stabilization.

Visit the National Christmas Tree Association at or do a web search to find the "Christmas tree recycling program" near you: www.realchristmastrees.org/dnn/AllAboutTrees/HowtoRecycle.aspx.

6. Recycle Your Old Cellphone

Getting a new cell phone for Christmas? Not sure what to do with the old one? Now, you can drop off that old phone at any Staples store, as part of the Sierra Club cell phone recycling program or possibly sell it to one of the many buyback programs online, e.g., <http://www.buybackworld.com/>.

Each year, *130 million* cell phones are thrown out, weighing approximately *65,000 tons*. Recycling your old phone prevents hazardous elements like mercury, cadmium and lead from ending up in landfills, soil, and water.

7. Offset Your Travel

If you or your loved ones are traveling more than 100 miles this holiday season, try to reduce air travel whenever possible, and consider offsetting the fossil fuel pollution generated by your trip, no matter how you travel.

These companies can help you get trees planted to reduce your impact:

- Terrapass - www.terrapass.com - Provides carbon offsets for flying, driving, etc.
- CarbonFund - www.carbonfund.org - Provides a variety of carbon offset projects to choose from.
- Carbonify - www.carbonify.com - Tree planting for offsetting carbon emissions.

8. Donate Your Time or Money to an Environmental Group

Get into the holiday spirit by volunteering! There are countless ways to help improve your community—and the planet—from cleaning up a local river to helping inner city kids experience the outdoors for the first time.

Organizations and charities all over the country need your time and/or your money to make a difference, so you can have a great impact for a small amount of effort.

9. Make DIY Gifts

There are so many ways to reduce your consumption impact when giving holiday gifts. DIY gifts like homemade ornaments, crafty picture frames with photos of loved ones in them, homemade vanilla extract, or handmade beauty products can be as much fun to make and give as to receive.

There are tons of ideas on Pinterest, and you are really only limited by your imagination.

10. Give Experiential Gifts

My favorite gift to give is the gift of an experience. By giving gifts that can be experienced, you can minimize wrapping and shopping, and still win points with the receiver. Anything that allows your loved one to spend quality time experiencing something fun, new or interesting will make a gift sure to be remembered for years to come.

Some ideas include tickets to a ball game, play or concert, a trip somewhere interesting, a zoo or museum membership, lessons of some type, a drive in the country, or even a homemade dinner.

11. Purchase Eco-Friendly Presents

Finally, if you choose to purchase retail gifts, try to select products that come in minimal packaging, are made from sustainable, durable materials, and can be easily recycled.

You could also choose gifts that help people live more sustainably, like a compost bin, a reusable water bottle, or a Wonderbag electricity-free slow cooker.

12. Stuff Your Stockings With Yummy, Natural Treats

Stocking stuffers tend to be small, plastic trinkets that end up broken, lost or in the garbage by the end of January. Instead, fill your stockings with yummy, healthy treats like dried fruit, nuts, clementines and even homemade holiday cookies.

How are you being green this holiday season?

Dawn is the creator of Small Footprint Family, and the author of the critically acclaimed Sustainability Starts at Home - How to Save Money While Saving the Planet. This article was reprinted from Small Footprint Family.

For more money-saving, planet-friendly tips, visit <https://smallfootprintfamily.com> today!



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Phalaenopsis or Moth Orchids

ARTICLE & PHOTOS BY KATHY JENTZ

It is a myth that all orchids are necessarily hard-to-grow, expensive, and are only safe in the hands of experienced gardeners. The most commonly available orchids are the *Phalaenopsis* or Moth Orchids. These so-called “grocery store” orchids are tolerant of the conditions inside most homes and make ideal “beginner” plants for first-time orchid growers. They are also quite inexpensive now due to cloning

or tissue-culture reproduction, which has really brought down the prices of these plants in the last decade.

Moth Orchids have long-lasting blooms, often going for several months. The height of their natural bloom season is from November through March, but you will find them for purchase forced into bloom at all times of the year.

Phalaenopsis orchids need lots of air movement, even moisture, and several hours of indirect (but bright) sunlight

each day. Avoid direct sunlight, which is too harsh for them.

They prefer temperatures no lower than 60 and not much higher than 85 degrees. They dislike sudden temperature changes. Cold temperatures will cause the leaves to turn yellow and drop. If this occurs, remove the yellow foliage and continue caring for the plant normally.

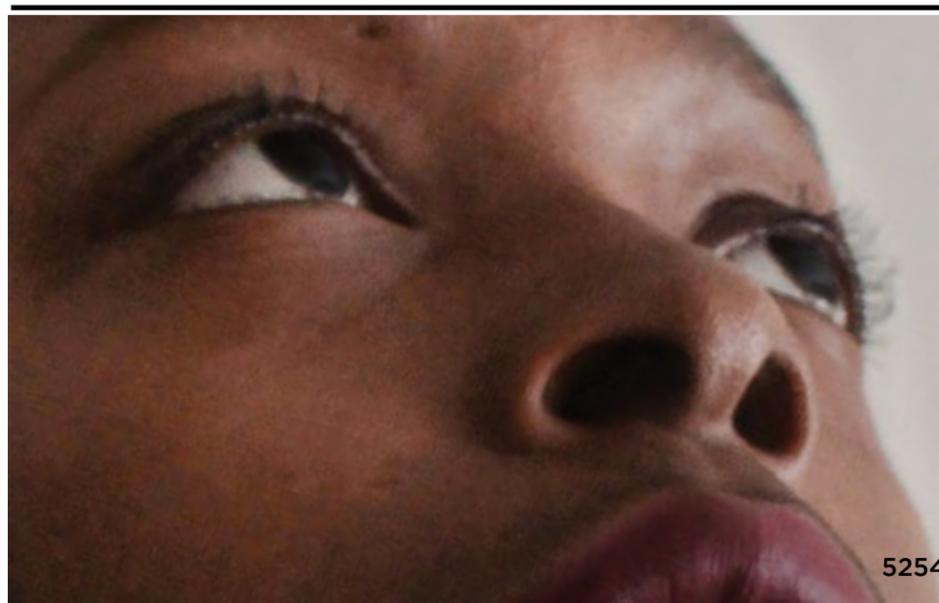
Water them when dry and allow the soil to dry out between watering. The plant uses more water when it is in

flower. However, it does store moisture in its canes, and can withstand short dry periods. Add a weak solution of liquid orchid fertilizer to the water, but cut that back during its blooming time.

And whatever you do, don't add ice! Despite what the marketers tell you, these tropical plants do not appreciate freezing cold water on their root zones.

Repot them every year or two in a slightly larger pot and use a potting

continued on page 60



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January 1, 2018, 12–2 pm

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For many of us, the external world is a determining factor in our happiness. 2018 is the year to begin shifting our attention to the gifts we already possess within ourselves. Sadhana (practice) is aimed at calming the mind in order to hone our inner resources and create the ultimate expression of our lives in this reality. Our New Year's Day sadhana will include asanas (poses), calming poses (Yin Yoga), deep relaxation (Nidra) and a short Meditation. Suitable for all levels of yogis! Visit: blueheronwellness.org/workshops to register. Sign up early! Space is limited!

February 18, 2018, 2–5 pm

Listening to the Love Notes from your Soul:

Setting and working with Sankalpa with Claudia Neuman

Learn a systematic way to find and work with your Sankalpa: your goals or vows that you make to yourself. The workshop will include asana, pranayama, meditation, writing, discussion and more. All levels welcome!

Both workshops held at:
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or, call: 301-754-3730

You can learn more about Claudia by visiting:
WWW.ALIGNWITHGRACE.COM

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Align With Grace Yoga: Claudia Neuman



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

ten entirely by local area gardeners who have real-world knowledge and practical advice with the same problems you experience in your own gardens.

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, six issues, is \$20.00. To subscribe: 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.

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WINTER CALENDAR

DECEMBER

-2-

Usui Holy Fire Reiki I. One of the most comprehensive foundation classes available. www.azizadoumanireiki.com

Soulmate Manifestation Day, 12-6pm, 6319 Executive Blvd, Rockville, MD, 20852. Come and clear negative patterns, beliefs, fears, and energetic blocks preventing you from having a healthy long-lasting relationships. The last hour will be a hypnosis/manifestation session that will integrate the healing and manifest a new you and a new or better relationship. Cost: \$125/person. Sign up through Conscious Infinity at <http://thetahealingmaryland.com>.

-8-

12/8-10 Usui Holy Fire ART/Master. Profoundly healing and activating. Receive the Master and Holy Fire symbols. Enrollment in ART only is welcome. www.azizadoumanireiki.com

-9-

A Day of Meditation with Stillwater Mindfulness Practice. www.blueberrygardens.org

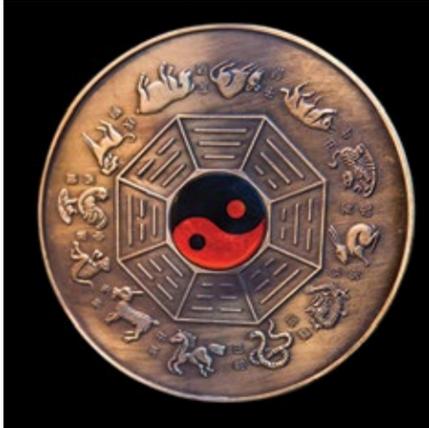
12/9 -10 The 35th Annual Christmas Revels, presented by Washington

Revels. Week-ends Dec. 9-10 and 16-17, 2017. Matinee & Evening Shows. GW Lisner Auditorium. A French-Canadian celebration of the Winter Solstice with unforgettable carols, wild dances, and foot-stomping instrumentals. Make The Christmas Revels part of your family's holiday tradition this season. Welcome Yule! Tickets: www.revelsdc.org. Info: 301-587-3835.

Touch of Massage. \$85. 10am-5pm. Potomac Massage Training Institute, 8380 Colesville RD, Silver Spring, MD 20910. www.PMTI.org. 202-686-7046; info@pmti.org.

-11-

PRISM Open House, 5-7pm. Join us to learn about Prism, a holistic program based in mindfulness, creativity, and community for children ages 6-12. Located at the Corner Community Center, 5802 Roland Ave., Baltimore 21210. www.cornercommunitycenter.org/groups/. For further information: innerharborwellness@gmail.com or 443-801-0841.



-16-
Couples Massage Class. \$99 per couple. 2-5:30pm. Potomac Massage Training Institute, 8380 Colesville RD, Silver Spring, MD 20910. www.PMTI.org. 202-686-7046; info@pmti.org.

-17-
A Biodynamic View of your Child's Health. This afternoon workshop allows parents to learn simple techniques they can use at home to support their child through illness and help them naturally maintain their own health. This course is taught by Dr. Christina Steele and Jan Petrus Koop, both Osteopaths who have specialized in working with children for more than 20 years. The cost is \$125 for individuals and \$200 for parents. Email questions and to register: docsteelehealth@icloud.com. 8720 Georgia Ave, Silver Spring, MD 20901.

Bob Sima's The Movers The Shakers and The Peacemakers CD Release Party. RamsHead OnStage, 33 West St, Annapolis. 12pm doors open; 1pm concert. \$25 advance

tickets: <https://tinyurl.com/SimaRH12-17>. You are invited to dress according to the flower-child design of the album cover if so inspired. Bring out the hippies ready to Move, Shake, and Peacemake! Download The Movers The Shakers and The Peacemakers at www.cdbaby.com/redeem. Enter code 4468JZ-PS56ZC. Also visit: www.weareboldlygoingnowhere.com.

Handel's Messiah: FREE performance of Handel's "Messiah" by the choirs of Unity of Fairfax and the Unitarian Universalist Congregation of Fairfax, at 9am and 11am at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. www.unityoffairfax.org/events

-18-

3rd Monday Monthly Music Meditation. Friends Meeting House, 351 Dubois Rd, Annapolis. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey. Download The Movers The Shakers and The Peacemakers at www.cdbaby.com/redeem. Enter code 4468JZ-PS56ZC. Also visit: www.weareboldlygoingnowhere.com.

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Blessings of the Land and Stones on you and your House! Four Quarters Events 2018

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July 4 - 8
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Stones Rising!

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WINTER CALENDAR

DECEMBER
...continued from page 61

—20—
3rd Wednesday Monthly Music Meditation. Nourishing Journey, 8975 Guilford Rd, Columbia MD. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey Download The Movers The Shakers and The Peacemakers at www.cdbaby.com/redeem. Enter code 4468JZ-PS56ZC. Also visit: www.weareboldlygoingnowhere.com.

—22—
Winter Solstice Music Meditation and Concert. Ridgely Retreat, 203 Ridgely Ave, Annapolis. 7:30pm meditation; 8:30pm concert. \$30 advance; \$35 at the door. RSVP: email info@ridgelyretreat.com or call 443-433-0462. Sink into the winter solstice with a music meditation that will navigate you on a personal inner journey, then enjoy a concert set where you can let that energy loose! Download The Movers The Shakers and The Peacemakers at www.cdbaby.com/redeem. Enter code 4468JZ-PS56ZC. Also visit: www.weareboldlygoingnowhere.com.

—24—
Christmas Eve Celebrations: Celebrate Christmas in a positive, welcoming and inclusive spiritual community. Meditation service at 9am, family-oriented service at 11am, candlelight service at 7:30pm at Unity of Fairfax, Oakton, VA. Free. www.unityoffairfax.org/events

—31—
Burning Bowl Ceremony: Experience this powerful ritual of releasing what no longer serves you and envisioning the year ahead. 9am and 11am at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. www.unityoffairfax.org/events

New Year's Eve Psychic Fair at Sacred Circle in Alexandria. 6-10pm. What's ahead for you in 2018? Walk-ins only. \$25 per 15-minute session. www.sacredcirclebooks.com

JANUARY

—1—
2018: Cultivating The Gifts Within, New Year's Day Yoga with Claudia Neuman, 12-2pm. For many of us, the external world is a determining factor in our happiness. 2018 is the year to begin shifting our attention to the gifts we already possess within ourselves. Sadhana (practice) is aimed

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Poster by Gail Payne

WINTER CALENDAR

at calming the mind in order TO hone our inner resources and create the ultimate expression of our lives in this reality. Our New Year's Day sadhana will include asanas (poses), calming poses (Yin Yoga), deep relaxation (Nidra) and a short Meditation. Suitable for all levels of yogis! Visit: <http://blueheronwellness.org/workshops> to register. Sign up early! Space is limited!

New Year's Labyrinth: Set your intentions for 2018 while walking our indoor labyrinth. 12-4pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free.

www.unityoffairfax.org/events

-5-

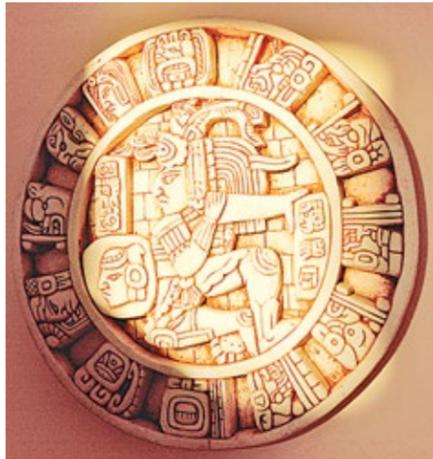
Usui Holy Fire Reiki II Class. Deepen your understanding of Reiki and your path. Receive the Level II symbols.

www.azizadoumanireiki.com

1/5-7 Integrative Reflexology Certification with Tracie Moon and Sharon Nash. www.blueberrygardens.org

-6-

ALMOST FREE "Introduction to Yoga Workshop: GET STARTED...or Start Anew," with Dream Yoga Director & Yoga Therapist Luann Fulbright, 10-11:45am. Come to this class to find out how yoga can help you attain your greatest health in body, mind &



spirit. Learn the fundamentals of some basic yoga warm-ups & poses, and discover the therapeutic benefits of yogic breathing and relaxation/meditation practices. This is the perfect opportunity to have your questions answered by a skilled instructor, learn what to expect from regular class, and get help selecting a class this Winter. Lots of handouts. Just \$10 Early Bird. \$20 Drop In. At Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at www.DreamYogaStudio.com or call 703-448-YOGA (9642). Email: Luann@DreamYogaStudio.com.

Practical Breathwork. Ridgely Retreat, 203 Ridgely Ave, Annapo-

lis. 1-4pm. \$35 advance; \$45 at the door. RSVP: email info@ridgelyretreat.com or call 443-433-0462. Practical Breathwork is an experiential workshop combining elemental aspects, tools and techniques of the best of this complex field, and serves it in a practical format. Find out more about the workshop at www.PracticalBreathwork.com.

-12-

1/12-14 Usui Holy Fire Karuna Class. Focus on diminishing suffering of yourself and others over all lifetimes and dimensions. Practitioner and Master levels.

www.azizadoumanireiki.com

-13-

Unfolding Into the Divine. 11am-12:30pm. Please join us for a sacred dialogue about our journey to the Divine Reality. Eckankar of Northern Virginia: 703-916-0515.

1/13-14 Beginning Spirit Communication & Mediumship Workshop. Join Spiritualist Medium Konstanza Morning Star and open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, and learn how to nurture your gift. Silver Spring. www.silverspringoflight.com

continued on page 64

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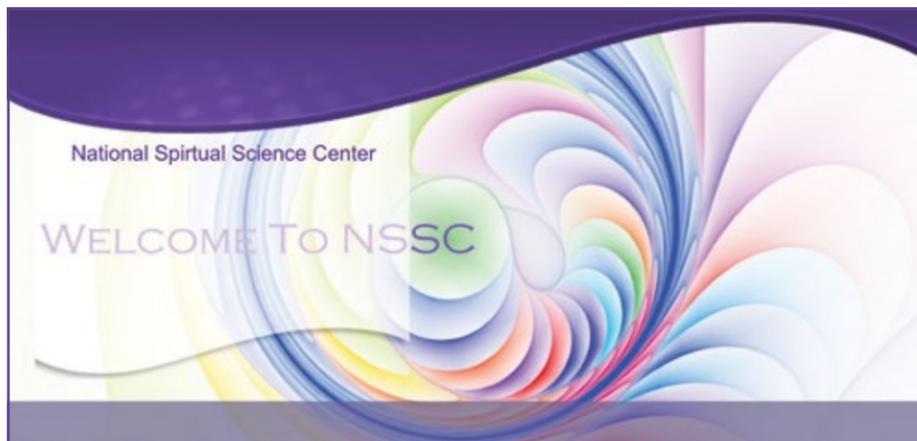
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Rev. Sally Knuckles is Pastor of the Northern Virginia Metaphysical Fellowship and a Certified Hypnosis Therapist, Medium/Clairvoyant, Spiritual Coach and Metaphysical Counselor.

WINTER CALENDAR

JANUARY
 ...continued from page 63

410-820-9977 or
danacougar@goeaston.net.

-17-
Wednesday Night Mediumship Development Circle. 7:30-9:20pm: Spiritualist Medium Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. 8 weeks. Silver Spring. www.silverspringoflight.com

-23-
Mediumship Teleconferencing Circle 6-week Winter Session. This is your opportunity to practice spirit communication in a group from the comfort of your home. Phone in from anywhere in the world via phone or webphone. Under the guidance of Spiritualist medium and author Konstanza Morning Star. www.silverspringoflight.com

-19-
1/19-21 Boldly Going Nowhere Winter 2018 Retreat. Camp Wabanna, 101 Likes Rd, Edgewater. 3pm Friday to 3pm Sunday. \$399 all-inclusive. The Boldly Going Nowhere movement has one intention: to bring you to nowhere, to NOW-HERE. A play on words. Fiercely protect your moments. Each now. Each here. Every nowhere. Every now here. Live events include conscious music, breathwork, ceremony, meditation, teachings, discussion, creativity, silence, contemplation, and heartFULL activities. Find out more: www.WeAreBoldlyGoingNowhere.com.

FEBRUARY

-2-
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. www.unityoffairfax.org/events

2/2-3 **Reiki Level 1 Training:** An introduction to history, facts, hands on practice of Reiki. www.blueberrygardens.org

-20-
Yoga with Naomi Gottlieb-Miller. www.blueberrygardens.org

-3-
Full Body Musical Experience. Unity by the Bay, 4 Pointless Forest Trail, Annapolis. 1-4pm. \$35 advance; \$45 at the door. You will be guided on a personal inner journey through a combination of guided meditation, breathwork, sound, and a blanket of songs that will weave a story through your 7 major chakra centers. Find out more about the workshop at www.FullBodyMusical.com.

1/20-21 **The Way of the Shaman** -The Foundation for Shamanic Studies' Basic Workshop. During this experiential workshop, participants are introduced to core shamanism, the universal, near-universal, and common methods of the shaman to enter nonordinary reality for problem solving and healing. Beltsville, MD location. Taught by Dana Robinson, FSS Faculty Member for 31 years. Author of *A Shamanic Altar*, co-author of *Shamanism and the Spirit Mate*. Cost \$250. Contact Dana,

-10-
From Spiritual Experience to Spiritual Realization. 2-3:30 pm. What tantalizing clues can past life recall, dream



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WINTER CALENDAR

work, and conscious Soul Travel offer about our true destiny? Free guide-book provided. Eckankar of Northern Virginia: 703-916-0515.

–17–

The Dance of Opposites: Yoga and Breathwork with Maria Hamburger and Rick Fiori sponsored by the Retreat Center of Maryland. www.blueberrygardens.org

–18–

Listening to the Love Notes from your Soul: Setting and working with Sankalpa with Claudia Neuman. Learn a systematic way to find and work with your Sankalpa: your goals or vows that you make to yourself. The workshop will include asana, pranayama, meditation, writing, discussion and more! All levels welcome, Blue Heron Wellness, Silver Spring, MD. 2-5pm. Visit: www.blueheronwellness.org, or call: 301-754-3730, 10723-B Columbia Pike, Silver Spring, MD.

–23–

2/23-25 Dynamic Gentle Yoga Weekend Intensive & Teacher Training: Mastering Interoception – The Key to Your Yoga. Discover how Gentle Yoga is the new Advanced! Register now for an amazing weekend with the “Master of Mellow” Rudy Peirce—veteran teacher trainer at Kripalu

Center for Yoga & Health. For ALL LEVELS of Students, Teachers & Teachers in Training. At Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at www.DreamYogaStudio.com or call 703-448-YOGA (9642). Email: Luann@DreamYogaStudio.com.



Ridgely Ave, Annapolis. 1-4pm. EXCHANGE: \$35 advance; \$45 at the door. RSVP: email info@ridgelyretreat.com or call 443-433-0462. You will be guided on a personal inner journey through a combination of guided meditation, breathwork, sound, and a blanket of songs that will weave a story through your 7 major chakra centers. Find out more about the workshop at www.FullBodyMusical.com.

All Message Service. Receive messages from several message bearers. Held on the 1st Sunday of each month at 1-2:30pm at the Takoma Metaphysical Chapel House, 1901 Powder Mill Rd, Silver Spring, MD. No RSVP needed. \$20 members, \$25 friends. Info at 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/americanmeditating

Archangel Michael's Metaphysical School. Optimize your life and capacity to serve, lead, as your Divine Self. The most unique curriculum, frequencies! Synthesis between traditional & modern knowledge, physics: energies, consciousness/subconscious; body/soul integration; Oneness and harmonious life within the Cosmos. www.Archangel-Michael.us

continued on page 66

MARCH

–16–

3/16-19 **Verbal Fulcrums in Zero Balancing** with James McCormick. www.blueberrygardens.org

–25–

Spring 2018 Natural Living Expo brought to you by Pathways Magazine. 10am-7pm at the College Park Marriott Hotel and Conference Center in College Park, MD. For more information, and to join the wait list to become a new exhibiting vendor, visit www.naturallivingexpo.com.

UPCOMING

4/14 **Full Body Musical Experience.** Ridgely Retreat, 203

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#.

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Interactive Spiritual Presentations

“Unfolding Into the Divine”

Saturday, January 13, 2018

Roundtable Discussion: 11 am to 12:30 pm

Please join us for a joyful, heart-centered dialogue about our sacred journey to the Divine Reality – the home that we have never truly left, but strive to remember. Where are we on the journey? What can we do **today** that will help us re-discover our divinity and purpose in life? We look forward to seeing you there!

“From Spiritual Experience to Spiritual Realization”

Saturday, February 10, 2018

Book Discussion: 2 to 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**? During a lively book discussion, we'll explore the value of these disciplines **and** the clues they offer about our true destiny. All guests will receive a free copy of the *Spiritual Experiences Guidebook*.

All events are free and open to the public

For more information about these presentations, as well as classes, and ECK Light and Sound Services, please call 703-916-0515 or visit our website at <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

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Wood – Bitter & pungent
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May 5 – 6

Water – Cold & Depression
Facial Diagnostics

June 9 – 10

Fire – Heat & Irritation
Diagnostic Intake

July 14 – 15

Metal – Damp & Stagnant
Traditional Diagnostic Review

August 11-12

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Herbal Energetic Traditional Diagnosis Practicum

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Collaborative teaching combines lectures and hands-on experience. Several teachers will be invited to share a part of each class as we cover the element, tissue state, diagnostics and materia medica each of the weekends.

for more information check out our new calendar page at:



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WINTER CALENDAR

ONGOING

...continued from page 65

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/meditation-events 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. 4853 Cordell Avenue (Triangle Towers), 16th Flr, Suite PH7. Information at www.unitywoods.com or 301-656-8992.

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#.

Divas Circle (Divine Intentional Victorious Anointed Sisters) led by Rev. Cynthia Bond, meets the 3rd Saturday of each month from 4-6 pm at the Takoma Metaphysical Chapel House, 1901 Powder Mill Rd, Silver Spring, MD. A safe space for women to have open conversations and love up on themselves and each other uncondi-

tionally while having lots of fun! Love offerings are welcomed. No RSVP needed. Info at www.takomaparkchapel.org or email cbond4545@aol.com.

Energy Healing Certification Course. Learn to channel energy to others or for yourself. Ideal course for those just becoming aware of their Divine intuitive gift or those seeking to develop these skills with guidance from experienced energy healers. Follow workshops on specialized healing modalities including Reiki-Reflexology-Chakra Balancing & Cleansing-Crystals. Institute for Spiritual Development, 5419 Sherier Pl., NW, DC 20016. Info: www.isd-dc.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.

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



Uma Alexandra Beepat

Spirit Communicator, Healer, Spiritual Teacher
Owner of Lotus Wellness Center LLC
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www.umalotusflower.com

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- Reiki/IET
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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
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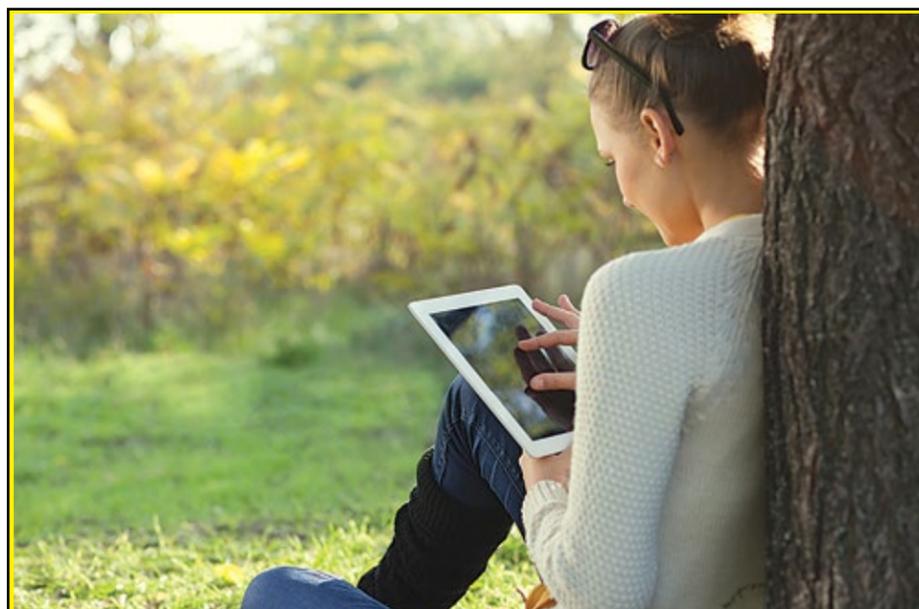
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WINTER CALENDAR

Ave, Silver Spring, MD. All are welcome. Love donations will be cheerfully accepted. Info at www.takomaparkchapel.org.

Good Pain? Bad Pain? Functional Movement Classes: Following the old adage of "no pain, no gain" can sometimes cause more harm than good to our bodies. Pain is your body's way of telling you to stop, protect and take corrective action! Too often we adapt to pain and make it a habit - and over time the "hurt you feel, becomes the feeling you hurt." Chiropractor Dr. Sarah Potthoff explains the different types of soft tissue aches and explores the true sources of pain, rather than chasing the symptoms we learn to accommodate. She explores the mind/body connection and shows ways to re-train the muscles to respond correctly to YOUR pain. Start living pain-free today! Classes are held every Wednesday night from 6-7pm at the Casey Health Institute, 800 S. Frederick Avenue, MD. Visit www.caseyhealth.org to register or call 301-355-2030.

Group Yoga Sculpt Classes: Open to all levels of experience, this creative, dynamic class combines the best of yoga and fitness in a targeted 60-minute session. Yoga Sculpt uses yoga, cardio and strength training to boost metabolism, increase flexibility and



build lean muscle mass. Alternating between yoga poses and high-intensity cardio moves with weights, our teacher guides you through a challenging session, modifying the exercises to ensure correct alignment when needed. If you're looking for something fun and fresh to add to your exercise routine, this is for you! Classes are held every Wednesday night from 5:30 - 6:30pm at the Casey Health Institute, 800 S. Frederick Ave., MD. Visit www.caseyhealth.org to register or call 301-355-2030.

Healing & Meditation Circles. Every Wednesday, 7-8:30 pm. Come share in the wondrous energy of Spiritual Healing in this sacred circle of light. Held at the Takoma Metaphysical Chapel House, 1901 Powder Mill Rd, Silver Spring, MD. Donations appreciated. No RSVP Needed. Info at 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.

Inner Balance/Inner Wisdom Workshop, last Saturday of each month, 10-11:30am. Potomac Massage Training Institute, 202-686-7046, www.pmti.org.

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 Rd, Tysons, VA. 10:30-11:30am or 1:30-2:30pm. Free - contributions appreciated. RSVP at www.meditationmuseum.org or 703-992-6887.

continued on page 68

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Lead Minister - Alice Jones, Telephone: 703-625-7089
Location: Center for Spiritual Enlightenment
222 North Washington Street, Falls Church, VA 22046

Manassas offers a new location for Rays of Healing Church!

Service to Spirit 1st and 3rd Thursday evenings each month, 7:30 pm
Schedule of Speakers - TBD Individual Healing Session during Service
Location: 11512 Noah's Landing Court, Manassas, VA 20112

Baltimore, Maryland Location (Baltimore Chapter)

Service to Spirit 1st and 3rd Saturday of each month 11:30am-1:30pm
Location: Church of the Nativity, 419 Cedarcroft Road, Baltimore, MD 21212

Roswell, Georgia Location (Atlanta Chapter)

Service to Spirit: Rays of Healing Service to Spirit, 2nd Sat. and 4th Mon.

Raysofhealingchurch.org

EnergyMasters Institute
www.energymastersinstitute.org

For Energy Masters Institute please contact
Wanda Lasseter Lundy at 812-705-5135



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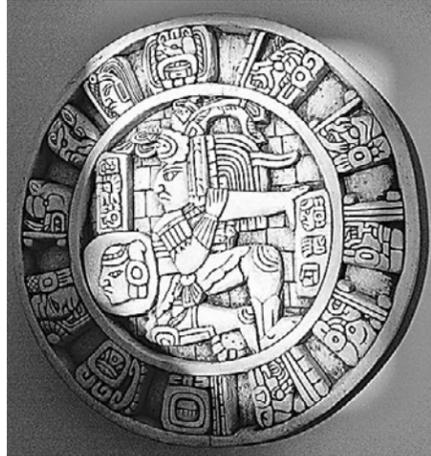
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WINTER CALENDAR

Massage Services: Casey Health offers an extensive menu of massage therapy services, from traditional Swedish, to cranio-sacral, deep tissue, acupressure, energy medicine, and more. Our philosophy about therapeutic massage is simple—we want you to feel good AND feel better with our whole-person approach. Massage helps with relaxation, chronic pain, auto-immune conditions, hypertension, sleep issues, depression and anxiety, migraines and—just to feel great! We work in customized sessions with all types of clients, from athletes to elders, feel-good clients to condition-related patients. Whether looking for rest and relaxation, or clinical and curative treatments, we are here for you! Casey Health Institute, 800 S. Frederick Ave., MD. Visit www.caseyhealth.org for information or call 301-355-2030 for an appointment today.

Message Circles 2017, Institute for Spiritual Development. Second Saturdays, even months, April 8, June 10, Aug. 12, Oct. 14, Dec. 9, 7:30 p.m. Visit: www.isd-dc.org.

Messages from Spirit is a Group Psychic-Medium Reading Event which offers a warm, inviting, community environment whereupon each person receives the benefit of communing with Spirit by hearing and/or



receiving messages from loved ones in Spirit, Spirit Guides & Angels. Held from 6-7pm on the 1st Tuesday of the month online & the 3rd Tuesday of the month at Spiritual Spectra Office in Maryland. Cost is \$30 plus online ticket free. Visit www.SpiritualSpectra.com for more info & to buy tickets. Contact us at 1-888-934-3642 or info@SpiritualSpectra.com.

Mindfulness Meditation, 2nd and 4th Wednesdays, 7-8pm. Potomac Massage Training Institute, 202-686-7046. www.pmti.org

Monthly Evening Meditation first Wednesday of month. 7:30pm. Institute for Spiritual Development, 5419

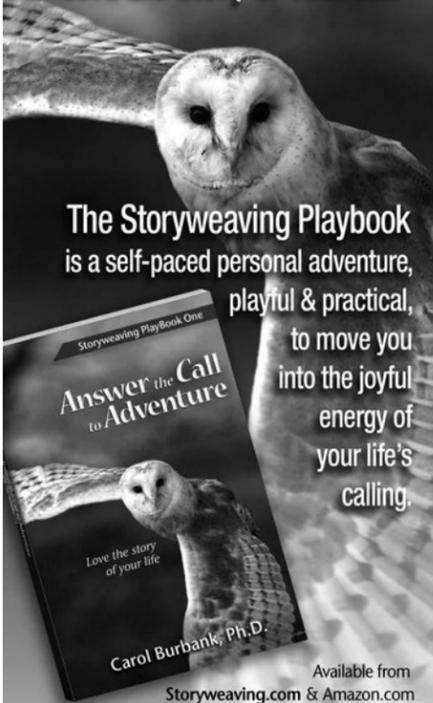
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www.isd-dc.org

Ongoing major depressive disorder clinical trial. Researchers at Johns Hopkins are seeking individuals with depression to participate in a study looking at the effects of psilocybin, a psychoactive substance found in naturally occurring mushrooms. Confidentiality will be maintained for all applicants. To learn more visit: www.hopkinsdepressionstudy.com.

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PRISM Winter and Spring Classes offered in two 10-week sessions, 1/9-3/15 & 3/20 - 5/24, 4-6pm. Shine your light. Express your true colors! PRISM is a holistic program based in mindfulness, creativity, and community for young people, ages 6-12. Prism is a place where children can unplug from daily stresses and tune into wellbeing with classes in mindfulness, creative arts and crafts, yoga, movement, music, drama, and community projects. One- to four-day options available. Located at the Corner Community Center, 5802 Roland Ave., Baltimore.

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WINTER CALENDAR

For information/registration, contact: innerharborwellness@gmail.com or 443-801-0841. www.cornercommunity-center.org/groups/

Psychic Fairs, Institute for Spiritual Development. Second Saturdays, odd months. Visit: www.isd-dc.org.

Psychic Fair, Takoma Metaphysical Chapel. Held on the second Sunday of each month at 1-3pm. The suggested donation is \$20 to receive a 20-minute reading from one of our gifted intuitives and message-bearers. Choose from modalities such as Tarot, psychometry, vibrational readings, and more. Held at the Takoma Metaphysical Chapel House, 1901 Powder Mill Rd, Silver Spring, MD. No RSVP needed. Info at www.takomaparkchapel.org.

Sunday Services, 11am, Takoma Metaphysical Chapel. Held at the National Labor College, George Meany Campus, 10000 New Hampshire Ave, Silver Spring, MD. Info. At www.takomaparkchapel.org.

Transmission Meditation: the most powerful form of meditation given to humanity by a Master of Wisdom for spiritual growth and service to the world. Free meetings. Please inquire at skourangis@gmail.com.

3rd Monday Monthly Music Meditation. Friends Meeting House, 351 Dubois Rd, Annapolis. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey. Jan 15th - Feb 19th - Mar 19th - Apr 16th - May 21st - June 18th - July 16th - Aug 20th - Sept 17th Oct 15th - Nov 19th - Dec 17th Visit: www.WeAreBoldlyGoingNowhere.com.

3rd Wednesday Monthly Music Meditation. Nourishing Journey, 8975 Guilford Rd, Columbia MD. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey. Jan 17th - Feb 21st - Mar 21st - Apr 18th - May 16th - June 20th - July 18th - Aug 15th - Sept 19th - Oct 17th - Nov 21st - Dec 19th Visit: www.WeAreBoldlyGoingNowhere.com.

Yoga Wednesdays. Join Niki on Wednesday evenings for beginner yoga classes. www.lotuswellnesscenter.net



Visit the Pathways website for a large, constantly updated Calendar Of Events www.PathwaysMagazine.com

Yoga is for Everybody!

Please join Claudia Neuman, E-RYT 500, YACEP, MSW, for two very special workshops to welcome in the new year.

January 1, 2018, 12–2 pm

Cultivating the Gifts Within, New Year's Day Yoga

For many of us, the external world is a determining factor in our happiness. 2018 is the year to begin shifting our attention to the gifts we already possess within ourselves. Sadhana (practice) is aimed at calming the mind in order to hone our inner resources and create the ultimate expression of our lives in this reality. Our New Year's Day sadhana will include asanas (poses), calming poses (Yin Yoga), deep relaxation (Nidra) and a short Meditation. Suitable for all levels of yogis! Visit: blueheronwellness.org/workshops to register. Sign up early! Space is limited!

February 18, 2018, 2–5 pm

Listening to the Love Notes from your Soul:

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You can learn more about Claudia by visiting:
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NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER



Marcy Kleinman

Beloved Friends,
We are blessed! So many amazing teachers come to the Network of Light! Master Atma Nambi lived with us and was generous with his teaching for five days and nights. We've also hosted: Mohanji's disciple, healer swami Brakthananda; Gerald Sheinfeld, who is a disciple of Master Adi Da Samraj; Bill Sanda reading the Akashic record; popular Vedic astrologer Brendan Feeley; and Remote Viewing teacher Dr. Melvin Morse, who helped us become more aware. Then, of course, there is the blessing of simply being with the awesome people who show up.

We love feeding the homeless with the Essene Church of Peace on the third Sunday of each month at Franklin Park. We are delighted to introduce Marcy Kleinman as our new liaison with the church. Marcy has a heart of gold. Please contact her at 845-978-5148 if you would like to volunteer to prepare and/or serve fabulous biodynamic and organic food, or if you would like more information about this project.

We are excited to announce our Heart to Heart Holiday Celebration will be on Saturday, December 16. Rufus and his band along with Wynne Paris and Stream Orstrum will provide music. I shall lead Heart to Heart Sharing. Everyone can bring food to share, and we also ask all to bring a gift for someone less fortunate. It will be a wondrous evening again because the people who come are so downright loving.

The winter season provides additional inspired events and opportunities for all to enjoy. Read on the learn more.

To hear about and attend future NOL events, join our mailing list! Send your name, telephone number and email to networkoflight@hotmail.com.

With love, light and joy to everyone everywhere

Lakshmi Barbara Carpenter,
Founder
Network of Light

Project: Healing Baltimore with Consciousness, Intent & Leadership

Healing Baltimore with Conscious-

ness, Intent & Leadership is a community-focused project that brings together science, consciousness leaders, various influential leaders and individuals to improve the area's quality of life. We are currently gathering input from all interested parties who want to influence project priorities and how to scientifically define, structure, measure and document results, which could include reduction in crime, drug-related deaths and homelessness. Our overall objectives are: to mobilize and coordinate diverse consciousness and civic groups that share this vision; to assess whether a cause-and-effect relationship exists between human inner consciousness and the physical outer environment; and to apply that knowledge to produce beneficial results.

Precedents have already been set with documented results from the Maharishi Effect and with results from transformational modalities such as Ho'oponopono, Optimal EFT, Bengston Healing Method, Landmark Education and by independent research studies. Each inspired this project because they demonstrated measurable positive change on the physical environment after applying consciousness methods and modalities.

Depending on participants, modalities may include, but are not limited to, the above precedents, healing, prayer, meditation, affirmations, visualization, sending light and love, rituals, chanting, projecting energy and technology. Connecting diverse groups and individuals with a common interest may generate a powerful synergy to produce discoveries, tangible innovations and applications.

Please consider this your invitation to join Project: Healing Baltimore. As a participant, you can increase the public's awareness of you and have the satisfaction of being part of a noble leadership endeavor that can be the tipping point for positive change in Baltimore as a pilot program and model for other locales. Participants have recommended forming a committee that will serve as a catalyst to achieve the project's objectives.

Please RSVP with your level of interest and any ideas that you may have. Contact: Jim Shapiro, projecthealing-baltimore@gmail.com;

<http://www.baltimorepolice.org>.

Transformation and Empowerment Through Bhagavad Gita

Center for Inner Resources Development - NA, a nonprofit organization formed under the inspirational guidance of Swami Bhoomananda Tirtha, a spiritual master from India, is organizing the second Global Bhagavad Gita Convention (GBGC) in the Washington DC Metro area in the Fall of 2018. The purpose of the Convention is to promote the message of the *Bhagavad Gita*, a historical document, as a secular, universal guiding manual for leading a life of poise and excellence in all spheres of activity and interactions. The *Bhagavad Gita* identifies the principles of right living and facing challenges of life with equanimity and grace.

The Convention will showcase the Gita's roadmap to accomplish these



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NETWORK OF LIGHT NEWS

shared life goals through uplifting and insightful presentations by a distinguished group of speakers including ascetics, scholars, leaders and thinkers, who will share with us the Gita's timeless wisdom with practical perspectives. The Convention promises to be an enlightening and transformative event. More than 600 came to benefit from the first Convention held at University of California, Irvine in September 2017.

To be placed on our list of interested attendees, please visit www.cirdna.org/2018GBGC. For any questions, please contact us at globalgita@cirdna.org.

Centers for Spiritual Development Hosts Open House Reception on Dec. 9

The Centers for Spiritual Development invites the Washington DC area community to an open house reception on Dec. 9, Saturday, from 2:20pm to 4:20pm. At the reception guests can experience free light energy sessions and enjoy pizza and other refreshments.

Each energy session will involve a practitioner transmitting a positive energy called "light" from the palm of the hand held from one foot away. Many have found these sessions to be relaxing and rejuvenating.

Guests will have a chance to meet the new Director of the Center, Mr. Hiroki Ota, who was formerly with the

headquarters of the North American region of the Centers for Spiritual Development in Los Angeles, California.

The Centers for Spiritual Development, also called Sukyo Mahikari, is located at 4479 Connecticut Ave. NW, Washington, DC 20008 and is about two blocks from the Van Ness Metro station. It gives free light sessions Tuesday through Friday 9am to 9pm and on the weekends from 9am to 7pm. The Center also holds spiritual development courses for those wanting to learn how to give this light energy.

Registration for the reception is free, visit mcbarnette.com/events.html. For more information contact Kathy Baumann at (202) 328-5903, wcenter@yahoo.com or visit www.dc.sukyomahikari.org.

Lakota Native American Healing Ceremony on Dec. 16

Roy Reddemann is a Native American Healer who follows the Lakota tradition. On Saturday, December 16, from 7-10pm, he together with his wife Jean, conduct a Traditional Native American Ceremony that can assist people in healing their body, mind and emotions as well as helping them in their spiritual path. Join them at the School of Life/Shanti Yoga Ashram, 4217 East-West Hwy, Bethesda, MD (can park at BCC High School if lot is full).

Through drumming, singing and other rituals, Roy is able to generate a

sacred space where the pure energy of the spirits of his altar come through. They come to move freely around the sacred circle and assist participants with the intentions they set forth for themselves and loved ones. Participants will be sitting on the floor, so you may wish to bring a pillow or blanket to be comfortable. Hard backed chairs also provided for those not able to sit on the floor. There is no fee for any traditional ceremony, however a gift from the heart is appreciated.

Please do not consume any alcohol on the day of the ceremony. Women should also come to the ceremony in an ankle length skirt or dress with their arms covered. Women should also NOT attend ceremony if they are on their Moon Time (monthly cycle).

Roy and Jean Reddemann are Native Americans who follow the traditional spiritual life of their people. As a spiritual leader, Roy conducts ancient tribal ceremonies and is in service to the people. Keeping the traditions and teachings of his culture is an important trust he carries. His wife Jean is known by her people as a Seer, gifted with spiritual communication and indigenous healing ways. She is a spiritual teacher and public speaker. Together, they assist many on a spiritual journey of reconnection to Mother Earth, the Creator, and the Universe. Sharing with others a deeper understanding of the Native American people is their

mission in life.

For more information, call 301-654-4899; email shantiyoga@schooloflife.org.

Crystal Bed Therapy With Healing Crystal Lights Dec. 21 & 22

The Shanti Yoga Ashram will host two days of Crystal Bed Healing on December 21 & 22 at their Bethesda location: 4217 East-West Highway, Bethesda, MD 20814.

What is Crystal Bed therapy? The Crystal Healing Beds are available to all and are prescribed by the Healing Spirit Guides of La Casa de Dom Inacio, in Brazil, the center of John of God. They were created to facilitate rejuvenation, alignment and balancing of our energy fields, which in turn aids in the process of spiritual and physical healing.

What is a Crystal Bed? A crystal bed has 7 extremely clear and highly polished Vogel cut quartz crystals suspended approximately 12 inches above the client lying on a massage table. Each of the quartz crystals has been cut to a specific frequency. Each crystal is aligned above one of the seven human energy centers or chakras. Colored lights, chosen to match the frequency of chakra colors, radiate light and energy through the crystals to each respective chakra, and shine on and off in certain rhythms to cleanse, balance, and align

continued on page 72

"The peace movement has Phil Ochs and Pete Seeger; the animal rights movement has Daniel Redwood, whose songs of justice for animals are deeply moving and inspiring. I love this album."
-BRUCE FRIEDRICH, Senior Director for Advocacy, Farm Sanctuary

"Daniel Redwood is the troubadour of the animal rights movement. He puts their plight, and their liberation, to music in a way that we can sing along until the world catches up that all creatures deserve compassion." -VICTORIA MORAN, author, *Main Street Vegan*

"With heart-touching lyrics and seasoned musicianship, these songs are soulful anthems to an awakening consciousness of kindness for all living beings... A perfect gift for animal lovers."
-WILL TUTTLE, Ph.D., author, *The World Peace Diet*

"This beautiful music and poignant lyrics are enough to melt anyone's heart. Daniel has an exquisite sensitivity that comes through in every turn of phrase." -NEAL BARNARD, M.D., President, Physicians Committee for Responsible Medicine, author, *Power Foods for the Brain*

"Daniel Redwood's music is as stirring as his lyrics, which inspire listeners to empathize with animals and take action on their behalf. His passion for giving a voice to animals is moving, and what a voice it is!" -PAUL SHAPIRO, VP, Farm Animal Protection, The Humane Society of the United States

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Principal Investigator: Roland R. Griffiths, Ph.D.
Protocol: NA_IRB00101821

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NETWORK OF LIGHT NEWS

Crystal Bed Therapy ...continued from page 71

your energies. The individual receiving the session rests face up with eyes closed, bathing in the energy.

How can one prepare for the “Crystal Bed Healing”? There are two very fruitful activities that may be undertaken while waiting for one’s session. It is recommended to 1) prepare yourself properly by meditating (or to “sit in current”, as it is called in La Casa); and 2) provide emotional and spiritual support to the person who is receiving the treatment. This will be done in the same room as the crystal beds (with adequate visual and physical separation.)

Appointments are 30 minutes long; donations are appreciated (checks payable to Essene Church of Peace). To reserve a slot, please email victor@theessenechurchofpeace.org. For more info: 301-654-6759.

Spiritual Food CSA Winter-Spring Share

The School of Life of Bethesda, MD, a spiritually-based yoga community, sponsors the Spiritual Food CSA (Community Supported Agriculture) Program—a year-round, biodynamic and truly organic source of farm-fresh foods. CSA members pre-pay for a ‘share’ of a farmer’s harvest ensuring the farmer a fair income (outside of the

“supply and demand” market pressures) and ensuring 6-12 months of best quality, farm fresh food for their own family. This is a “win-win” partnership, part of a new socio-economic paradigm that establishes relationships based on spiritual rather than materialistic principles, while honoring and protecting Mother Earth.

At this point in time, when we are threatened by climate change, not to mention the degeneration of our food (with GMOs, etc.), regenerative agriculture and solidarity amongst “practical idealists” is our best hope for creating a bright future. We invite you to become a nonviolent environmental and social justice activist by literally putting your money where your mouth is.

Now in our 20th year, SFCSA has expanded from the initial 26 members in Bethesda to over 120 members picking up their shares in 7 locations around the city. Shares include vegetables, greens, fresh and dried fruit, free-range eggs, plus bread and popular grains, legumes and cheese in monthly rotation for a nutritious balanced diet. You can opt out of the supplemental extras with a Veggie/Fruit Only share, or additional items are available to order. Cost of share averages to \$42 per week.

To sign up, go to www.spiritualfoodcsa.org or contact 301-654-4899 or spiritualfood@schooloflife.org.

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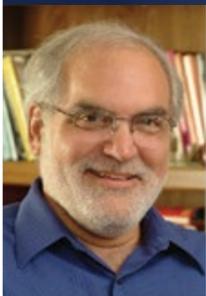
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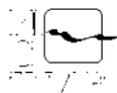
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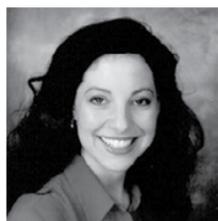
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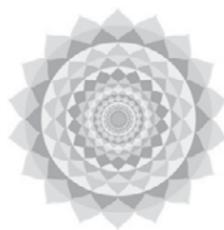
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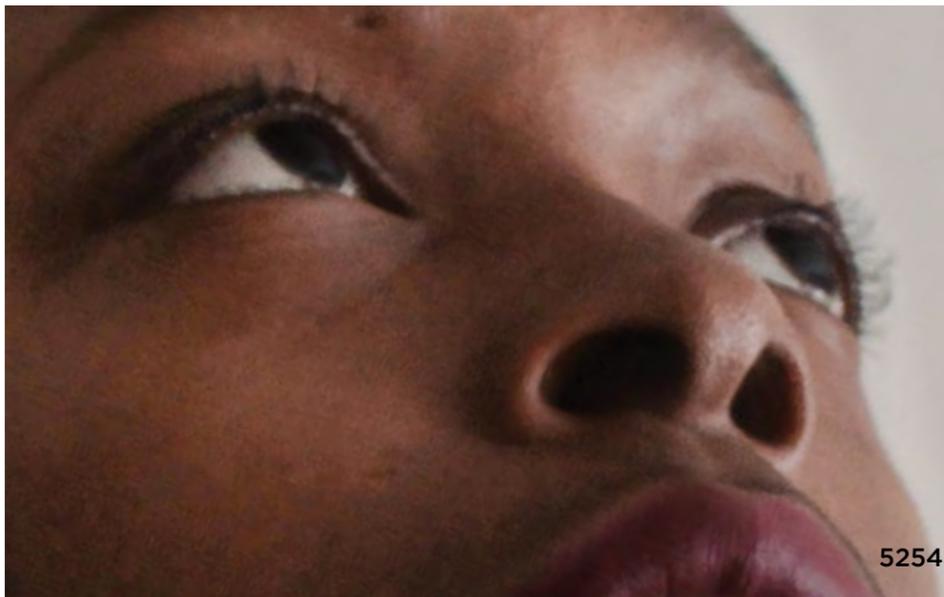
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Classes & Learning Centers



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Your beliefs are the most powerful forces that influence your existence. They determine what you perceive and how you perceive it; they influence your thoughts, your expectations, and your actions. They shape your personality. Avatar® helps you explore "behind the scenes" of your

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Capital Qi Gong/ The Center for Qi Gong



Qi Gong (or C'hi Kung) means the "work of cultivating life energy" in Chinese. Proper Qi Gong practice harvests the body's energy (Qi), relieves the body of energy blockages and naturally calms the mind. Energy restoration and unification of mind and body (whole body) reduces the stress of everyday life and enables us to maintain a more natural state.

Master Shuren Ma has practiced Qi Gong for over 40 years, and for over 25 years has taught in the DC

Metro area. Master Ma inherited the Yi Gong system directly from his internationally recognized Uncle Peng-Xi You and Aunt Min Ou-Yang. The Yi Gong system is a very powerful and safe style, which gently and progressively teaches proper cultivation and application of Qi for martial arts, self-healing, healing of others, and increased spiritual sensitivity. All classes are held in a relaxed, informal atmosphere most conducive to proper internal training. Classes are available

in Bethesda, Falls Church, Dupont Circle and Silver Spring.

Classes are also available at 422 Main Street, Gaithersburg (the Kentlands), MD 20874. Individual healing sessions are also offered.

For information, visit: www.thecenterforqigong.org. You may also call: Master Shuren Ma, at **202-409-8490** or Beatrice Ollier, LCSW-C, at **301-675-8643**.

Introductory class is free.



Cloud Hands
T'ai Chi
Michael Ward



"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 adapted 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.

Beginner through Advanced/Corrections classes are offered Wednesday evening 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

www.CloudHandsTaiChi.net

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.

For more information about Eckankar: 1 800 LOVE GOD.

Central Maryland Eckankar Center
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Silver Spring, Md. 20903
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All activities are from 11 am-12 pm
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• 1st Sunday: Roundtable Discussion
• 2nd Sunday: Book Discussion
• 3rd Sunday: Worship Service
• 4th Sunday: Community HU Sing

Baltimore Eckankar Center
2318 North Charles St.
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• 1st Sunday: Book Discussion
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Classes & Learning Centers



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Come to DREAM to experience yoga that not only meets your goals for physical fitness...but also to feel more balanced, calm and relaxed, present and able, fully alive, and more connected to your True Self and others. Dream's teachers are *obnoxiously passionate* about helping you learn how to use the many "tools" of yoga to take you from where you are...to where you want to be.

We are...the most-established, full-service yoga studio in the McLean-Tysons area—15 years strong! We offer a broad array of classes (group & private, at Dream or your location) for all

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New students get their **FIRST CLASS FREE!** Or even better, purchase a 3 for \$33 Class Pass. Plus \$5 & \$10 Intro classes.

Not sure about coming to Dream? Read *What Students Say* about us on YELP!:

"Try one class at Dream and you'll be hooked. At the end of each class, you end up so totally relaxed, centered and feeling positive. It's a really, wonderful feeling." –Lia G., Arlington

"I found Dream Yoga after I had injured myself trying to keep up in a Power Yoga class at another studio. Here, you get *yoga the way it's meant to be practiced.*" –Kate H., Great Falls

"Each class is unique and it is clear that the teachers are experienced and

really care about the students." –Judith C., McLean

"Not only do classes provide a great physical workout, they encourage a *greater awareness* of self, both on and off the mat." –R.S., Falls Church

Dream Yoga is a serene place where you drop your worries when you walk in the door. *I like their approach* –be kind to yourself, be aware of yourself, expand yourself to be the best that you can be." –Susie S., McLean

"Dream yoga has *made me the person I am now.* It's not all about being good at poses, but also feeling good about yourself...feeling strong inside and out." –Vicki L, Falls Church

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T'AI CHI

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 50 years experience in T'ai Chi and have been teaching at Glen Echo Park for 27 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.

Come see our new teaching space for Glen Echo T'ai Chi classes: the Hall of Mirrors studio has been beautifully renovated.

Winter New Beginners Class starts January 7, 2018; \$230 plus registration fee for 12 weeks. Intermediates/ Corrections classes are held Saturdays and Sundays, \$20 drop-in fee per class.

Re-connect to your T'ai Chi with

our Tuesday Review Class, 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-invigorate their study and practice. \$20 drop-in fee per class.

More information at www.glenechotaichi.com, www.glenechopark.org, or email to emearskenn@aol.com.

Holistic Moms Network

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 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.

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"I have learned there are many ways to meditate. You brought an ease to the teaching that made it interesting and fun." GK, Contractor.

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NEW FUTURE SOCIETY

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Classes & Learning Centers



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 <http://meditationmuseum.org>, or call 301-588-0144 (MD) or 703-992-6887 (VA). Like us at: www.facebook.com/MeditationMuseum. Tune in to the America Meditating Radio Show at www.blogtalkradio.com/americanmeditating, or on our free "Pause for Peace" app.



THE REIKI CENTER OF GREATER WASHINGTON

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

Shamanic Crystal and Reiki Classes – Classes teaching how to use Shamanic tools in healing and meditation. Crystal Journeying I: 6/10/18; Crystal Healing I: 1/28/18; Shamanic Reiki I: 6/22-6/24/18

Gendai Reiki Classes – Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles. Gendai Reiki I-II: 12/16-12/17; Master/Teacher: 12/16-12/18.

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: 12/2 or 2/4-2/5/18 (with Healing Angels course); Intermediate: 12/3 or 4/7/18; Advanced: 12/3 or 4/8/18; Master Instructor: 4/28-4/29/18.

Intuitive Development Classes – Level I: 1/27/18

Karuna Reiki® – Advanced Workshops for Reiki Masters to augment their skills. Karuna Reiki Master: 11/24-11/26/18

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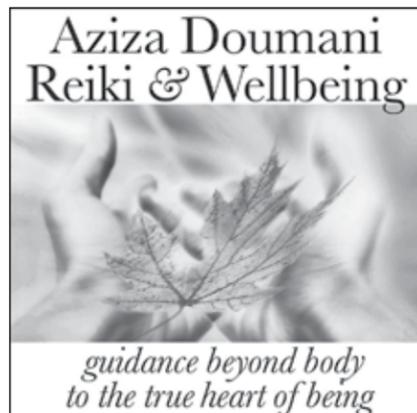
Reiki and IET Shares and Practice Groups – Allow newcomers OR practitioners to receive and experience

sessions with one another. Held three times 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: 1/6-1/7/18 or 3/3-3/4/18; Master/Teacher Facets I-VII: 3/24-3/26/18.

Usui Reiki Classes – Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States. Level I: 1/20-1/21/18, 2/17-2/18/18, 3/17-3/18/18; Level II: 12/9-12/10 or 2/24-2/25/18; Level IIIA Master Practitioner: 5/25-5/26/18; IIIB Master/Teacher Part 1: 5/27-5/28/18, Part 2: 10/27-10/28/18, Part 3: 3/20-3/21/19.



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One-on-one mentoring propels you beyond classes and Reiki shares. Master real-world settings. Conduct sessions with actual clients, learn practitioner-client rapport, gain business skills, remove blockages hindering your success. Highly motivating and confidence-building.

CLASSES

• Usui Holy Fire Reiki II • January 5
Deepen your understanding of Reiki

and your path. Receive three Level II symbols.

• Usui Holy Fire ART & Master • December 8-10

This is a deeply healing and activating class! Meditation experiences, Holy Fire ignitions, the Usui Master symbol and the Holy Fire symbol highlight this profound Reiki experience. While the content of the class will enable anyone to master performing and teaching Reiki, many practitioners take it for personal spiritual enrichment.

• Usui Holy Fire Karuna Practitioner

& Master • January 12-14

Transform yourself and your Reiki! "Karuna" translates from Sanskrit as "compassionate action," focusing on diminishing suffering in others. Develop Karuna in yourself to help others while elevating your connection to Sacred Source. Practitioner or Master levels available. Master trains you to teach all levels of Usui Holy Fire from Level 1 through Master, and Karuna. Aziza Doumani Reiki & Wellbeing www.azizadoumanireiki.com
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Classes & Learning Centers

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- Tuning Fork Therapy (Levels 1-6)—see website for upcoming Workshop dates
- Introduction Biodynamic Craniosacral Therapy
- Aromatherapy (Introduction to Essential Oils)
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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 Certified 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 winter session of classes begins Tuesday, January 2nd, 2018. New students may take their first class free anytime during the session. For details see www.unitywoods.com.

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Health Services

Natural Healing



Kathleen Erickson-Nord

Above & Beyond Holistic Services is a heading that encompassed two divisions of the same business. One is about products we sell and make up in the lab, usually customized for the need of the patient.

The other division is Above & Beyond Holistic Medicine, LLC, where the most work is done and miracles happen. In this division (under the same roof) an uplifting environment greets you, and highly skilled practitioner hands and knowledge—working with everything from healing

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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

Acumedicine Acupuncture, PC
Kevin Mutschler, L.Ac., Dipl.Ac.
240-461-9300

kevin@healingsupport.com
8700 Georgia Ave., Suite 404
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Falls Church Wellness Center

Falls Church Wellness Center (FCWC) is the largest professional treatment center for combined mental and physical healthcare in the metro area. The Center operates with the belief that physical health will have a positive and lasting influence on mental health, and has earned itself a reputation in the community for being the place to visit for comprehensive

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Kay F. Walkinshaw, Founder/Director
Certified Instructor, Master Hypnotist
Registered Hypnotic Anaesthesologists

Kay Walkinshaw is the Founder and Director of the Self-Empowerment Education Center of Falls Church (SEEC) located in Falls Church, VA. 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 teaches an introduction to hypnosis course at the Northern Virginia Community College, Annandale Campus, in Annandale, VA.

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Alix & the Archangels

Hi! I'm Alix Moore. I'm a gifted psychic and soul healer. I channel the wisdom and healing of the Archangels for you and your loved ones.
My private sessions are a fluid mix of psychic reading, soul healing, intuitive coaching, and angel messages—

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My goal is to empower you to co-create your heart's desire. I specialize in wealth and worthiness, and in helping conscious entrepreneurs earn what their work is worth.
I work primarily over the phone in

individual sessions and multi-session packages. All sessions are recorded.
For more information or to schedule your private session, please contact me at alix@yoursoulstruth.com; 301-717-8500; or visit my website at www.yoursoulstruth.com.



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Metaphysics



**Heidi
Lahm
Tarot**

My name is Heidi Lahm and I read Tarot. I do this to honor my Great Grandmother and Grandmother who both read the Tarot and the tea leaves. I am claircognizant and clairvoyant and have been reading Tarot for over

15 years. I specialize as an intuitive liaison facilitating between you and your guides to provide information to you.

If you are looking for a Tarot reader to help you connect with your spiritual guides and to help you understand the

possibilities that are available to you in the universe, please contact me for a reading at 773-230-3033, hglahm@gmail.com.



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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

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S. Alice "Alicja" Jones

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Douglas Macauley is an Intuitive Healer, Medium, and Psychic who provides spiritual guidance and healing services. Through the help of the Archangels and Ascended Beings, he facilitates physical, mental, and emotional clearings that allow his clients to work through illnesses and challenges they are having, helping them to find

peace, love, and well-being in their life.

Douglas is an Ordained Minister of Healing at Rays of Healing Church; Youth Mindfulness Teacher; faculty member at EnergyMasters Institute; certified in Angel Therapy, Reiki and experienced in distant intuitive healing, shamanic healing, Somatic

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Psychology & Therapy



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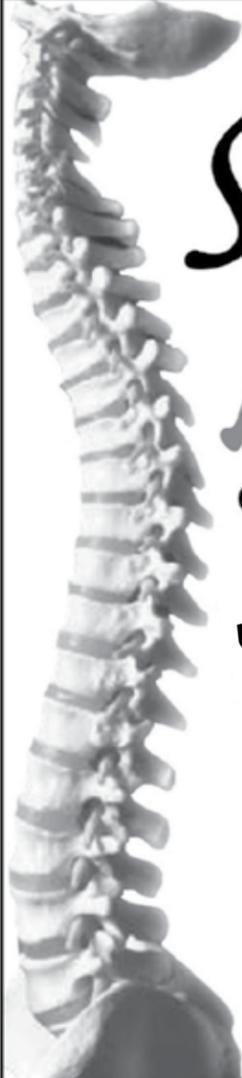
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Clothing...and more! Open 7 days a week.

COLUMBIA, MD



David's Natural Markets
5430 Lynx Lane, 21044
410-730-2304

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

GAITHERSBURG, MD



Whole Foods Market, Kentlands
316 Kentlands Blvd., 20878
301-258-9500

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

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

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

CLARKSVILLE, MD



Areas leading natural food market!

Roots Market - Clarksville

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

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



Your Homegrown Organic Grocer Since 1987

MOM's of Columbia East
7351 Assateague Dr. #190, 20794
Columbia East Shopping Center
410-799-2175

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

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

GREENBELT, MD



Greenbelt Co-Op Supermarket and Pharmacy
121 Centerway, 20770

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

PATHWAYS GUIDE TO NATURAL FOOD STORES

HYATTSVILLE, MD



Market

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

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

"Your one-stop health food store"

Offers vitamins, herbs, body care products, essential/fragrance oils, books, produce, bulk foods, sandwiches, soup and sushi.

ROCKVILLE, MD

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

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

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

DC NATURAL FOODS



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

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

KENSINGTON, MD

KNOWLES APOTHECARY



Knowles Apothecary

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

Mon.-Fri: 9am-6pm, Sat.: 9am-1pm

Full service pharmacy, complete line of vitamins, supplements and homeopathic remedies.

See page 3 for discount coupon.



MOM's of Rockville

5566 Randolph Rd, 20852
301-816-4944

www.momsorganicmarket.com

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

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

TAKOMA PARK, MD



TPSS Co-Up, Takoma Park

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

www.tpss.coop

Open 9am-9pm Daily.

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

SECRETS OF NATURE

SecretsofNatureHealth.com



Coy G. Dunston

3923 SOUTH CAPITOL ST., SW
WASHINGTON, DC 20032

PHONE
202.562.0041

Secrets of Nature

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

With Over 35 years of experience, our health food store has a lot to offer.

We have herbs, vitamins, teas as well as raw and natural foods. We also have quite an extensive library of information for you to educate yourself and family on the growing concerns of nutrition, your health and wellness.

MOUNT RAINIER, MD

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

Glut Food Co-op, Mt. Rainier

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

www.glut.org

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

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

SEVERNA PARK, MD



ORGANIC MARKET

Goodlife Organic Market

485 Richie Hwy North, 21146
410-544-9515

www.goodlifeorganicmarket.com

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

DC NATURAL FOOD STORES



Senbeb Natural Food Coop & Senbeb Cafe

Senbeb Natural Foods Co-Op

6224 3rd St., NW
Washington, DC 20011

Mon. - Sat.: 11am-8pm
202-723-5566

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

OLNEY, MD



Areas leading natural food market!

Roots Market, Olney

16800 Georgia Ave., 20832
301-774-1344

www.rootsmkt.com

Mon-Sat: 9:00-8:00, Sun: 10am-7pm

Local and independently owned market specializing in natural, organic and gourmet foods and products.

SILVER SPRING, MD

ECOLOGY HEALTH FOOD

Ecology Health Food, Silver Spring

904 Bonifant Street, 20910
301-589-2188

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

Blue Nile

Blue Nile Botanicals

2826 Georgia Ave., NW,
Washington 20001

202-232-3535

www.bluenilebotanicals.com

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



Market

YES! Organic Market, Brookland

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

www.yesorganicmarket.com

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

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

PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CONT'D



Market

YES! Organic Market, Capitol Hill
410 8th St., SE, Washington 20003
202-546-4325

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

DC NATURAL FOODS



Market

YES! Organic Market, Petworth
4100 Georgia Ave, NW, 20011
202-291-5790

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

FALLS CHURCH, VA



Nourish Market by Kennedy's, Falls Church
1053 W. Broad St., 22046
703-533-8484
www.nourishmarket.com
Mon-Sat: 10am-7pm • Sun: 10am-4pm

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

SPRINGFIELD, VA



Whole Foods Market, Springfield
8402 Old Keene Mill Rd, 22152
703-644-2500

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



Market

YES! Organic Market, Cleveland Park
3425 Connecticut Ave., NW 20008
202-363-1559

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

VIRGINIA NATURAL FOOD STORES



ALEXANDRIA, 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

Organic Deli Hours: Mon - Fri, 9am - 6pm
Sat, 9am - 6pm • Sun, 11am - 4pm
We specialize in Organics offering a wide variety of Organic Groceries, Meats, Dairy, Fresh Produce, Vitamins, Herbs, Homeopathy, Cosmetics and have a large selection of Allergy-Free Foods as well. We offer a unique experience in customer service, atmosphere, education and selection of products. You can shop in person,



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 21 Years!

14453 Potomac Mills Road
Woodbridge, 22192
(near Staples)
703-494-7287
Mon-Fri: 10am-8pm, Sat: 10am-6pm

FAIRFAX, VA



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.



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

ONLINE CONNECTIONS

ACUPUNCTURE

Acupuncture for Healing Support www.healingsupport.com
Amos, MD, Helena, Facial Rejuvenation www.rockvilleacupuncturemd.com
Meridian Healing Works www.meridianhealingworks.com

ADHD

NIHA - Dr. Gant www.NIHAdc.com

ALLERGY

Amos, MD, Helena www.rockvilleacupuncturemd.com

ANGELS

Alix & the Archangels, Alix Moore, LLC www.yoursoulstruth.com

ANIMAL WELLNESS

Holistic Veterinary Healing www.holisticveterinaryhealing.com

ART

Pendragon, Victoria www.victoriapendragon.artspan.com

ASTROLOGY

Amethyst Astrology Services www.lynnkoiner.com
Kuceris, Misty www.enhanceoneself.com

AURA PHOTOGRAPHY

Avillion Aura Imaging Photography www.Avillion.org

AYURVEDA

American Ayurveda www.americanayurveda.us
Center for Health & Wellness www.marylandhealthandwellness.com

BOOKS, GIFTS, JEWELRY, MUSIC, BEADING

Angels Watching Over Me - BOOK www.archangelsupport.net
Beadazzled www.Beadazzled.com
The Enchanted Fae www.theenchantedfae.com
Mountain Mystic Trading Co www.MountainMystic.com
Redwood CD www.danielredwoodsongs.com
Remnants of Magic www.remnantsofmagic.com
Sacred Circle www.sacredcirclebooks.com
The Shores of Our Souls - BOOK www.shoresofoursouls.com
Solartopia www.solartopia.org, www.harveywassrman.com
Sticks and Stones www.sticksandstonescircle.com
Terra Christa www.terrachrista.com

BUSINESS SERVICES

Haworth, Diane L www.dianehaworth.com

CHILDREN'S HEALTH PROGRAMS

Inner Harbor Wellness // PRISM www.corncommunitycenter.org

CHIROPRACTIC

Gardner Chiropractic www.easyspine.com
Washington Chiropractic www.washingtonchiropractic.net

CHURCHES & SPIRITUAL CENTERS

Arlington Metaphysical Chapel www.arlingtonmeta.org
Center for Spiritual Enlightenment (NSAC) www.TheCSE.org
Circle of Worship www.onecircle.net
Four Quarters Interfaith www.4QF.org
National Spiritual Science Center www.nsscdc.org
Rays of Healing Church www.raysofhealingchurch.org
Superet Light Center www.spopmwasd.com
Takoma Metaphysical Chapel www.TakomaChapel.org
Telespectral, LLC www.angeltalktv.com

CLASSES AND LEARNING

The Avatar Course® www.hwcourses.com/avatar
Braided Way Healing Arts www.braidedwayhealingarts.com
Share International www.share-international.us/ne

CLEANING SERVICES

Maid Brigade www.maidbrigade.com

COACHING & COUNSELING

Carol Burbank Storyweaving Coaching & Healing www.storyweaving.com

Counseling & Guidance Center www.psychsight.com
Culp, LCPC, LPC, Courtenay J www.counselingandcoaching.com
Healing Light Center, LLC www.healinglc.com
Sanctuary Coaching with Phyllis Smith www.sanctuarycoach.com
Starchaser Integrated Coaching/Energy Work www.starchaser-healingarts.com

COMMUNITY CRISIS SERVICES

Community Crisis Services, Inc. (CCSI) www.ccsimd.org

CRYSTALS & STONES

Stones That Heal - Knowles Apothecary www.KnowlesWellness.com

DENTAL

Bui, DDS, Danny www.drdannybui.com
DC Dentist, Terry Victor, DDS www.theddentist.com
Dental Excellence www.dental-alexandria.com
Modern Smile Dental www.dentistofficegaitersburg.com
Fischer, DDS, Richard www.evergreen8.com

DEPRESSION STUDY

Hopkins Depression Study www.hopkinsdepressionstudy.com

ECKANKAR

Eckankar - Maryland Satsang www.eckankarmaryland.org
Eckankar of Northern Virginia www.eck-virginia.org

EMPATH COACHING

Rose Rosetree Energy Spirituality www.rose-rosetree.com

ENERGY WORK

Healing Inspired by the Divine Feminine www.thopadonai.org
Somatic Energy Therapies www.SETherapies.org

EVENTS

Free Spirit Gathering www.freespiritgathering.org
ICPA, Inc. www.familywellnessfirst.org
Illuminate Frederick www.illuminatefrederick.com
Natural Living Expo www.naturallivingexpo.com
Unity of Fairfax www.unityoffairfax.org

FENG SHUI // HOME IMPROVEMENT

Feng Shui Consultant, Jeannie Tower www.fengshuimagic.com
Sanctuary Interiors www.interioralchemy.com

FINANCE

Bach, Eric www.ericbachcpa.com

FUNCTIONAL MEDICINE

NIHA – Dr. Kullick www.nihadc.com
Today's Integrative Health www.todayintegrativehealth.com

GARDENING

GoGardeners Garden Coaching www.gogardeners.com
Mother Earth News www.motherearthnews.com
Washington Gardener www.WashingtonGardener.com

HAND PRINT ANALYSIS

Vows And Wows, Inc. www.gpsyourpath.com

HEALING & HEALING CENTERS

Blueberry Gardens www.blueberrygardens.org
Falls Church Wellness Center www.fallschurchwellness.com
Lotus Wellness Center www.lotuswellnesscenter.net
Natural Energy Healing www.naturalwayofhealing.com
Rev. Dr. Julianne Robertson, Esq. www.facebook.com/RevDrJulianne/
Sol Healing and Wellness www.solhealingllc.com
Spiritual Spectra www.SpiritualSpectra.com
WholeReflections.com www.wholereflections.com

HEALTH & WELLNESS CENTERS

Above and Beyond Health Services www.aboveandbeyond-energy.com
Amos Acupuncture & Natural Medicine Clinic www.rockvilleacupuncturemd.com
Blue Heron Wellness www.blueheronwellness.org
Casey Health Institute www.caseyhealth.org
Health For Life, LLC www.Healthyhelen.com

National Integrated Health Associates (NIHA) www.nihadc.com
Roselle Alternative Care Group www.rosellecare.com
St. Michaels Inn // Eco Health Team www.stmichaels-inn.com

HEALTH FOOD // NATURAL FOOD STORES

Glut Food Co-op www.glut.org
MOM's - Mom's Organic Market www.momsorganicmarket.com
Spiral Path Farm www.spiralpathfarm.com

HERBS & HERBAL EDUCATION

Green Comfort Herb School www.greencomfortherbschool.com
Smile Herb Shop www.smileherb.com

HOLISTIC HEALTH PRACTITIONERS

Gennaro, MD, Margaret www.drmgennaro.com

HORTICULTURAL THERAPY

Creative Resources Of People www.creativeresourcesofpeople.com

HYPNOSIS

Hollow Reed Healing // It's Not Therapy www.Its-Not-Therapy.com
Hypnosis Silver Spring www.hypnosisilver.spring.com
Joanna Boales Hypnosis, LLC www.joannaboaleshypnosis.com
Life Transforming Hypnotherapy www.lifetransforminghypnotherapy.com
Soul Source Spiritual Center www.theSoulSource.net

INTUITIVE HEALER

Scalar Light Body/Intuitive Healer www.scalarlightbody.com

MESSAGE THERAPY // MESSAGE TRAINING

Bethesda Therapeutic Massage www.marciamassage.com
Lotus Signature Massage School/Lotus Wellness www.lotuswellnesscenter.net
Robert Jordan Health Services www.RobertJordanHealthServices.com

MEDICAL INTUITIVES

Wonderful Wellness www.centerfor-healingarts.com

MEDICAL MARIJUANA

K&M Law Firm www.kinnernmcgowan.com

MEDITATION

Meditation Museum www.meditationmuseum.org
Mindfulness Center www.themindfulnesscenter.org

METAPHYSICAL

Golden Lighthouse Metaphysical Center www.thegoldenlighthouse.com
Inspired by Angels www.InspiredbyAngels.com
Northern Virginia Metaphysical Fellowship www.metaphysicalfellowship.com

MUSIC MEDITATION

Boldly Going Nowhere Retreats www.weareboldlygoingnowhere.com

NATUROPATHY

Naturopathy Services - Knowles www.KnowlesWellness.com

NUTRITION

Allergy & Nutrition Clinic www.LauraPower.com
Duke's Green Farmacy Garden www.thegreenfarmacygarden.com
New Light Nutrition www.newlightnutrition.com

ORGANIC MATTRESSES

SavvyRest -Rockville www.srb.com

OSTEOPATHY

Steele, DO, MPH, Christina www.crossingshealing.com

PARENTING

Holistic Moms Network www.holisticmoms.org

PEDIATRIC DOCTORS

NIHA - Dr. Bradley www.nihadc.com

PHARMACY

Brookville Apothecary www.BrookvilleWellness.com
Knowles Apothecary www.KnowlesWellness.com
Village Green Apothecary www.myvillagegreen.com

ONLINE CONNECTIONS

PHYSICAL THERAPY

Blue Nyle Therapy Services www.bluenyletherapy.com

PSYCHICS

Britpsychic.com www.Britpsychic.com

Carlos - Medium www.carlosthemedium.com

Driscoll, Susan www.martinsmessages.com

Jones, Alice www.alicajones.com

Judy Kay, Psychic Medium www.judykay.net

Light Works Reiki and Psychic Mediumship Readings www.lightworks.biz

Marie-Claire www.marie-claire.tv

Morning Star, Konstanza www.silverspringoflight.com

The Soul Shepherd www.thesoulshpherd.com

Voice of the Gatekeepers www.voiceofthegatekeepers.com

Wallet Wishes & Crystal Forests www.crystalforests.com

White, Jamila www.inspiredjamila.com

PSYCHOTHERAPY

Association of Holistic & Traditional Therapists www.dreileenbuese.com

QI GONG

Capital Qi Gong www.capitalqigong.com

RADIO / PODCASTS

America Meditating Radio Show www.blogtalkradio.com/americanmeditating

REFLEXOLOGY

Wiss, Brigitte www.reflexologyandbeyond.com

REIKI

Reiki Center of Greater Washington www.reikicenter.info

Reiki for all Creatures www.reikiforallcreatures.net

RENTALS

Policy Planning and Evaluation, Inc www.the3rdstogyocenter.com

Ruscombe Mansion www.Ruscombe.org

SHAMANIC HEALING / STUDIES

Heartfire Healing Journey www.heartfirejourneys.com

Shamanic Healing Institute www.shamanic-healing.org

Shamanic Spring www.ShamanicSpring.com

SPAS

Edgy Zen Spa www.edgyzenspa.com

Vows and Wows Wellness Spa www.vowsandwows.com

SPANISH-LANGUAGE SPIRITUAL SCHOOL

Beam of Light www.beamoflight.com

SPICES / HERBS / BOTANICALS

Bazaar Spices www.bazaarspices.com

SPIRITUAL CENTERS

Baha'i Faith www.bahai.org

Institute for Spiritual Development www.isd-dc.org

Spirit School of the Intuitive Arts www.ChristenMcCormack.com

TAI CHI

Cloud Hands Tai Chi www.CloudHandsTaiChi.net

Glen Echo Tai Chi www.GlenEchoTaiChi.org

TAROT

Boyd, Tim www.timstarot.com

Dr. Z Tarot <http://drztarot.com/>

THETA HEALING

Conscious Infinity www.consciousinfinity.net

VISION HEALTH

Sikes, Alan www.DrAlanSikes.com

VOLUNTEERS

A Wider Circle www.widercircle.org

Montgomery County Stroke Association www.mcstroke.org

The New Dream www.newdream.org

WEIGHT LOSS

Mind Body Weight Release www.mind-bodyweightrelease.com

Self-Empowerment Education Center www.seec-icmct.com

WOMEN'S HEALTH

Birth Care & Women's Health www.birthcare.org

YOGA

Dream Yoga Studio & Wellness Center www.dreamyogastudio.com

New Future Society Healing & Yoga Center www.newfuturesocietycenter.com

Unity Woods Yoga www.unitywoods.com

Yoga is for Everybody www.alignwithgrace.com // www.yogafiveo.com

ZERO BALANCING

Edgy Zen Spa www.edgyzenspa.com



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www.PathwaysMagazine.com

CALDWELL ARCHIVES

Why Are Things So Hard?

...continued from page 56

he was teased mercilessly for having a mother with no legs. Rose gathered his peers together, sat in a circle with them and talked to them about her body and life and what it was like to be her—thus winning them by her good will and understanding of children's natural curiosity which, without help, can too often turn to cruelty. For just a few minutes she talked un-selfconsciously about her life, how she had simply decided that there was nothing to gain by being negative, by spending time bemoaning her handicap; she had decided to do everything she could with what she had. Her face showed a happiness and contentment and good spirit. She had taken a life that for most of us would define the worst meaning of "so hard" and turned it into a triumph of human perseverance and positive intention and warm relations. At the close of the show we were told she and her husband are trying for a second child. Rose defines most dramatically and non-metaphorically what it means to be "half full."

When I was four years old, I was given ether as anesthesia for a tonsil operation. Vividly, I recall the feaful

spiraling and sinking sensations as I lost consciousness. I felt an awesome helplessness as I was towered over by the operating team, those alien creatures that were going to do unknown things to me. When I am caught in feelings expressed by "Why is everything so hard?" whether they be the subtle feelings of regret or being overburdened or the outrageous emotions of deep disappointment or betrayal, I feel much like I did with the ether. Fortunately, anesthesia has become more refined and such horrifying reports are rare. Happily, we are also learning that we don't have to be victimized by a downward spiral of events that are "so hard." Of course life is hard, sometimes "hard as hell," but that there are enough possibilities to keep us moving and creating without having to call on the painful and boring lament that life is "so hard." We seem to be catching on to the awareness that blaming the world and pitying the self are not nearly so much fun as interacting with the world to energize and expand the self.

Robert Caldwell, LCPC, passed away in the Spring of 2008. He was a powerful therapist; a cutting edge thinker and a contributing editor at Pathways for many years. We sometimes feature some of Bob's timeless work from past issues. See his wife, Erma's ad on page 22 and go to www.psychsight.com for a collection of Bob's works.

www.psychsight.com

Slow-Food Mindfulness

...continued from page 11

Understanding the different purposes of the many kinds of meditation—from simple relaxation techniques to a discipline leading to greater understanding of oneself and the nature of reality—is essential in both teaching and practicing any of them, as is the case with anything we undertake. So the all-pervading question is how to preserve the authenticity of the tradition of mindfulness meditation—this profound wisdom—while teaching people who are being pummeled with endless promises of its magical benefits? If we have been trained in an authentic tradition, how do we stay true to the depth of that training in these kinds of settings, even while being touched by the suffering and stress of those who are seeking us out? And how do we respectfully tolerate instructors who have very little authentic training and view mindfulness as a relaxation technique, but are kind people who wish to help others? On the other hand, what do we do about instructors and entrepreneurs who are clueless and only interested in their bottom line?

The Instructors: Coaches or Teachers?

Even though I have a lot of experience teaching meditation in both spiritual and secular environments, I have struggled with its sudden popularity. It feels like a dream-come-true and my worst nightmare at the same time: What could be better than meditation being accepted in our culture? What could be worse than having it be watered down, misunderstood, and co-opted for profit?

When I first stumbled upon Buddhism back in the '70's, there were few books and fewer teachers. I was fortunate at that time to meet Chögyam Trungpa Rinpoche, the first Tibetan Buddhist teacher to come to the West following the escalation of the Tibetan cultural genocide and resulting diaspora. Trungpa was exceptional in his understanding of the western mind and our tendency to want a bandaid approach to spirituality, something painless and superficial, dressed up in exotica and flashy credentials. One of the first books he published in the West was called *Cutting Through Spiritual Materialism*, an amazing treatise about the gross and subtle ways in which we deceive ourselves, and a description of how to unwind this web and awaken

to a less ego-centered existence. He always stressed that walking on the path of personal awakening is manual labor, no one else can do it for you. I was a personal student of this deeply trained master of meditation until his death in 1987, and then continued my studies with his successors and others.

Trungpa Rinpoche's requirements for becoming a meditation instructor were strict and demanding. We had to complete a dathün (a month-long meditation retreat, which also had prerequisites), a three-month seminary (which had stringent practice and study entry requirements), and the preliminary vajrayana practices known as *ngöndro* (100,000 physical prostrations with a liturgy and visualization; 100,000 purification mantras; 100,000 mandala offerings; and 1 million devotional mantras), which were preparation for full vajrayana empowerment, or *abhisheka*. There was then a rigorous meditation instructor training program, complete with memorization, simulated interviews with feedback, oral and written tests, a trial period, and on-going levels of authorization requiring continuing study and examination. At a gathering in Boston in 1978, Trungpa Rinpoche called us all in for a special meeting and told us we were his lineage holders, placing his ritual *dorje* on our heads as we filed by and knelt for this profound empowerment.

Now there are countless opportu-

nities to learn how to be a meditation instructor (including just saying that you are). There are long and short programs, in-person and online. Many of these wisely require the participants to complete a certain amount of meditation practice as part of the training. But because it seems so simple, there are many others who don't understand the subtleties that can only be gained through personal experience. I've met many instructors in many different contexts, and I would say most of them are wonderful people with the best of intentions. But the depth of their own experience is all over the place, and this becomes important when guiding people who are sitting quietly with themselves, often for the first time. Many experiences and questions naturally arise.

My niece, a fourth-year medical student, recently had the opportunity to attend a special class on meditation as part of her school's alternative medicine section. It was a short one-off session, and when she commented after the guided meditation that she kept falling asleep and couldn't concentrate on her breath, the instructor told her she was doing it wrong and needed to try harder. My niece left feeling she wasn't the kind of person who could meditate or who would be helped by meditation. This is a classic example of how a poorly trained instructor can

continued on page 98



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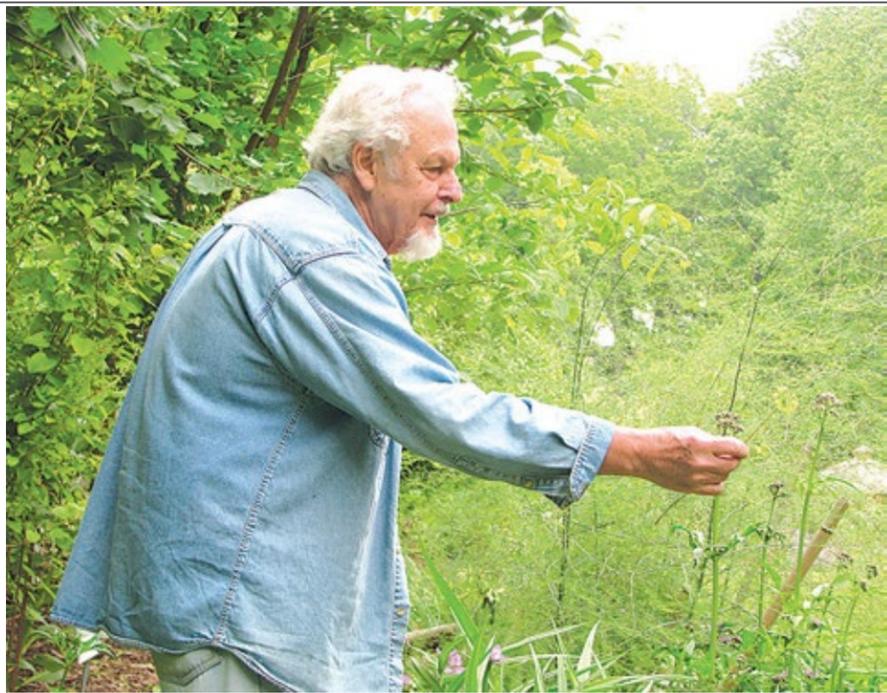
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Slow-Food Mindfulness

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harm rather than help someone by holding herself out as an expert. Who knows how many people she and others like her have turned away from meditation?

So the challenge is to be non dogmatic but genuine, and to present meditation in a way that can resonate with people of diverse backgrounds and circumstances. I confess I've floundered at times, wondering how to help people who show up looking for quick relief from their anxiety. I've learned to add a bit more guidance through the meditation sessions; but if people have been coming regularly I like to challenge them with longer periods of silence, which most of them seem to understand, appreciate, and feel empowered by. At times I feel I talk too much, at times too little. There is no way to predict who will be at any particular session, so my goal is to make it meaningful for whoever is there—not always achievable because of the wide range of expectations. (One person who said he had been meditating for years but had never had instruction from a live person compared me unfavorably with the "Headspace" App!)

The Practitioners: Clients or Students?

A colleague of mine at one of the mindfulness studios came out of his session the other day with a glowing smile on his face. He said that when he asked his usual "What brings you here?"-type question, someone actually said she was looking for deeper meaning in her life, the underlying cause of her anxiety, and a path for working with that. My colleague and I hugged each other and whispered, "Hooray."

I would say that roughly 95% of the people I instruct say they're interested in meditation because they want to feel calmer and less stressed out, which is so perfectly fine as well. The downside of this is just that. Because of the way mindfulness meditation is being promoted, their only context makes them expect a relaxation type experience, with guided visualizations and calming music. Many people are surprised we aren't going to lie down. (Some lie down anyway.)

As businesses, the studios want people to be happy so they keep coming back. This sets up an atmosphere where there is pressure to entertain, to please, to make sure the experience is 'pleasant.' When someone walks into one of my meditation sessions and says they need help with their anxiety and out-of-control mind, I'm touched they have the courage and intelligence to try something so new and unfamiliar. I want them to feel safe and cared for, and I want to help ease their suffering. But some people are surprised that meditation is not as entertaining as they expect. I often tell them about the importance of boredom in helping us begin to notice our habitual way of filling every moment with some kind

of fidgeting. Trungpa Rinpoche called this "cool boredom," the good kind that we need. Becoming reacquainted with ourselves, quiet and unoccupied, is precious.

So I think we do people a great a disservice if we peddle mindfulness as just another pleasant and entertaining thing to do—another Band-Aid for our discomfort. I always encourage people to keep looking for what makes sense to them, whether it's a particular teacher or kind of meditation, more exercise, therapy, or a vacation. Everyone is different and some people just need to relax.

Many people come and go, like butterflies checking out the pollen of different flowers. But everyone is looking for sustenance, and if we can present meditation in a way that makes sense to them they will be able to integrate it into their lives and benefit in many ways. This automatically makes the practitioner more available and helpful to others, since they become less constantly, mindlessly caught up in their own storyline. Everyone, without exception, has this potential, this fundamental ground of sanity and openness. When I teach meditation, I prefer to trust in people's basic wisdom.

The person sitting in front of me is a human being, and all human beings are suffering in some way. Mindfulness meditation brings stability, clarity, and strength to our naturally intelligent minds; and as we sit with whatever arises, with kindness and non-judgment, we begin to realize everyone has the same fear of loneliness and failure, the same longing for love and connection, the same ability to connect with their own breath and heart, and the same capacity for joy. So this is what I wish to provide to people who come to meditate: not just another pleasant, temporary experience and empty promise, but respect for their human journey and confidence in their ability to live their lives with a strong back and open front—embodied by the dignified posture of meditation. I want them to be able to savor every aspect of this delicious and complex meal, which is our precious human life.

Patricia Ullman holds a J.D. Degree and has spent her professional life in law, mediation, restorative justice, and non-profit leadership. She brings mindfulness techniques into these fields as part of the natural process of transforming organizational culture and working with conflict. As a senior teacher and meditation instructor in the Tibetan Buddhist and Shambhala traditions, she has studied and practiced for over forty years under the guidance of some of the most renowned teachers of our day. A fourth-generation Washingtonian, Patricia currently lives in the Washington, DC area and works with private clients and groups—a number of private organizations, law firms, and hospitals in the DC area—who wish to gain tools for improving the quality of their lives and work.

Ayurveda, Digestion and Immune Health

...continued from page 13

Remedies for a Vata-excess immune system:

- Astragalus
- Ginger root
- Medicinal mushrooms like Reishi
 - Nourishing adaptogens like Ashwagandha, Shatavari, and Holy Basil

Herbs to limit:

- Strong alteratives (Poke root, Blue Flag, etc.) or anything extremely bitter
- Goldenseal root
- Large quantities of drying or bitter herbs (Gentian, Boneset, etc.)

Pitta Dosha

- Elements: Fire and Water
- Responsible for *perception* and *transformation* in the body
- Pitta breaks down, assimilates, and absorbs nutrients in the digestive system, and is the energy that allows the immune system to identify and destroy pathogens and unhealthy cells.
- Strengths: courage, determination, adaptability, passion, and focus
- Weaknesses: impatience, acidity, inflammation, anger, dominance



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Pitta and Digestion

Pitta digestion tends to be hot and wet with a strong appetite and thirst. There is a tendency toward soft stool, even diarrhea, and they may experience heartburn or hemorrhoids more often than other doshas. Pitta types tend to be of medium build, with no particular issues gaining or losing weight, and are often athletic, especially attracted to competitive sports. Pitta

eats well, and is attracted to a wide variety of foods, but may be sensitive to spicy, acidic, or fermented foods. To stay balanced these folks, need bitter vegetables, sweet fruits, cooling foods, and lean proteins.

Signs you may have Pitta-excess Digestion:

- Strong appetite, difficulty skipping meals

- Loose stool
- Heartburn, sensitivity to spicy or acidic foods

Remedies for Pitta digestion:

- Triphala
- Fennel/Cumin/Coriander Tea
- Burdock Root
- Turmeric Root
- Pitta Digest from banyan Botanicals

Things to avoid:

- Nightshades: tomatoes, bell pepper, eggplant, white potatoes
- Raw onions and garlic
- Vinegar based sauces and pickles
- Excessively spicy food

Pitta and the Immune System

The Pitta immune system tends to come on strong, with high fevers and sweats, a tendency toward infection and inflammation. High Pitta people may be more prone to allergic reactions and auto-immune disorders, as their immune systems are on high alert. The Pitta system needs gentle, regular movement to support lymph drainage, and regular cooling and detoxifying herbs to protect the body from overreacting to stimulus. The Pitta body is more than capable of defending against invaders, but it can exhaust itself fighting off things that aren't really threats, and must be protected from its own vigilance.

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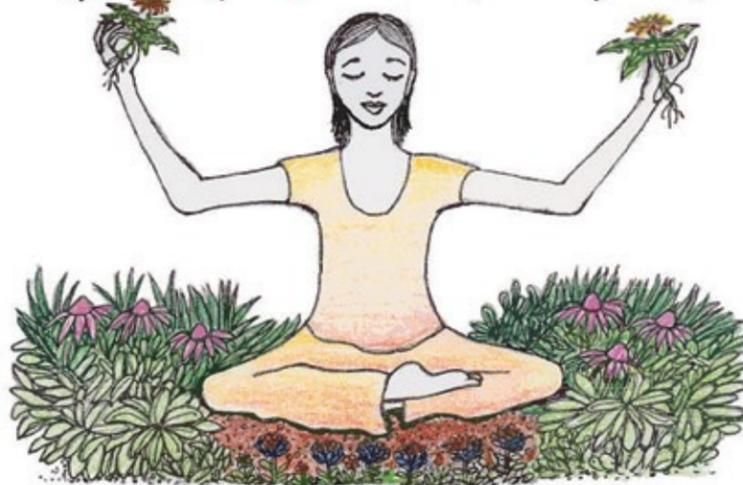
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THE HERB CORNER

Ayurveda, Digestion and Immune Health

...continued from page 99

Signs you may have a Pitta Immune System:

- You're rarely sick but when you do get sick it's intense
- You tend to recover quickly
- You run high fevers and need to drink lots of water
- You can react strongly to new environments
- You have allergies or food sensitivities and what you react to can change over time

Remedies for a Pitta-excess immune system:

- Medicinal Mushrooms
- Calendula Flowers
- Turmeric Root
- Oregon Grape Root, Barberry, or Goldenseal Root

Herbs to Limit:

- Cayenne Pepper
- Black Pepper
- Echinacea Root
- Oregano Oil

Kapha Dosh

- Elements: Earth and Water
- Responsible for all lubrication in the body
- Kapha supports and nourishes, pro-

vides carrier fluids in the blood and digestion, and secretes mucus to protect delicate tissue.

- Strengths: stability, patience, strength, compassion, and endurance
- Weaknesses: greed, rigidity, stuckness, excess growth, and excess mucus

Kapha and Digestion

Kapha digestion is slow and steady, with a cold and wet energy. Kapha types tend to gain weight easily and struggle to lose it. They are sturdy and muscular, love sweets, and have a steady appetite. The Kapha metabolism is slow, and they have regular, predictable bowel movements. There is a tendency toward mucus, both in the chest and in the gut, and cold digestion that can lead to bloating and discomfort shortly after eating. These are the folks who may have the hardest time digesting wheat gluten, dairy products, and other dense foods. Kapha types do well on a light, warming diet and can tolerate fasting and raw foods better than the other doshas (they may not like it, but it is good for them!).

Kapha also struggles with sluggishness, and doesn't do well on too little sleep. These folks may feel they really

need coffee or other stimulants to function.

Signs you may have Kapha-excess digestion:

- Steady appetite, enjoys snacking
- Regular, dense or compact stool
- Tendency toward mucus
- Struggles to lose weight

Remedies for Kapha-excess digestion:

- Ginger Root
- Black Pepper
- Cinnamon
- Kapha Digest from Banyan Botanicals
- Vigorous exercise

Things to avoid:

- Processed sugar
- Dairy products
- Salty foods and herbs
- Snacking between meals

Kapha and the Immune System

Kapha types are the most likely to get every cold or flu bug that goes around, and they may feel like they're sick all the time. Their immune systems may be slower to act, and take longer to heal. Because excess mucus is so common for Kapha, respiratory infections can be particularly troublesome, and it's easy for a simple head cold to linger in the chest or even turn into bronchitis.



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THE HERB CORNER

Kapha folks need to work on more motion in their lives, vigorous exercise to stimulate cardiovascular, digestive, and lymphatic circulation. Increasing good flow, along with a light diet to prevent mucus production, can reduce respiratory infections. Kapha types can handle the strong, stimulating immune herbs better than the other doshas, and should reach for Echinacea or Oregano Oil at the first sign of a cold. Acting quickly and decisively will make a big difference in how long they are ill! Warming herbs that reduce mucus and aid digestion will support immune response also.

Signs you may have a Kapha Immune System:

- Frequent colds or flu
- Lots of mucus
- Slow recovery time

Remedies for a Kapha-excess Immune System:

- Echinacea Root
- Oregano Oil
- Cinnamon

Herbs to Limit:

- Licorice Root
- Seaweeds
- Marshmallow Root
- Shatavari

Whew! Well, that's a lot of information! Hopefully you will find it helpful

for yourself and your loved ones. Preventative medicine is the best medicine, and knowing your Dosha and its strengths and weaknesses can help you protect your health from the inside out! And knowing that Western Science now shows that more than 80% of immunity is found in the gut...it sure makes sense to learn how to use herbs to balance that there gut. Don't you just have a gut feeling this is true?

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CULTIVATING COMPASSION

Bonobos: Messengers of Peace

...continued from page 15

nities as partners.

Local communities take the lead in conservation efforts and benefit from jobs, training, and livelihood programs including healthcare and education. Large areas of rainforest are shielded from logging, mining, and other threats, ensuring that bonobos can thrive within a protected habitat corridor. The Bonobo Peace Forest builds more than reserves; it builds a conservation-centered way of life. Bonobos, humans, and the rainforest need each other to survive. A benefit to one is a benefit to all.

Building on local initiatives, we have created two nature reserves so far, spanning almost nine million acres of rainforest. And the Peace Forest continues to grow! Inspired by their neighbors, several communities have taken action to protect the bonobos in their forests and form their own reserves; projects are underway to help these new sites achieve official protected status. All of this progress is possible because the Peace Forest aligns the wellbeing of the people with the wellbeing of the forest and its wildlife. In

a place where the battle over resources has been a zero-sum proposition, the Peace Forest is a win-win-win.

The Peace Forest is a testament to the power of compassion, cooperation, and collaboration. The Peace Forest is only possible because of the combined efforts of thousands of people throughout the world, from trackers to midwives to scientists to donors to students.

A Congolese folk tale relates how, once upon a time, bonobos taught humans which foods to eat in the forest. Bonobos' generosity is, quite literally, legendary, and the ancient kinship between us is undeniable. At this time in human history, when tensions seem almost constantly at the breaking point, we would do well to look to the bonobos, to learn from their caring and collaborative ways, to reach out to others, and in the strength of our friendships to create a more positive world. In striving to be more bonobo-like, we might just find the best aspects of being human.

Rebecca Bossen is the communications coordinator for the Bonobo Conservation Initiative. She is also a playwright, actor, and teacher. Rebecca lives in Durham, NC with her husband and three-year-old son. For more information or to make a contribution, visit www.bonobo.org.

Cam MacQueen is the creator and manager of "Cultivating Compassion." In 2015, Cam opened THE BLOCK off biltmore, Asheville's first ecovegan, social justice bar, located in the YMI Building—one of the oldest African-American cultural centers in the country. To learn more about events and happenings, visit www.theblockoffbiltmore.com. If you have suggestions for her column, email cam@theblockoffbiltmore.com with "Pathways" as the subject.

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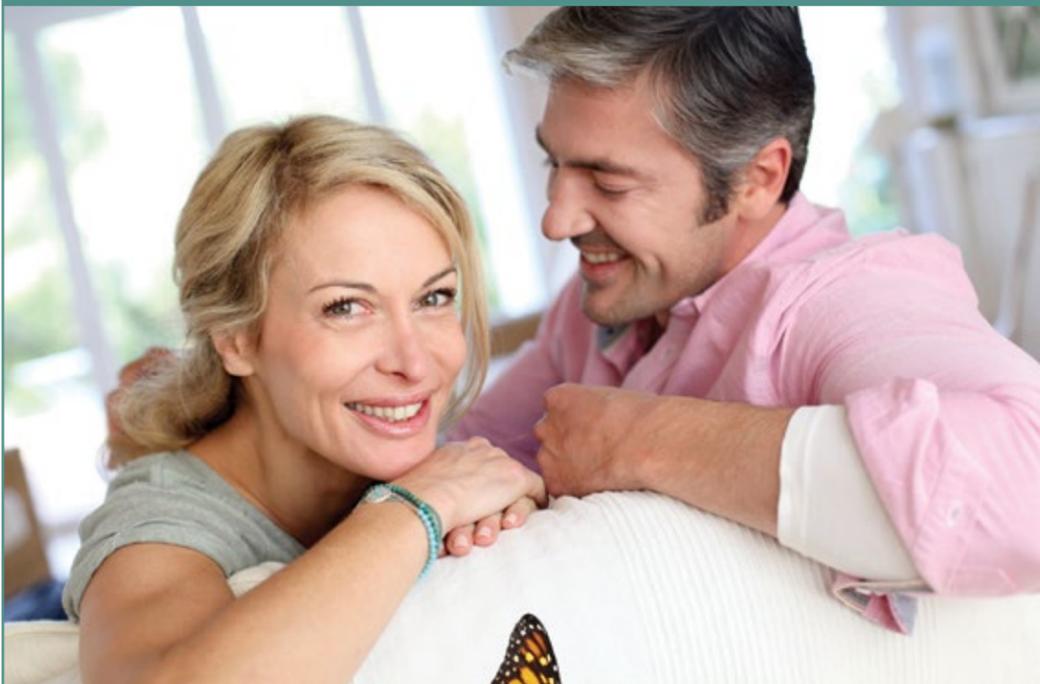
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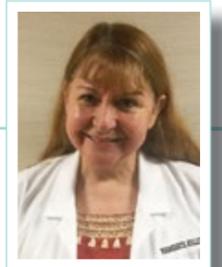
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Margarita Kullick, MD, has over thirty-five years' experience in Internal Medicine and Nephrology. She is trained in functional and holistic medicine and has been practicing anti-aging medicine for the past 20 years and is a member of The American Academy of Anti-Aging Medicine.



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Seven Steps to Bringing Balance

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Access Your Pillars

Recently, I was involved in a car accident that totaled our car. Fortunately, no one was hurt beyond bruising, but there was still healing on an emotional level that I had to go through. It was in the week following, as I was driving the rental car to my work that I suddenly realized I was suffering from a mild depression as a result of the accident. With this new awareness, I was able to take steps to help get myself back on track. It was through accessing my pillars that I was able to create this awareness in such a short time.

Pillars are those things, typically conceptual, that drive and guide your life. I have a colleague whose pillar is Joy. It simply seeps from her every pore—I think you would be challenged to have even a short conversation with her without feeling more joy yourself. Another colleague has the pillar of Love. She is a little Cupid, spreading love for self and others everywhere she goes. To make this even more perfect, she was born on Valentine's Day! I have already admitted that my passions (pillars) are Balance and Bliss. Knowing what my pillars are means I know what life is like when I am resting on them; this is what made identifying that I was suffering from depression easier.

So, if you don't know what your pillars are, how do you find out?

Set aside some time when you can be uninterrupted for a meditation. Get into a comfortable seated position, close your eyes and begin to focus on your breathing. Notice how your body is feeling. Allow your mind to move into a new space. This may be a room, a garden, the woods or the beach. Spend some time investigating the space, getting to know it. As you wander through the space, you will notice your pillars will appear. They may be actual pillars or they may take another form. Take time to explore them. Do they have what they are etched onto them or do you just have an innate knowing of their meaning? When you feel complete, bring your attention back to your breath and into your body. Be sure to spend some time processing the meditation, either with someone you trust deeply or in a journal. Chances are great that when you do identify your pillars, you will notice how they have actually been with you throughout your life.

Let Go of Expectations

TV and movie actor Michael J. Fox once said, "My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations." This is a perfect lead into the next two steps to bringing balance into your life. Right now, we are going to focus on expectations, but before we do, know that some expectations are valid. For example, you should expect for you and those you love to be safe and free from abuse of any kind.

The power of expectation is twofold. First, it takes us from the present (our first step), which inhibits our mindfulness and presence with our life and those in it. It also can create mine fields in our relationships. The latter has become the creative source for many comedians throughout the years. They regale us with stories of how some will have set ideas for an event that others fail to measure up. While we can nudge each other, commenting on how true it is and laugh, having expectations, especially unspoken ones, can be fatal to a relationship and damaging to our sense of self-worth.

The toxin in expectations is judgment. When we expect something to show up a certain way and it doesn't, we judge that thing (or the person it represents) as being inadequate. The process to begin to let go of your expectations is the same as being in the moment. It starts with awareness of when you are holding onto your expectations and how that feels. Again, this will trigger your awareness so you can make a choice of how you want to be. You can choose to release that expectation and move into acceptance.

Acceptance

Acceptance is on the other side of the continuum from expectations; and it should also be noted there are things we should not accept (like abuse of any kind). In our home, pets outnumber us two to one. We have two cats and two dogs. Of all the things in the world, I think the best living example of acceptance is a dog. It is practically impossible to be in a relationship for over a decade (how long I have been with my older dog, Botti) and not have times, however fleeting, where you are not at your best. Botti was with me in some of my darkest hours and during that time, he simply accepted who I was being.

Non-acceptance has the same venom as expectation—judgment. When we don't accept those in our lives, ourselves included, for who they are, the message we are sending to them is they are not enough. Attempting to control or change others is wasted energy. The simple fact remains, we have control over one thing in our life: our reactions.

So does this mean that you or others are stuck where they are? Most certainly not! We are adaptive and evolving creatures. As we interact with our world and those in it, we change, shift and grow. I have a feeling this especially applies to you, because if you are reading this, there is something within you that thirsts for continual growth. We can hold space for expansion and accept things as they are. This is the ultimate gift as it demonstrates you see things as they are and you love that, yet you are holding room for bigger and better things to come.

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Seven Steps to Bringing Balance

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Nature

This may be a controversial statement, but you have made it this far through the article, so I don't think I will lose you here: We in the human race are animals. As such, we have a very real need to connect with nature. In those times when my life was at it's lowest, I made a point to go to parks and spend time surrounded by water and trees. You may find it healing to spend time in a garden, with a pet, or at the ocean. The "where" is not as important as the "how often." Nature has the incredible ability to transmute those energies we release that are out of alignment with who we are. Additionally, there have been a number of studies that have shown dirt has antidepressant properties. (To read more about this, just Google "antidepressant effects of dirt" and see what shows up.) Anecdotal, one of my good friends who teaches gardening always has her hands in the dirt and is one of the happiest people I know.

While I was on a Hawaiian cruise, I took a trip up to the top of a volcano. While there, I was encouraged by my co-creator to meditate for a few moments and tap into the energy. It was an amazing experience. I felt Gaia

energy reach up into my lower three chakras and crush and pull down all that was blocking these energy centers. After, I heard Her tell me all this (the creation of new earth and life) was done for me. The truth is I am not special; all this was done for all of us. Take a moment, look around you, and allow that realization to sink in.

To increase the power of your time in nature, you can always ground your energy. For this, close your eyes and focus for a moment or two on your breathing. Then notice, nine feet above your head is a spinning disc of energy. Allow this disc to release its energy, reaching down, moving through and activating each of your chakras from the Crown through to the Root. Once there, allow the energy to move through your legs and feet and into the earth. Release into this flow all the energy you may have that no longer serves you and all the energy you may have picked up from those you interact with. The earth will take this energy and use it to create more life. After a moment, start to pull Earth Energy up through the same channel, bringing with it a soothing and healing balm. Spend some time steeping in this energy before you bring your focus back

to your breathing and into the present moment.

Commune With The Divine

An integral part of balance is your connection with Divine energy, however that is defined for you. For some, this may be call God, Jesus, Buddha or Gaia. For others, you may find your connection with the Divine within. How you define it and where you find it has little effect on your balance. What does is communing with it on a consistent basis.

You may have guessed already, but one of the more effective methods to commune with the Divine is through prayer or meditation. This is where the Wonder Woman deflector bracelets come out. I can almost hear you saying things like, "I tried meditation and I fell asleep," or "I can't sit still that long." These are all great excuses your mind uses to keep you from learning to keep it quiet.

Here are a few things to keep in mind when it comes to meditation. First off, go back to step 3 and 'Let Go of Expectations.' If you want to start a meditation practice, you are not going to sit for long before your mind starts to chatter to you. This is okay; it is all a part of the process. When it happens, simply bring your attention back to the meditation.

Another thing to keep in mind is that there are many forms of meditation.

While sitting is what most of us visualize when we hear the word, there are also moving meditations you can do. If you like to run, bike or swim, you may find these activities create space for you to silence the mind and connect within. You may also find hobbies such as knitting or working a puzzle has the same effect. There are even some who find doing housework in a mindful way is meditative. The good news is you have options.

If you choose to start sitting for meditation, a good way to begin is with what I call the Breath Meditation. Set aside at least 10 minutes for this exercise and find a quiet place where you will not be interrupted. It is also a good idea to set a timer for a reasonable amount of time. Don't think you are going to meditate for an hour straight out of the gate—try for five minutes. Sit in a comfortable position and close your eyes. Allow your focus to move to your breathing. Notice how it feels as you inhale and exhale. Then start to count your breaths—breath in, breath out: one; breath in, breath out: two; breath in, breath out: three; breath in, breath out: four. Then start back at one. If you find your mind starts to wander, without judgment, bring your attention back to your breath and begin counting your breaths. When your time is up, spend a few moments to check in with yourself, noticing how you feel and how you may have shifted through



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the act of meditating. Give this practice a try at least four to six weeks and be prepared for the unfolding of the deeper aspects of you.

Expand Your Heart

Balance is about connection—connection with our Inner Being, connection with nature, and ultimately, connection with others. For those who have spent time in the practice of meditation, you may already have an understanding that this connection, which is so very important to our balance, is made through our heart chakra or heart center.

The heart chakra is the fourth

and middle chakra in the basic set of chakras. It is the bridge from the lower three, which primarily involve our survival, creativity and capacity for self-love, to the upper three, which enable us to speak our truth, access insight and finally access our higher power. It is no accident this chakra comes before speaking, seeing and gaining spiritual insight, for without the heart, these three aspects of us would be tainted.

There are two ways you can expand your heart center, and both involve meditation. For the first, as you meditate, imagine you are taken into the chamber of your heart center. Take some time to explore the chamber, not-

ing what you find there and, more importantly, how you feel as you wander the space. In the space, you will notice a pedestal with a dial on it. Note the position on the dial then reach and crank the dial up until you start to feel just a little bit uncomfortable. Take a moment or two and then see if you can move the dial up a bit more. When you are done, bring your awareness back into your body and into the moment. Be sure to pay attention over the following few days what and how things are shifting in your life and relationships. If there comes a time when you feel the need, you can always go through this process again.

Another method that can be used is also through a meditation. This time, rather than visiting your heart chamber, you will be on a great stage. For the first time, I would suggest limiting those in the audience to just people who are in your life; but for subsequent meditations, you can expand the participants to those in your city, county, state, country and eventually all those you share this planet with. As you sit on the stage, look around at the crowd and see the individual faces. Allow yourself to feel the connection you have with these beings that share your space and time. Ask yourself what you can do to deepen the connection and bring healing to those you see; then take those steps and watch your relationships shift.

These Seven Steps to Bringing Balance may seem daunting, but they can be implemented into your life. I suggest taking some time, perhaps a week or two, to focus on each one in turn. As you continue through, you will add the additional layers and in no time, you will find yourself moving in your own version of balance. I wish you all the best on your path to Balance and Bliss.

J. P. Rippetoe is an Energy Worker, a blogger, author, public speaker and the owner/co-founder of NRG Concepts. He takes a holistic approach to providing solutions for his clients, bringing Balance and Bliss into their personal experience. This is done through programs that include energy balancing sessions, creating community through small group life classes, and assisting clients with the energy of their space through interior decor consultation, energy cleansing and clutter cleansing.

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PATHWAYS INTERVIEW

Daniel Mosse: Cultivating Student Entrepreneurship

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Daniel Mosse (center) with HiberSense student co-founders, Jacob Kring (l.) and Brendan Quay (r.)

Sense as his business plan project. The Blast Furnace student program was instrumental in allowing us to make a realistic step towards that goal. The students participated in the program and learned, for example, that just having an idea is not sufficient. It is obvious now, but at the time, we all thought a good idea was all that it took. The first lesson was that we should talk to potential customers. How much more basic can you get? Greg Cotticchia, EIR on staff there, was a very animated, knowledgeable, and patient instructor and taught the ABCs to the students.

Were these actual classes offered by Blast Furnace for the students, for which they could earn college credit, or resources and industry connections accessible to them during the process, or maybe both?

At that time, the Blast Furnace did not offer college credit and didn't offer any stipend. There are a few startups in the Blast Furnace now that get an initial grant to take the company off the ground. Awesome! In our case, the Blast Furnace taught the students the basics about financial issues, about customer discovery, about pitching. They invited local industry leaders and set up the students with mentors. It's a great program for people who have no background in business and startups.

Other university accelerator programs offer coursework or curriculum, or experiential learning semesters, etc. There is a lot of variety in terms of opportunity that these university accelerator and incubator programs provide.

While getting HiberSense off the ground, did you look to other university startups for examples or best practices? If so, who?

No, we were just "doing it", following Pitt's Blast Furnace advice. There isn't much advice at the beginner's level out there, in my opinion. Then we got into an not-only-for-students accelerator called AlphaLab Gear, and

started following their advice. They opened our eyes to the complexities of business, told us to stop talking to our neighbors and family and find out whether the market, the *actual* market, wanted that solution. They put us in touch with people who critiqued us directly, they gave us some funding, gave us 2+ hours a week of consultation, lots of instruction, showed us how to do pitches, provided a stage for our pitches... You name it. No wonder they're so successful as an accelerator! We also looked at lots of resources online, though not particularly from other universities.

As Pitt's former Computer Science Department Chair, who first mentored, and now works with the next generation of entrepreneurs, why is it important for universities to support these innovation hubs for students?

Innovation hubs for students are important because they are another part of education. We teach them how to think, we teach them how to apply thought, and now we'll teach them that they don't really have to have a 9-5 job. They can be entrepreneurs on their own, and they can be prepared—more prepared than I was!—to join the ranks for whatever they want: regular job, research, entrepreneurship...

Just look at the Small Business Administration's statistics on how much of the US economy is fueled by small businesses. Percentage-wise, small businesses are responsible for more jobs than Fortune 500 companies, generated 64% of net new jobs over the past 15 years, and create more than half of the nonfarm private gross domestic product (GDP)

Some circles are calling this generation of college and graduate students, young professionals and new entrepreneurs "Generation F". The "F" has been attributed to Facebook and the idea that these young people have grown up surrounded by technology and social media since Day

PATHWAYS INTERVIEW

One. You're part of Generation X, having grown up in an analog world but seen the development of computers and smart technologies firsthand, which is an entirely different experience. Are you familiar with this term Generation F?

I'm not familiar with this term, and don't know much about the different "generations". I don't really think we can generalize that much about the generations. Life is very complex, and labels are very arbitrary in my humble opinion.

But another "F" characteristic assigned to this group is "Founder" since so many are foregoing traditional career paths and forging their own through technology innovations and startups. What do you think is the driving force behind this group?

The new generation has a completely different experience from my generation, that's for sure—similar to the difference between my generation and my parents' generation! Yes, lots of electronics from day one, and lots of addiction to these electronics. I think because of that, there is a lot more information available for this group, and a lot more possibilities for them.

Imagine that when I came to the US in 1986, I was trying to figure out if I wanted to study in the US or not. My resources as a 23-year-old in Brazil were people, the embassy, and I also heard there was a book about graduate schools in the US, which I later learned was *Peterson's Guide*, a list of all US colleges and information about them. I didn't know there were deadlines for applying to graduate programs, let alone that they'd be 9 months in advance! I didn't know what the requirements were. I didn't know much! Nowadays, people can just get on the WWW and figure it out ahead of time with a lot more information—and I also believe it leads to a lot less actual experience.

What do you mean by "less actual experience?"

I think sometimes it is useful to try, and not succeed. Crashing and burning makes you stronger. If you have a lot of information and hand-holding—virtual or not—you develop fewer ideas. You won't be able to "MacGyver it" when needed. I think it's more efficient, but tends to make people think less and copy more. I'm not a scholar on this, it's just a hunch. If I were a Prof of something else (not CS!) I could write a study to prove that, and then write a paper or a book on the subject.

HiberSense recently participated in the first ever University Startups Demo Day, an initiative sponsored by The National Council of Entrepreneurial Tech Transfer (NCET2), which is an association of university startup officers. How did you get chosen to attend? What was that experience like?

We heard about it through a mailing list, asked Pitt to endorse us, and applied. Of course we got chosen be-

cause we're amazing! (laughs) But I don't know their criteria, so I don't know how we got chosen. It was the very first Demo Day, so it was all brand new.

Pitching in DC was very exciting! We were batched in groups of 5, so I only saw another 4 companies do their pitch. It was one of our first pitches, and we got a lot of press. It was great!

It's the NCET2's mission to provide these kinds of opportunities to showcase new university startups. You said you got a lot of press, but did the experience land you any lucrative leads or important connections? Or did you learn anything from the watching the other groups' presentations that you could apply to your team?

Unfortunately, no direct or palpable results. It probably was partly our doing, given the level of (in)experience we had. We saw how others pitched and got some good ideas on how to present our technology in a less engineering-Computer Science way. You know, softer words, not software words, omitting the harder concepts, not the hardware concepts, presenting more numbers, more market analysis, fewer details. It's only a pitch, after all!

In your opinion, do you think university entrepreneurship programs, and opportunities like the NCET2 Demo Day are giving students more of that actual experience?

Yes, definitely more hands on, because it's sending students out into the field and telling them to get in front of people, to create their products, to present them, get harsh/direct criticism/critiques, fail, start again, create thick skin and learn that (a) life is tough sometimes, and (b) if you persist and pay attention, you eventually get there.

Michael Morris is a professional educator, motivator, and entrepreneur who lectures and has written books about the entrepreneurial spirit and entrepreneurship in the modern university setting. He believes the "21st century is the global entrepreneurial century," and startups, like HiberSense, are leading the charge. Do you think this is true?

Yes! It makes sense that the 21st century will be the global entrepreneurial century, given the push by universities, governments, etc., so, there might be a more balanced distribution of wealth. But there are also markets and other forces at play. Capital begets capital. And now, with accelerators, crowdfunding platforms, and other possibilities, capital may be more available than before. This, plus the lower costs and lower barrier to entry in electronics in terms of hardware and software. Plus the wealth of information to build different "things" will enable the type of people that were entrepreneurs in spirit before to become de facto entrepreneurs now.

What's the next step in the entrepreneurial evolution of HiberSense? Where

would you like to see your company in 10 years?

HiberSense is growing, expanding, producing, installing, and creating more opportunities every day. It is amazing to see the progress that we can make in a short period of time, from concept to product. We owe a lot of this progress to our mentors—Blast Furnace, AlphaLab Gear, private people—and we were enabled by having investment from government, from private and public investors, and winning prizes from Foundations like The Forbes Funds.

My wish for HiberSense is that we can go into every house, and save 20% or more of the energy consumed in HVAC, or 10% of the total energy in the US buildings, given that HVAC consumes approximately 50% of a building's energy. That would be huge—less emissions, less energy consumption, contributing to the environment and to the reduction of global warming, to making houses more comfortable and more efficient. It's a dream, but I also think it is feasible and very much a reality.

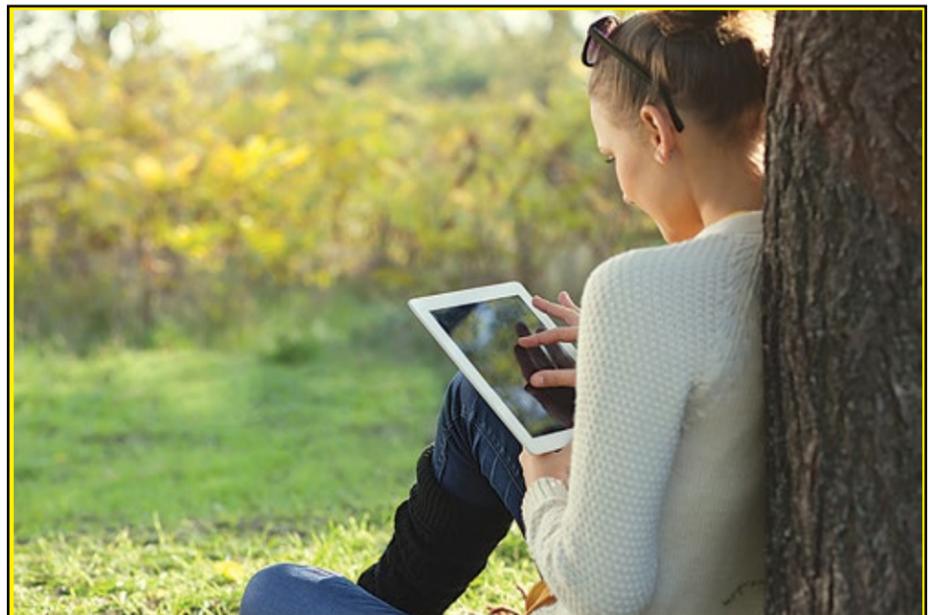
Considering your daughter was part of the inspiration, what does she think of HiberSense?

Hmmm...She probably thinks it's awesome! (laughs) Everyone does. Or should. Do the market research. Ask her.

Additional Resources

- List of all accelerator and university-based entrepreneurship programs in the U.S. – www.acceleratorinfo.com
- The National Council of Entrepreneurial Tech Transfer (NCET2) – <https://ncet2.org/>
- HiberSense – <https://hibersense.com/>
- Michael Morris TEDxUF Talk, April 2015, "The Importance of Living Unreasonably," exploring the empowering nature of the entrepreneurial spirit – www.youtube.com/watch?v=ohCjHf0XA8w
- Michael Morris, *Entrepreneurship Programs and the Modern University* (2015) – www.amazon.com/Entrepreneurship-Programs-Modern-University-Kuratko/dp/1783471972

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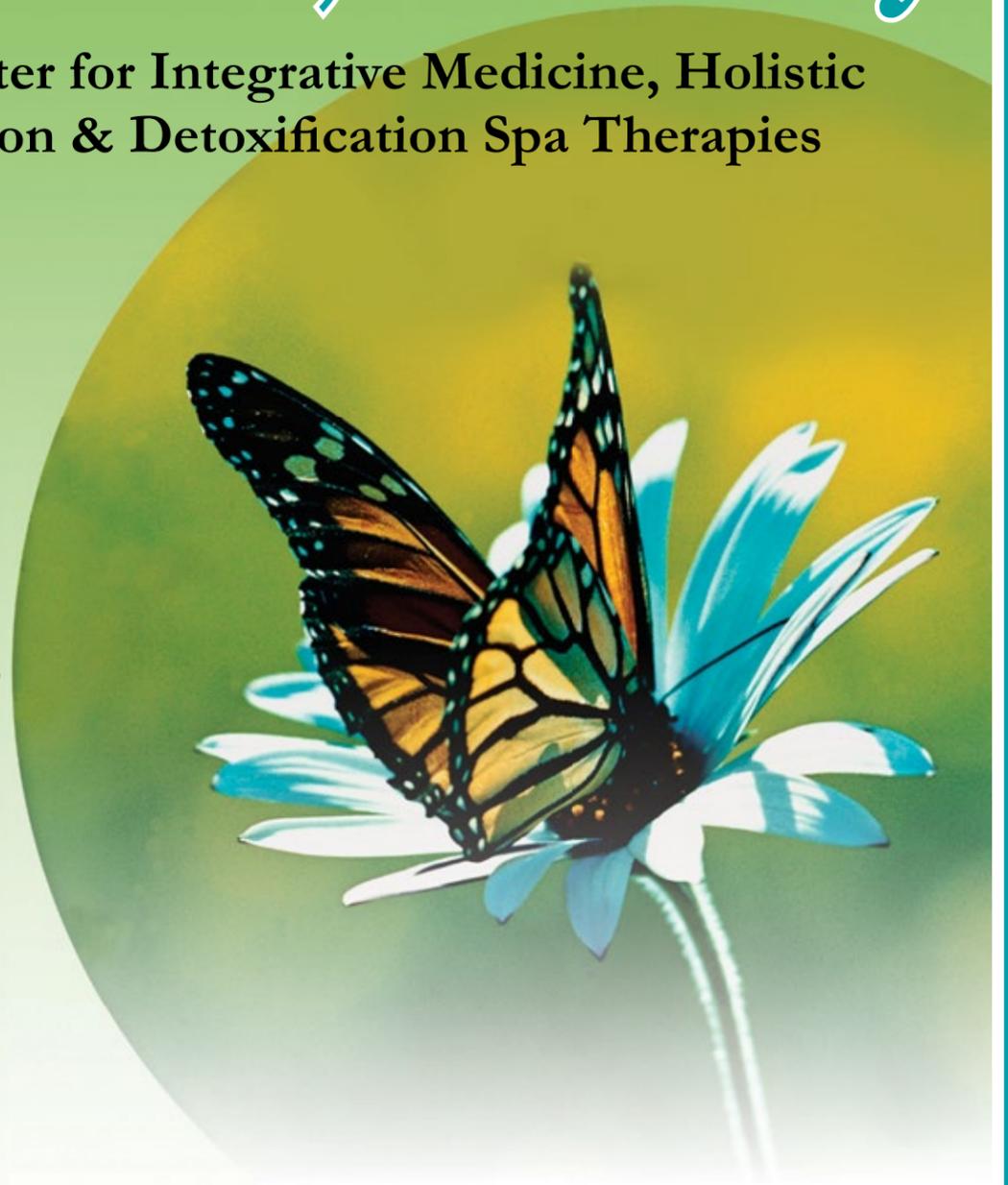
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