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

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

—R. Buckminster Fuller

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

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

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

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

FINDING PATHWAYS

Pathways circulates 40,000 copies quarterly by direct mail and through over 350 local businesses. Check the directory section under Natural Food Stores for a partial list of our distribution points. These points are also key locations where you can make connections with people of interests similar to your own. You can also find many of our locations at www.pathwaysmagazine.com. You can also download a copy at our website.

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Lou deSabla
EDITOR/PUBLISHER

Erin deSabla
MANAGING EDITOR

Claudia Neuman
OPERATIONS MANAGER

Michelle Alonso
ASSOCIATE EDITOR

Clare Dell'Olio
James Duke
Cam MacQueen
Daniel Redwood
Harvey Wasserman
Tom Wolfe
CONTRIBUTING EDITORS

Ann Silberlicht
GRAPHIC DESIGN

Michelle Alonso
Geraldine Amaral
Judith LeBlanc
Barbara Carpenter
Bob Fittrakis
Jaime Heidel
Kathy Jentz
Misty Kuceris
Adam Miramon
Claudia Neuman
Rose Rosetree
Sharon Rusk
John Sinnott
Eve Stahl
CONTRIBUTING WRITERS

Nicole Ortega
Alyce Ortuzar
BOOK REVIEWS

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by Sue Miller
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FAX 888-262-0870 (toll free)

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Warm Nights for the Homeless

Local program offers shelter, sustenance and support to the dispossessed.
Interview with Donny Phillips, Warm Nights Shelter Manager

INTERVIEW BY MICHELLE ALONSO

The plight of the homeless is most acute during the winter months, when freezing temperatures, ice and snow make the situation of displaced individuals that much more desperate. One local organization, Community Crisis Services, Inc. (CCSI), has a specific plan already in place to address this urgent seasonal need—the Warm Nights Hypothermia Program.

CCSI is a non-profit organization in Prince George's (P.G.) County, Maryland, that provides 24-hour critical social safety net supports to those in crisis and need. Donny Phillips, a Social Worker who has lived and worked in P.G. County for over 45 years, manages their Warm Nights program. He came to CCSI in 2010, but had been involved in homeless services for over twenty years, focusing primarily on individuals in the shelter system who had substance abuse or a mental health history.

Phillips' breadth of experience with homeless populations is an asset to his role as Shelter Manager. He explains what the Warm Nights program is, the issues he sees among the homeless, and what support services this organization has available and accessible, in Prince George's County and beyond.

What is the Warm Nights program and how are you involved?

The Warm Nights Hypothermia Program provides a place to stay overnight for up to sixty people—individuals as well as families—during the winter months. This year we started the shelter on October 4th and have averaged 25 people per night since it began. They largely operate the same way by providing shelter from around 6:30 at night until 7 in the morning. They provide a hot meal at night and breakfast in the morning, plus a bagged lunch. When the weather is very bad, most shelters will make arrangements to stay open for that day.

CCSI operates this program through a unique partnership among government, faith-based organizations, non-profits and corporate sponsors. It's the cooperation among all these different parties that allows it to succeed. The congregations provide the space, fellowship and food. The Department of Social Services along with a few local non-profits and businesses provide the funding. CCSI does the staffing, shelter placement coordination, and case management. That's where I come in.

I currently manage the shelter program and my duties include case management, and coordinating the schedule for both staff and churches. I also lead one of the homeless outreach teams and visit homeless camp-



Donny Phillips, Warm Nights Shelter Manager, prepares for homeless overnight guests at the All Saints Lutheran Church in Bowie, MD.

sites in P.G. County. The year before I started with CCSI, I originally worked with the program getting individuals and families into treatment programs for either mental health or substance abuse. So, I guess you could say I was uniquely qualified because of my prior involvement.

It's a very demanding job. Most days begin around 7:30 in the morning when I call into work and check numbers and opening for the day at the shelter. I will go to some of the campsites I routinely visit. Then in the evening I go out to the shelter to see what needs to be done for the guests. But with all the supports in place, it all works together by allowing each group to do what they do best for our guests. Yes, we call them guests, and do our best to make them feel welcome.

Who provides the shelters for the Warm Nights program? How many shelters are there?

There are 40 congregations that host

Warm Nights all over P.G. County. Currently only one church at a time is providing a shelter, but during the coldest part of the winter we open a second shelter that runs the same way. Warm Nights I opened in the beginning of October. Warm Nights II opens mid-December, and that's how we will provide shelter for up to sixty guests during the coldest time of the year. There's no difference between either of the programs except the starting time during the year.

Each week the shelter moves to a new church. We always provide transportation, and have designated pick up locations. We transport the individuals with vans to the shelter. There are a few people who drive themselves.

One of the great things about our partnership with these faith-based organizations is that every congregation deals with their own shelter a little differently. They all provide the basics—food, shelter, fellowship—but some will have barbers come in to cut hair. Or they will arrange to have lawyers

come if people have legal questions or need legal services. Because it's winter, some shelters will even provide flu shots.

During the holiday season, shelters stay open on Thanksgiving and Christmas, and allow the guests to stay all day. It's a real treat for them to sleep in! On Thanksgiving a dinner with all the traditional foods are provided. And for Christmas the churches provide gifts for kids and adults—most will even have a Santa Claus come visit. Overall, we really encourage each congregation to make the shelter their own.

Who uses the shelter during Warm Nights? More men than women? Do you have families coming in?

Who uses the shelter the most changes a little each year. During the recession and housing market crash a few years ago, we saw more people who'd lost their homes because they were renting from homeowners who'd lost their properties, and not necessarily because their own homes had gone into foreclosure. Last year we had more single females than we had ever had. This year already we have more families. We don't know exactly why more families this year. Affordable housing is difficult to find in Prince George's County, and that may explain some of it.

How do individuals and families find out about the program? What is the intake process?

Most often the first step someone takes is calling the hotline, which is staffed 24 hours a day, 365 days a year. The initial intake is then done over the phone. We do an assessment to get basic information like name, if there are children, income, special needs, etc. We then let them know where the pick up point is to catch the van, or if they are driving, we give them the address of the church.

There are no prerequisites for entering a Warm Nights location, but there is a two-bag rule because it is a short-term stay. A second assessment is done at the shelter, and we start working on their individual plan of action—if they are ready. We use a Vulnerability Index to gauge their situation on a scale of 1 to 16. A 1 is someone who is most ready and eligible for rapid rehousing, typically someone employed but has suffered a personal or housing crisis. A 16 is for the most vulnerable and in need of permanently assisted housing, usually individuals with physical or mental illness, or someone who is, because of circumstance, unemployable.

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Herbal Habits for Balanced Energy and Herbal Healing

BY TOM WOLFE, AHG (PROFESSIONAL MEMBER, AMERICAN HERBALIST GUILD)

"The first step toward God is taken when the body state is transcended. Body or form is solidification of energy, and to rise from the world of forms to the sphere of energy amounts to an advance towards a more primary and purer state of being."

~ Meher Baba

"If current trends continue, one in three Americans are predicted to have type 2 diabetes in 2030... To achieve CDC recognition as part of the national Diabetes Prevention program, programs must provide evidence that they are following a CDC approved curriculum and achieving meaningful results with patients. These programs must be based on research showing that a yearlong structured lifestyle change intervention reduced the incidence of diabetes by 58 percent among adults with pre-diabetes and by 71 percent in those aged 60 or older."

~ *Preventing Type 2 Diabetes STAT: A Joint Educational Program of the AMA and CDC American Medical Association & Centers for Disease Control, 2015*

Meher Baba writes in his *Discourses* that the paradigm shift we are living is the change from intellect to intuition. Just as the past held a transition from instinct to intellect that led to greater understanding and healing, now we are evolving from the sharp edges of the intellect to an intuition based in the understanding of how balance is necessary for healing. Nowhere is this transition (and struggle) more evident than in what we call health care.

The intellect reigns supreme in our current symptom-based approach to the human body. However the cracks are beginning to show in the epidemic of chronic lifestyle diseases that leave us crying out for new habits that treat the whole of what it is to be human. In this article for readers of *Pathways Magazine*, I will share my favorite 5 herbal habits I have found simple, easy and inexpensive. They are based in an energetic approach to the body that balances not just physical digestion and transformation, but our challenged emotions and our ever more busy minds as well. The "big four" systems that can be easily, simply and inexpensively adjusted to the balance intended for their functions (once you know how) are: respiration, digestion, urination, and defecation.

Before learning about these 5 habits, let's very briefly look at the above quote from the AMA and CDC concerning 1 in 3 people scheduled for type 2 diabetes unless we change our



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Oregano tea can be a part of a daily ceremonial habit of constitutionally based herbal tea for healthy digestion.

paradigm big time. CDC and the AMA agree we can stop 58% of this epidemic overall and 71% in folks over 60. Since diabetes is such a terrible disease and we know we can stop over half of it, we must be doing a great job of helping people reduce suffering and change their difficult lives, right? If only that were true! Read between the lines with me a bit for science-based evidence from the top medical professionals in our land that they agree with the beginnings of a needed seismic change. Also let us own that this is happening here and now and not the future.

For the AMA and CDC to have made the jump to insisting on and regulating a "yearlong lifestyle change intervention" based "on research showing a 58% healing rate" is the jump we in the natural healing professions have wanted for decades. To my mind (and intuition) this represents the most significant evidence yet that the physicians and policy makers in the USA have finally admitted a paradigm shift is in order—at least in the prevention of type 2 diabetes. So the radical question seems obvious: Who should lead this lifestyle therapy intervention? Should it be the people who analyze the data of the suffering with the intellect, or the folks who have found plant-based ways based in intuition to live in better balance?

Intuition has led many of us to live the New Life of changing our lives to find and enjoy an herbal, spiritual way of experiencing more balanced energy. Bet you can guess where I stand on this question! Those who say it cannot be done should get out of the way of (and work together with) those doing it! I

welcome you—physicians and policy makers—to the intuitive-based healing way of herbs, and suggest to you that weight control and exercise are only the beginning, and herbal lifestyle intervention will raise that 58 percent prevention rate closer to 90 percent! I will listen to you if you will listen to me! Truth be told, I will continue to listen to you even as you continue not to listen to us herbal types and our rapidly growing reams of data.

Five Herbal Habits for Balance

To begin the herbal journey I have chosen for you 5 herbal habits that are inexpensive, super easy to prepare, and simple remedies. They are:

1. A daily ceremonial habit of constitutionally based herbal tea.
2. Clearing the digestive system on occasion with herbals for that purpose.
3. Toning the digestive system on a regular basis with herbs (especially astringents).
4. Herbal nasya and neti (clearing the nose with herbal preparations and herbal oleation).
5. A yearly checkup with an herbalist to adjust the dosing and choice of your herbal allies based on your constitution and lifestyle choices.

These 5 easy and inexpensive ways heal the big four systems and functions that, if chronically out of balance, can cause us so much grief: Respiration, Digestion, Peeing and Pooping. We do these four things all the livelong day. In this simplicity is found an infinite intelligence perfectly designed and that knows how to heal.

First is the regular ceremonial in-

take of water to which herbs have been added. Nothing could be simpler than this. By weight, the average human adult male is approximately 60% water. However, there can be considerable variation in body water percentage based on a number of factors like age, health, weight, and sex. The body water constitutes as much as 73% of the body weight of a newborn infant, whereas some obese people are as little as 45% water by weight. The effects of the right herbs in the right amount in water can alone lead to the miraculous pivot when all the systems heal.

The easy part is making tea, which these days can be done in drip coffee makers that are down to about \$25—some even come with timers so the healing waters can be ready any time at your command day or night. Just put the herbs in the glass part; let the hot water drip over the leaves, roots, and barks; and then let it sit for 10 minutes or longer. The part that needs education is determining which of our big four functions needs tweaking and then choosing the right herbs for that determination.

In both Traditional Chinese Medicine and Ayurveda, energy comprised of water, fire, and air is collected respectively (and respectfully) in the stomach, small intestine, and large intestine. An herbalist or an herbal class can help you choose herbs that tone water (the stomach), fire (the small intestine), and air (the large intestine). This knowledge allows us to make a pinpointed transformation in one of the big four functions. A large part of making the jump to an energy-based paradigm is the simple knowledge of how the energy of digestive transformation affects the physical body, emotions, and mind. Water is called the universal solvent in western science and it carries those botanical allies in the form of tea where they need to go to do their duty.

Does it not make sense, therefore, to replenish and renew this water that makes up over half of our body by a conscious relationship to the quality and quantity of water we must necessarily replenish or perish? Trust me, Friends, when I tell you the simple educated addition of botanical molecules to this water has a profound effect on respiration, digestion, and elimination. Once the regular habit is established of hot cleansing water as a ceremony in your day you then can learn how to adjust the "big four" on a daily basis.

I would recommend getting the feel of sage tea and green tea for respiration; ginger tea and oregano tea for digestion; and marshmallow root tea and uva ursi tea for defecation and urination, respectively. These herbs

continued on page 106

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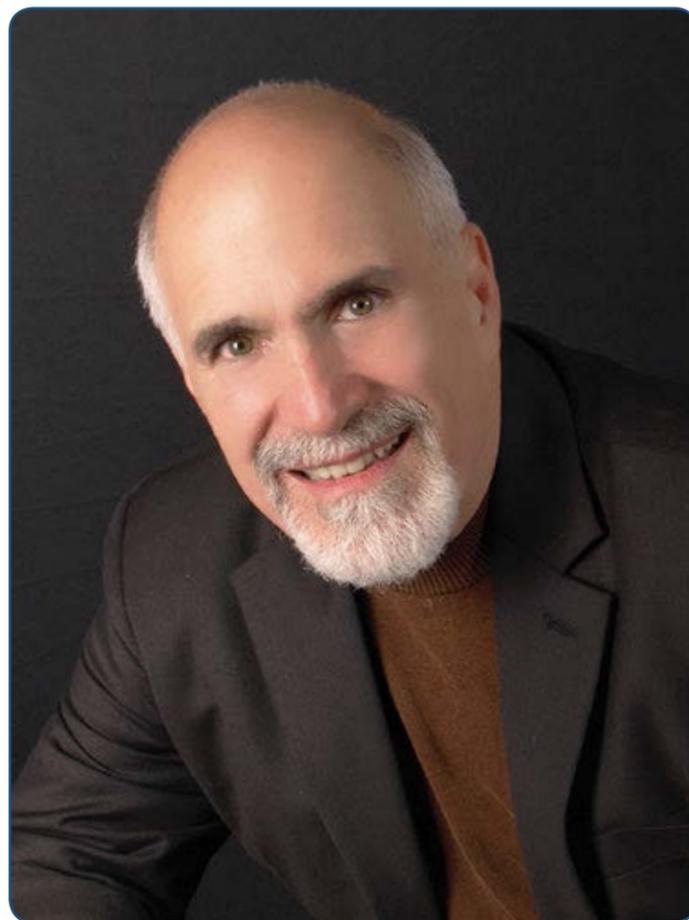
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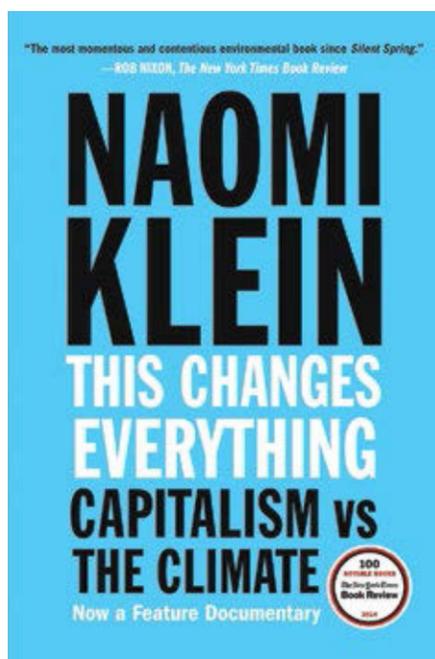
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THIS CHANGES EVERYTHING:

Capitalism vs The Climate

BOOK REVIEW BY ALYCE ORTUZAR



By Naomi Klein
 Simon & Schuster: New York
 2014; 566 pp (HB)
 ISBN 978-1-4516-9738-4; \$30.00
 Author website: www.naomiklein.org

We as a nation must undergo a radical revolution of values. We must rapidly begin the shift from a "thing-oriented society" to a "person-oriented society." When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism, and militarism are incapable of being conquered.

~ Martin Luther King Jr., "Beyond Vietnam," 1967; excerpted by Naomi Klein

Naomi Klein spent five years researching and crafting this well-written and engaging, albeit hard-hitting and daunting, call to action. She provides viable blueprints for achieving a grassroots-generated "Marshall Plan for the Planet," amidst outrageous efforts to deny climate change that have led to and exacerbated environmental disasters and threats of more dire consequences.

Despite the scientific testimony and evidence warning Congress in 1988 about climate change and its links to greenhouse gas emissions from fossil fuels, political betrayals driven by greedy and amoral corporate executives and their equally amoral and greedy political lackeys in both major political parties at every level of government are responsible for the environmental crisis we face today—with the help of our corporate-driven main-

stream media (many grassroots peace groups refer to NPR as "National Pentagon Radio").

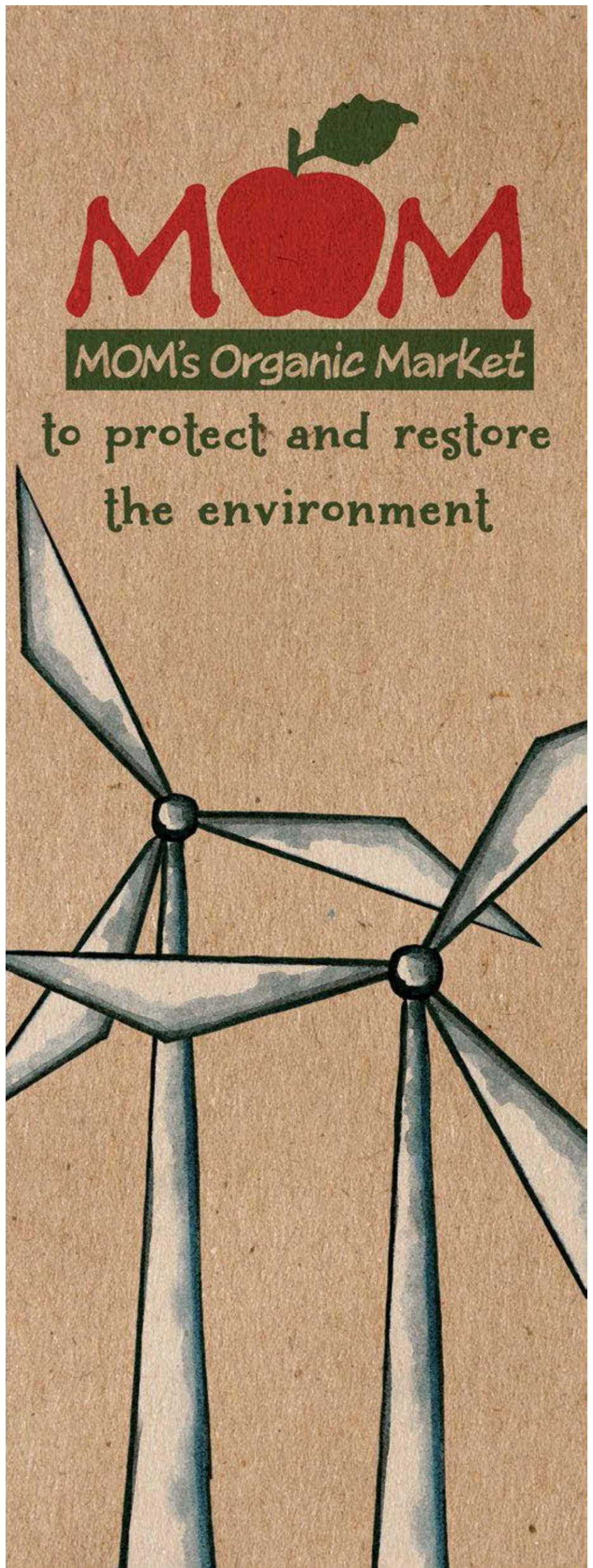
The mainstream media ridiculed President Jimmy Carter's earlier efforts to promote renewable energy and conservation, including the solar panels he installed on the White House that President Ronald Reagan removed and President Barack Obama reluctantly restored only after overwhelming pressure from the grassroots. This book details grim examples of a voluntary disregard for diverse ecosystems and natural resources such as water quality, supported by evidence of public health harms caused by our reliance on carbon-intensive practices and products.

Amidst profound environmental damage and losses, including the logging and disappearance of rain forests, Klein documents how diverse grassroots coalitions from around the country and throughout the world are effectively fighting back and finally beginning to prevail. At this point in time, she maintains that our only hope for keeping the remaining fossil fuels in the ground and the remaining rain forests intact will come from the bottom up, and her examples are heartening and inspiring.

The alternative development paradigms that Klein highlights do not rely on "endless growth and dirty fuels," wealth stratification, and cultural disregard and degradation. Her models focus on defeating any additional pipelines and export terminals because they so directly devastate the climate, wildlife, water sources, and marine life; rejecting new corporate-driven trade deals (including the TransPacific Partnership now under consideration) and rescinding current so-called free-trade agreements (including the North American Free Trade Agreement referred to as NAFTA signed by President Bill Clinton) that protect unfettered corporate power and tax evasion while destroying good jobs and sources of government revenues; curtailing our own overconsumption; joining localities that have sensibly relocalized their economies; and recognizing the climate debt the developed countries owe by establishing a global feed-in tariff fund "to support clean energy transitions throughout the developing world."

Beneficial alternatives include "divestment heroes," whose campaigns have translated into the withdrawal of investments and investors from fossil fuel projects and reinvestments in communities and people. These victories "have kept uncountable millions

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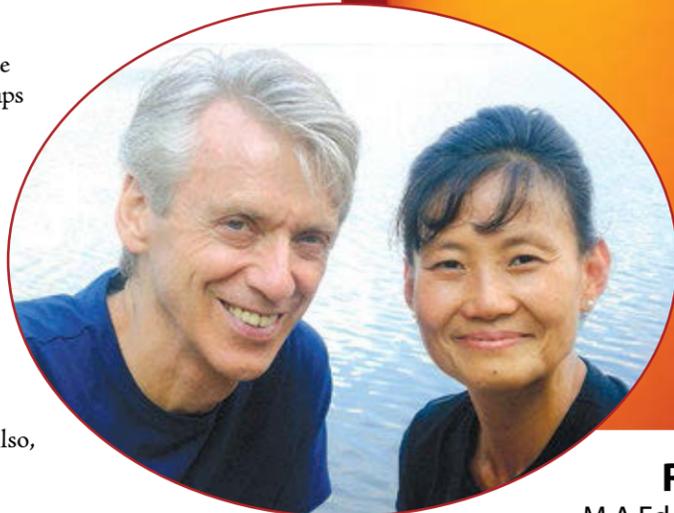
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Yoga For Seasonal Affective Disorder: Can It Help?

BY CLAUDIA NEUMAN

Yoga for depression has been gaining a lot of visibility in the last decade or so. There are mental health professionals who are also Yoga teachers that devote their entire careers to treating depression with Yoga. Can yoga help?

Many studies have measured the effect of yoga on anxiety and the stress response. If your type of depression is characterized by anxiety, then relaxation and improving your physical health is key to improving your mental and emotional experience. In short, yoga as a treatment for depression involves what you would expect: specific poses, breathing exercises, guided relaxation and, eventually, meditation. The premise of the approach is that doing the physical practice of yoga will increase serotonin levels, improve flexibility and sharpen the overall ability to concentrate, thus being able to clear the mind.

But what about the type of depression that comes when the days get shorter and the weather gets colder? Sometimes it is referred to as the “win-



ter blues,” or, more clinically, “Seasonal Affective Disorder.” But let’s be clear: The so-called “winter blues” is a *mild* form of depression that follows the spring and summer, and is not quite the same as what researchers call “Seasonal Affective Disorder,” or SAD.

The DSM-IV, the manual published by the American Psychiatric Association that includes all currently recognized mental health disorders, states

that the diagnosis for SAD is reached if the following symptoms have been experienced after three consecutive winters, followed by complete remission of symptoms in the spring and summer months:

- *Depression:* misery, guilt, loss of self-esteem, hopelessness, despair, and apathy

- *Anxiety:* tension and inability to tolerate stress
- *Mood changes:* extremes of mood and, in some, periods of mania in spring and summer
- *Sleep problems:* desire to oversleep, difficulty staying awake or, sometimes, disturbed sleep and early morning waking
- *Lethargy:* feeling of fatigue and inability to carry out normal routine
- *Overeating:* craving for starchy and sweet foods resulting in weight gain
- *Social problems:* irritability and desire to avoid social contact
- *Sexual problems:* loss of libido and decreased interest in physical contact.

Unlike the “winter blues,” SAD is reoccurring only during the winter months. It is more common in women, and it is even more common in people

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photo by Jessica Valner

Living the Good Life with Feng Shui

BY SHARON RUSK

Welcome to contemporary, made-for-American-living Feng Shui. As a long-time Pathways reader, I'll bet a good many of you have some familiarity with this age-old practice. But Feng Shui can be a confusing fountain of facts, fiction, styles, methods, and paths, from the totally 'out there' to the very exacting traditional Chinese ways. Every practitioner has her or his own personal take on Feng Shui, and I'm no different.

Traditional Feng Shui (the original, from China) has its foundation in the landscape (Landform) and the four directions (Compass) methodology. This worked well for that culture and that time. A mountain behind your house for protection, a water source/barrier in front of your home, and the front door facing your 'personal best' direction made good, common sense in site planning then. The same was true for their specific bed and seating arrangements inside the home. Current traditional practitioners still use these factors in their assessments and design. As you can imagine, it's a little more difficult in 21st century America to find

external landscapes or existing homes that can conform to these requirements.

Enter modern times. The Black Hat Tibetan Buddhist (BTB) school of Feng Shui combines several methodologies, such as Buddhism, Taoism, and classical concepts, along with some modern conveniences. The Western School of Feng Shui, where I studied, combines all of these methodologies plus the realities of contemporary American living. In 10-plus years of practice and teaching, I developed the acronym TIDAL to define those additional essential ingredients needed to achieve the result we want and deserve: 'the good life' as defined by each individual. TIDAL stands for: Thoughts, Intentions, Determination, Actions, and Language. "As defined by each individual" is important because everyone's interpretation of 'the good life' is different and so personal. Some people actually have no idea of what 'the good life' means uniquely to them. If we can't define it, how will we know when we achieve it? Can *you* put in writing what 'the good life' means to you?

I was raised in traditional New England where no-nonsense, common sense, and living in harmony with nature defined our existence. We lived

well and elegantly, according to my mother's definition, on a limited budget. Feng Shui works beautifully, some say magically, by relating our personal lives to our environment. This enables us to really see how we're living and how that defines our quality of life.

The word 'cures' is used in Feng Shui to define how we change negative energy into positive. I would replace that with the word 'energizers' for a common-sense reason—'cures' implies illness, something we don't want. Thinking and speaking positively is extremely important to Feng Shui success, along with doing what works, re-learning living in harmony with nature, and getting back to basics while still enjoying contemporary lifestyles.

My first contact with Feng Shui books in the 1990s defined it as "The Chinese Art of Placement." I immediately connected with the concept of living in harmony with nature from my childhood, but not so much with that definition. There had to be a better one. Feng Shui is something good—really good—and all people would benefit from more of this. Living more successfully, happily, and elegantly is available to all of us. (Remember, no M [Money] in TIDAL.) How do we get there?

The Bagua: A Blueprint for Feng Shui

Every mechanism requires tools and a plan. In Feng Shui, this tool is called the *Bagua* (Bah gwa). They say the bagua's design was discovered thousands of years ago in China on the back of a turtle's shell. It's only important to know the bagua defines the pattern that can lead to achieving a better life, one that serves our highest best interests. The bagua, the Feng Shui guidelines, and the TIDAL essentials (as one possible methodology) are the paths to improving life.

The bagua is a grid that looks exactly like a tic-tac-toe square (*Image follows on the next page of the article, 86*). Each of the nine squares is called a *gua*, and each *gua* represents a different aspect of a full life. These *guas* may be titled slightly differently depending on practitioner, but the meanings are the same. Don't let the variety of Feng Shui books confuse you. My *gua* titles are each one word rather than two-to-three words some others use. They are: Prosperity, Fame, Love, Creations, Patronage, Career, Cultivation, Family, and Health (see diagram). You will

continued on page 86



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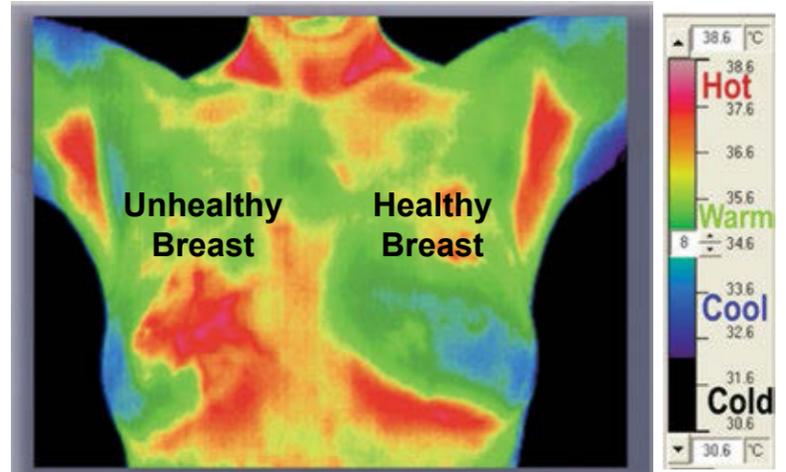
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Know your breast health risk.... and know that not all Thermography is the same

What is thermography and what are the differences between a mammogram and a thermogram?

Thermal breast imaging is a functional test to evaluate temperature as an indicator of physiological, metabolic and/or vascular (blood vessel) activity. It does not directly detect or diagnose cancer but can indicate the level of risk for breast cancer. Causes of increased heat, which thermography may image, include a variety of conditions including cancer, inflammation, infection, healing scars, benign tumors and others.

Infrared Breast Thermography is a risk assessment tool. It does not replace Ultrasound, Mammography and/or MRI but has been an important FDA-approved tool for adjunctive breast cancer risk assessment since 1982. Thermography and Mammography are different, and both have an important role to play. Here is a comparison of the most important differences.



| Thermography | Mammography |
|--|--|
| A non invasive , no radiation, no touch method of imaging the patterns of heat given off by your body. The associated patterns reflect different aspects of risk and/or breast health. | Radiation and compression are used to produce a radiological image of the inside of the breast. |
| Functional assessment: Thermal pattern changes are reflective of physiological or functional changes. | Structural assessment: The x-rays provide an image of a structure such as a mass, lump, or calcifications once they are large enough to be seen. |
| Preventive: Most useful <i>before</i> there is a cancer to identify low vs. high risk (i.e., “am I at high risk for developing a cancer?”) and help guide efforts to reduce risk (i.e., “is my risk level improving in response to my efforts?”). | Corrective: To help detect a tumor once it is already present. Once a tumor is detected, there is the possibility of biopsy, surgery, chemotherapy and /or radiation. |

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- At CHH, we adhere to the American Academy of Thermology (AAT) guidelines for technique and resolution. These guidelines are internationally peer reviewed and are the strictest, most comprehensive guidelines in thermography.
- At CHH, we go beyond what other area thermography services offer by providing the following:
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 - Interpretation of each thermogram done by an AAT Certified Member (Bruce Rind, MD), adhering to the peer reviewed, internationally accepted guidelines
 - Color images for seeing regional heat patterns
 - Gray scale images for identifying certain thermovascular patterns associated with increased or decreased risk
 - A cold challenge, which consists of placing (gloved) hands in cold water to trigger a ‘chill response’. Healthy areas tend to have a uniform and healthy cooling response. Tumors often don’t cool or actually become warmer. This often makes the unhealthy area ‘stick out’ as having a different response than the healthy areas.
 - Nine views/images in total. Our reports typically include 5 color and 5 gray scale views and may include additional views.
 - Symmetry comparisons for various areas on each breast. Right/left

symmetry is the most important criteria for assessing breast health; on the reports, suspect areas are outlined and their temperature precisely measured (at thermal resolution of at least 0.1C) and are compared in order to assess risk level.

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Bruce Rind, MD has been an integrative physician for over 30 years with extensive experience in the following areas:

- Integrative and holistic medicine. He is certified by the American Board of Integrative and Holistic Medicine (ABIHM).
- Nutritional medical approaches to health.
- Integrative approach to endocrinology.
- Osteopathic mobilization: He has taken the series of courses offered to MDs by Michigan State University College of Osteopathic Medicine (MSUCOM) and has 26 years of practice in this field. Working with the combination of thermography and osteopathic medical techniques has given Dr. Rind a unique perspective on relating structural health (e.g., rib cage dysfunction) to breast health. He has made presentations on thermography and these topics at the annual national conferences of the American Academy of Thermology.

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This Time is for You

BY MISTY KUCERIS

Winter is usually a time period when you pull back from activities and try to replenish your energies. This is especially true during this upcoming Winter 2015/2016 quarter. You'll feel the importance of making changes in your life and including loved ones in those changes. You'll look at ways to create a more secure future through the passion of love. And you'll understand the importance of compassion, as you get more involved in the world around you.

The Winter 2015/2016 quarter begins with a new Moon on December 11, 2015. Both the Sun and Moon are in Sagittarius and forming a square to Jupiter and a trine to Uranus retrograde. In many ways Jupiter and Uranus have the same motivation in life: To bring about change. But the changes each planet wants to make come from different perspectives. When you make changes through the Jupiter energy, you want to buck the system, but at the same time you want to be part of the system. You actually want to work within the confines of the rules and regulations. When you make changes through the Uranus energy, you want

to move quickly to create the changes and don't care about the rules or regulations. You don't even fully understand the potential end result of your actions. So you'll find some tension with this new Moon.

You want to make changes in your life, especially changes that deal with political leaders and personal relationships; but you're not quite sure about the best way to make those changes. In actuality, the best way to create change is to listen to people in your life and find out what they want. Determine if you can find a common ground to express your needs. Include your loved ones in your plans and don't try to do everything on your own. If you can do that, you'll find you can bring about change without creating chaos in the world.

The last quarter of the astrological year actually begins on December 21st when the Sun enters Capricorn and the



winter solstice begins in the Northern Hemisphere. Capricorn represents the initiation of your soul into spiritual consciousness. During this time period, many people take time to express their spirituality through various religious or personal rituals. With the Moon in Taurus creating a grand earth trine

that involves Pluto, Mercury, and Jupiter, you'll want to spend time with people you love who share your ethical and spiritual belief systems. You'll want to find a way to embrace your ideals so you can create a more secure future.

At the same time that the Moon is forming a grand earth trine, it's also forming a fixed T-square by forming a square to Ceres and an opposition to Venus. When a fixed T-square occurs, you find the need to hold on to past ideas, which can either give you emotional support or prevent you from

moving forward with your life. There is a symbiotic relationship between Ceres and Venus, the ruler of Taurus. Ceres represents the mother in everyone who wants to protect people she loves. Venus represents the feminine side of each person who wants to understand the importance of passion in life. As you find a way to embrace your ideals so you can create a more secure future, you also need to understand that passion that drives you to protect those you love.

What you will discover during this winter solstice is the joy that brings passion to your life and inspires others to feel the same. You'll be able to include people in your life as you create a more secure future. You'll find ways to move from any chaos in life by creating a safe harbor.

The last full Moon of the year occurs on December 25th, Christmas Day. With the Sun in Capricorn and the Moon in Cancer, you want to spend time with family and friends. While work was important as a means of providing security for your family, you understand there is more to life. Venus forms a sextile to Jupiter while Jupiter forms a

continued on page 21

DENTAL CARE IN A HEALING ENVIRONMENT

Whenever two people come into relationship with good intention and purpose a healing environment is created for **both** of them. In such a relationship patient and doctor **become** equal partners helping each other toward physical and spiritual balance.

While we must work **with** our physical bodies, we are also free to come from a place where we acknowledge a larger existence. That shift in perspective can change the experience from that of traditional healthcare to one of working **together** to heal our **lives** while on a physical level some **symptom** of dis-ease is being eased.



I practice general and cosmetic holistically oriented dentistry in a home-office on the corner of Connecticut Ave. and East-West Hwy. I received basic cranio-sacral training and am a Reiki practitioner. Literature is available free on fillings, mercury detoxification, TMJ, gum-disease, mouth odors, cosmetic dentistry, snoring, office safety and sterilization, root canal treatment, and more. Just call, or click on my website, it's all there just a click away!

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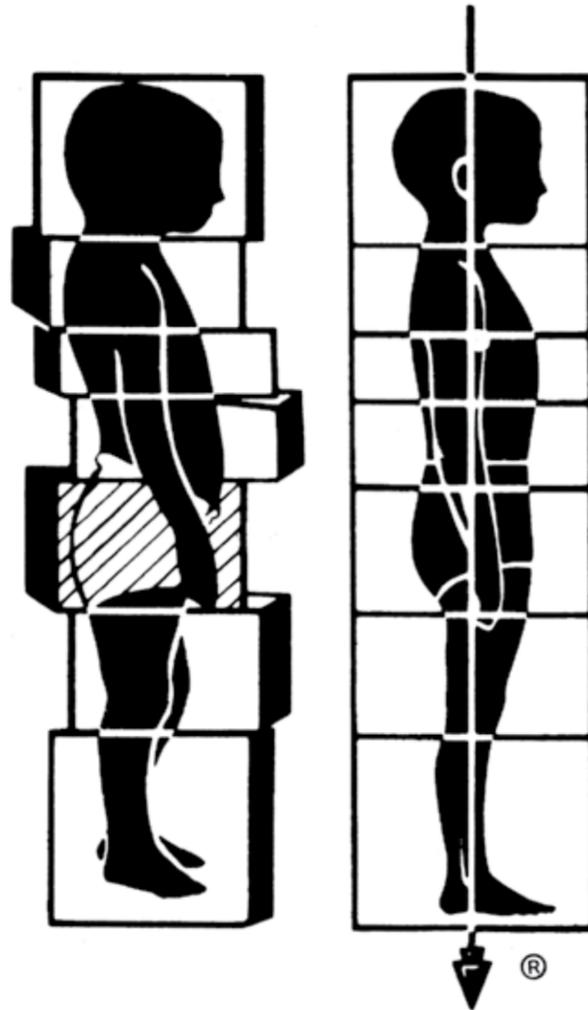
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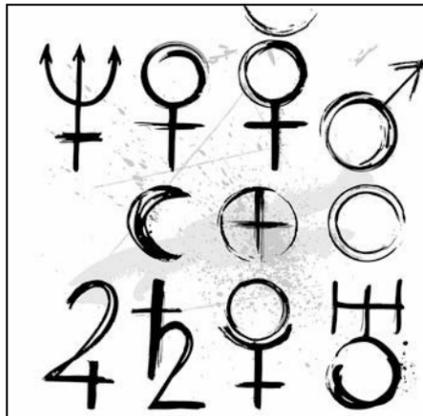
This Time is for You
...continued from page 19

conjunction to the Moon's North Node in this chart. What this means is you want to include your loved ones in your long-term plans. You really don't want to do everything by yourself. At the same time, Mercury forms a square to Mars indicating that, if necessary, you will fight to maintain your own individuality. During the full Moon time period, it's important to release behaviors or items that don't support your lifestyle. In this case, you can let go of the fears that other people won't accept you and give into the realization that other people just want to be included in your plans.

As January 2016 starts, Mercury enters the sign of Aquarius on January 1st. With Mercury in Aquarius you want to see the world as either one big happy family or one big experiment. You want people to accept you without question. You want to be able to say what's on your mind without holding back. The good news is you can also accept what other people have to say. The bad news is you won't tolerate people who you feel are saying stupid things.

Mercury only goes up to 1°02' of Aquarius when it turns stationary retrograde on January 6th. As it starts moving backwards, it will re-enter

the sign of Capricorn. Both Capricorn and Aquarius are actually ruled by Saturn. So, you may find that you're taking yourself very seriously during this retrograde period. You may want to discuss matters with other people; but you might become too critical of their approach in life. It's important you find a balance between work and personal satisfaction during this time



period. Mercury will be retrograde until January 25, 2016.

Jupiter in Virgo turns stationary retrograde on January 7th, the day after Mercury turns retrograde. It will remain retrograde until May 9, 2016. When Jupiter is retrograde there is a

need to move slowly with legal contracts. You also need to be cautious with any stocks you're thinking of purchasing, especially with IPOs. These tend to lose their value after the initial offering. If you own your own business, be cautious with your marketing plans, because there's a tendency for them to cost more than you anticipated.

In general, Jupiter in Virgo represents orthodox religious leaders, their points of view, and the public's reaction and involvement in these various

One of the best ways to use this retrograde period of time is to review your daily routine and make any changes that are not supporting your physical and mental well-being.

religious organizations. It also represents the habits you created in life that lead to your physical and mental health well-being. Finally, Jupiter in Virgo represents education and the daily routine of learning.

One of the best ways to use this

retrograde period of time is to review your daily routine and make any changes that are not supporting your physical and mental well-being. You may need to change your schedule and start working at a different hour. Or, you may want to spend more time outside so you can enjoy nature. You also need to evaluate any medications you're taking to make certain there are no adverse reactions to the chemicals—that includes both allopathic as well as homeopathic remedies.

Spiritually you may want to review your relationship with your church, especially the rituals associated with your belief. Perhaps they are too restrictive. Or perhaps you need to follow them more closely because they bring you so much comfort.

For individuals with children, Jupiter retrograde in Virgo stresses the importance of understanding their educational system to make certain your children are being taught to their full potential. You may find it's important to get more involved in your school system; or you may want to take more time helping your children with their homework.

When Mercury retrograde re-enters the sign of Capricorn on January 8th, you feel as if you need to re-evaluate various matters very carefully. There's a tendency to be cautious when Mercury is in Capricorn. There's also a ten-

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Do you feel tired or depressed? Are you prone to headache or body ache, pain in the joints or muscles? Do you have sleeping problems? Do you wake up in the middle of the night and cannot go back to sleep? Do you get drowsy or bloated after meals? Are you prone to sinus infections, at least once or twice a year? Are you becoming more forgetful or irritable?

If this is the case, you may suffer from food allergies. This very common problem is usually over-looked by doctors or patients alike. It may cause many other symptoms, like abdominal pain and constipation. Food allergies are a very common cause of hyperactivity in children and Attention Deficit Syndrome. You should suspect this especially if, as a baby, you were prone to recurrent ear infections or diaper rashes.

Now we should point out that there are two types of food allergies:

- 1) Fixed food allergies
- 2) Delayed or hidden food allergies

The diagnosis of fixed food allergies is easy. For example if someone has a fixed food allergy to dairy and he drinks a glass of milk, he will develop symptoms (bloating, abdominal pain or diarrhea) within an hour, or another patient will get hives, or body itching, soon after eating tomatoes or strawberries.

Hidden or delayed food allergies work differently. It takes several hours and up to three days to develop symptoms from the offending food. If it was a food you had for supper on Sunday night, are you going to believe that it is the offending food that makes you feel “terrible” when you wake up the following Wednesday morning? It becomes very hard to put two and two together.

The picture becomes even more confusing if you eat this food several times a day, like wheat products or dairy.

It takes four days after eating a food to have it completely eliminated by your body. Hidden food allergies can be very insidious. It is not uncommon that the very food which is making you sick will become your favorite food. You probably have a friend who eats chips or chocolate all day long. Maybe he or she will drink milk, coffee or sodas several times a day. This is called Food Addiction. Eating the offending food will make them feel better, then they feel bad again after a few hours unless they eat the same offending food again. There was a case of a patient who became very depressed whenever he ate any wheat products, especially bread.

In a different case, a patient drank almost a gallon of milk each day. He had chronic sinus problems for many years. We did a skin allergy screening and found out that he was highly allergic to milk. His chronic sinus problems and back pain completely cleared within two weeks after he eliminated dairy from his diet.

We are very involved in food allergy testing, because food allergies can be the cause of so many symptoms. We have been using at our office, an advanced form of skin testing which has been very useful in detecting those hidden food allergies.

If you wish to discuss food allergies or any other forms of allergies with me, I will be glad to see you at my office please just make an appointment.

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Why the Drug War Has Been a Forty-Year Lynching

BY BOB FITRAKIS AND HARVEY WASSERMAN



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The Drug War has been a forty-year lynching...the corporate/GOP response to the peace and civil rights movements.

It's used the Drug Enforcement Administration and other policing operations as a high-tech Ku Klux Klan, meant to gut America's communities of youth and color. It has never been about suppressing drugs. Quite the opposite. And now that it may be winding down, the focus on suppressing minority votes will shift even stronger to electronic election theft.

The Drug War was officially born June 17, 1971 (www.drugpolicy.org/new-solutions-drug-policy/brief-history-drug-war), when Richard Nixon pronounced drugs to be "Public Enemy Number One." In a nation wracked by poverty, racial tension, injustice, civil strife, ecological disaster, corporate domination, a hated Vietnam War and much more, drugs seemed an odd choice. In fact, the Drug War's primary target was black and young voters. It was the second, secret leg of Nixon's "Southern Strategy" meant to bring the

former Confederacy into the Republican Party.

Part One was about the white vote. America's original party of race and slavery (<https://zinnedproject.org/materials/a-peoples-history-of-the-united-states-updated-and-expanded-edition/>) was Andrew Jackson's Democrats (born 1828). After the Civil War the Party's terror wing, the KKK, made sure former slaves and their descendants "stayed in their place." A century of lynchings (at least 3200 of them) (www.yale.edu/ynhti/curriculum/units/1979/2/79.02.04.x.html) efficiently suppressed the southern black community.

In the 1930s Franklin Roosevelt's

New Deal social programs began to attract black voters to the Democratic Party. John Kennedy and Lyndon Johnson's support for civil and voting rights legislation, plus the 24th Amendment ending the poll tax, sealed the deal. Today, blacks, who once largely supported the Party of Lincoln, vote 90% or more Democrat (<http://blackdemographics.com/culture/black-politics/>).

But the Democrats' lean to civil rights angered southern whites. Though overt racist language was no longer acceptable in the 1970s, Nixon's Republicans clearly signaled an open door to the former Confederacy (www.thenation.com/article/why-todays-

[gop-crackup-is-the-final-unraveling-of-nixons-southern-strategy/](http://www.thenation.com/article/why-todays-gop-crackup-is-the-final-unraveling-of-nixons-southern-strategy/)). But recruiting angry southern whites would not be enough for the Republicans to take the south. In many southern states more than 40% of potential voters were black. If they were allowed to vote, and if their votes were actually counted, all the reconstructed Democrat Party would need to hold the south would be a sliver of moderate white support.

That's where the Drug War came in.

Reliable exact national arrest numbers from 1970 through 1979 are hard to come by. But according to Michelle Alexander's superb, transformative *The New Jim Crow*, and according to research by Marc Mauer and Ryan King of the Sentencing Project, more than 31,000,000 Americans were arrested for drugs between 1980 and 2007 (<http://newjimcrow.com>). Further federal uniform crime report statistics compiled by www.freepress.org indicate that, between 2008 and 2014, another 9,166,000 were arrested for drug possession.

Taken together, that means well over 40,000,000 American citizens have been arrested for drugs in the four decades since Nixon's announcement. It is a staggering number: more than

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Why the Drug War Has Been a Forty-Year Lynching
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10% of the entire United States, nearly four times the current population of Ohio, far in excess of more than 100 countries worldwide. A number that has gutted the African-American community. A national terror campaign far beyond the reach of even the old KKK. Justice Department statistics indicate that half of those arrests have been for simple possession of marijuana.

According to US Bureau of Justice statistics, between 1980 and 2013, while blacks were 12% of the population, blacks constituted 30% of those arrested for drug law violations and nearly 40% of those incarcerated in all U.S. prisons. Thus some 20,000,000 African-American men have been sent to prison for non-violent "crimes" in the past forty years. If the Hispanic population is added in, as much as 60% of drug arrests are of racial or ethnic minorities.

On the 40th anniversary of the Drug War in 2010, the Associated Press used public records to calculate that the taxpayer cost of arresting and imprisoning all these human beings has been in excess of \$1,000,000,000. Sending them all to college would have been far cheaper. It also would have allowed them to enhance and transform their communities. Instead, they were taken

from their families. Their children were robbed of their parents. They were assaulted by the prison culture, stripped of their right to vote and stopped from leading the kind of lives that might have moved the nation in a very different direction.

Nixon also hated hippies and the peace movement. So in addition to disenfranchising 20,000,000 African-Americans, the Drug War has imprisoned additional millions of young white and Hispanic pot smokers. Thus the DEA has been the ultra-violent vanguard of the corporate culture war.

In 1983 Ronald Reagan took the Drug War to a new level. Using profits from his illegal arms sales to Iran, he illegally funded the Contra thugs who were fighting Nicaragua's duly elected Sandinista government. The Contras were drug dealers who shipped large quantities of cocaine into the US—primarily in the Los Angeles area—where it was mostly converted to crack. That served a double function for the GOP. First, it decimated the inner city. Then Reagan's "Just Say No" assault—based on the drugs his Contra allies were injecting into our body politic—imposed penalties on crack far more severe than those aimed at the powdered cocaine used in the white community.

In 1970 the US prison population was roughly 300,000 people. Today it's more than 2.2 million, the largest in world history by both absolute number and percentage of the general population. There are more people in prison in the US than in China, which has five times the population (www.bjs.gov/index.cfm?ty=tp&tid=11). According to the Sentencing Project, one in seventeen white males has been incarcerated, one in six Latinos, and one in three blacks.

By all accounts the Drug War has had little impact on drug consumption in the US, except to make it more profitable for drug dealers (www.bjs.gov/index.cfm?ty=tp&tid=11). It's spawned a multi-billion-dollar industry in prison construction, policing, prison guards, lawyers, judges and more, all of them invested in prolonging the drug war despite its negative impacts on public health. For them, the stream of ruined lives of non-violent offenders is just another form of cash flow.

Like the Klan since the Civil War, the Drug War has accomplished its primary political goal of suppressing the black vote and assaulting the African-American community. It's shifted control of the South from the Democrats back to the Republican Party. By slashing voter eligibility and suppressing black turnout, the Drug War crusade has helped the GOP take full control of both houses of the US Congress and

a majority of state governments across the US. But the repressive impacts hit everyone, and ultimately enhance the power of the corporate state.

Toward that end, the southern corporate Democrat Bill Clinton's two terms as a Drug Warrior further broadened the official attack on grassroots America. Clinton was determined to make sure nobody appeared tougher on "crime." He escalated the decimation of our democracy far beyond mere party politics, deepening the assault on the black community, and the basic rights of all Americans for the benefit of his Wall Street funders. Obama has been barely marginally better.

In political terms, the Nixon-Reagan GOP remains the Drug War's prime beneficiary. Today's Republicans are poised to continue dominating our electoral process through the use of rigged electronic registration rolls and voting machines. That's a core reality we all must face.

But no matter which party controls the White House or Congress, by prosecuting a behavior engaged in by tens of millions of Americans, the Drug War lets the corporate state arrest (and seize assets from) virtually anyone it wants at any time. It has empowered a de facto corporate police state beyond public control. Regardless of race, we all suffer from the fear, repression and random assaults of a drug-fueled re-

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The Takoma Park Chapel meets on Sundays at 11:00 a.m. at 10,000 New Hampshire Ave. in Silver Spring, MD, 20903 on the campus of the National Labor College (George Meany Campus). The National Labor College is north on New Hampshire Avenue from the Capital Beltway, opposite the Hillandale Shopping Center. Turn left on Powder Mill Road, and continue into the National Labor College. Parking is free and plentiful on the right or left as you enter the campus, and go forward to the Chapel Building (auditorium 8).

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The Mentor Within

Using the Tarot Archetypes for Inner Guidance

BY REVEREND GERALDINE AMARAL

Certainly anyone who is seeking spiritual understanding has heard of the Tarot. But what is it? Perhaps the Tarot is best described as an initiation into a secret metaphorical language—a language that leads each of us to our own spiritual center. ~ Carl Rohrig, The Rohrig Tarot

The “Inner Technology” of Tarot

Most people associate the Tarot with fortune telling, based on the Hollywood depiction of a woman who works behind some smoky velvet curtain, who has an exotic accent, and whose gifts may or may not be legitimate. We’ve all heard stories about such individuals who want to bring about some kind of scam, or who offer some ominous prediction of doom and death. This stereotype perpetuates the various misconceptions about Tarot. But there is another dimension to the Tarot, and that is as a means to explore and understand one’s inner self. When using the Tarot this way, it operates as an “inner technology” that can help us harness our own personal power.

In a Tarot reading, the selection of the cards appears to be *random*. Yet, the cards selected often show an uncanny connection to what is happening in our lives. Often a reading can help us to *reframe* a situation. It’s a way of offering an *alternative* interpretation to what is happening. It does not necessarily tell the future, but it might (and often does)! As a reader, I can interpret the cards from a predictive point of view or the cards could also be suggesting a different scenario for an individual’s consideration.

Thus, not all Tarot readings are set up to be a scam. Rather, a reading is a *form of reflection* that enables us to



3. The Empress

explore other possibilities and options. In other words, the 78-cards are a deck of *possibilities*. Sometimes, when we can identify with the archetypes, it creates clarity merely through the naming of old patterns. That’s because often just by *naming* a sorrow, problem or life challenge, it can help us to contextualize the pain. The images of the Tarot provide a way to identify such difficult or challenging life experiences, and help us to reframe and reclaim the feelings associated with them. Yes, it is used to look at the future, but that is not its primary purpose. Rather, it is meant to point you to the most *probable* outcomes based on

your current state of mind, and your current actions. It is a tool designed to help you with self-discovery, creative problem solving, and spiritual understanding.

Currently, there is an explosion of interest in Tarot. It seems that new Tarot decks are being created and published almost daily (check out www.aeclectic.net to see images from hundreds of decks!). Perhaps this renewed interest in occult (hidden) tools like Tarot is indicative of a culture that has lost its bearings. As we strive for more and more accumulation in the material realm, we become more and more disconnected from our inner selves, and our roots. We’ve lost the rudder and the archetypal images displayed on the Tarot cards help bring us back to our humanity. Perhaps we are drawn to such tools because they provide a respite from the disconnect we feel with others, and with ourselves.

Caitlin Matthew, creator of the Celtic Wisdom Tarot, also prefers to use the Tarot as a means of delving into the wisdom that resides within. She says the

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Hiding Your Sensitivity?

Energetic Literacy to the Rescue

BY ROSE ROSETREE

Have you been hiding your sensitivity? It can feel like such a burden, especially for the highly, highly sensitive persons who were born as empaths.

We Highly Sensitive Persons (HSPs) are hardly a freakish minority among people living today. According to research by psychologist Elaine Aron, who wrote the first book for HSPs, 1 in 5 people were born highly sensitive. Empaths are no minority either. According to my research for my first book for empaths, 1 in 20 people was born as an empath—that means 1 in 4 HSPs, and definitely millions of people.

Unfortunately, it's not uncommon for sensitive persons to be confused about what they've got, how to handle it, and why to appreciate it. In that appreciative spirit, I hope this article can help, and will be referring to you as 'Wonderfully Sensitive Reader.'

You may be attracted to this article even if you're neither an empath nor an HSP. You just might develop more

compassion for a whole lot of people you know. Besides, most non-HSPs do have some sensitivity, although less than their highly sensitive peers. For this reason, I encourage you to read further.

Can't You Just Turn Sensitivity Off?

That is, admittedly, a controversial question. Whether we are empaths or HSPs, many of us have been told by others to turn our sensitivity off. Ouch! Usually that happens because somebody who is highly *insensitive* notices we're different and doesn't like it. Leave it to insensitive people to assume it is even possible to just flip off the sensitivity switch.

By way of analogy, consider the steady progress of LGBT rights in America. By now it's widely recognized that sexual orientation is not negotiable. It's nobody's choice. Therefore it's futile (not to mention creepy) to tell somebody, "Forget about what you need. Go into the closet and stay there." Now it's even possible to leap out of closets and legally get married!

Homosexuals can act socially as if they're straight, but at significant personal cost. Likewise, we sensitives can pretend to be thick as a brick, but also at significant personal cost.

Social pretending, or outright lying to ourselves, cannot change who we really are. Free will makes a lot of things possible, but not changing how a person is wired in mind-body-spirit. To that end, Wonderfully Sensitive Reader, I'm aiming to inspire you, bring some clarity, and offer some practical advice from my experiences that won't twist your energy field out of shape.

Enter Energetic Literacy. Energetic Literacy means learning to read the human energy field, which you can definitely do. Trust me, everyone's degree of sensitivity shows from birth, whether HSP or empath. Energetic Literacy is one more way to destroy totally the power of illusions, pretending, etc., by getting at the truth about who is sensitive versus who's hiding it.

Outing the Sensitivity Truth

In case you're tempted to hide your

sensitivity, maybe this can inspire you...

Ever hear of auric modeling? Auric Modeling means that, at a subconscious level, everybody reads everyone else's aura. Each of us knows plenty about other people's energies in a vague and subconscious way. We can tell when something is *off*, although not consciously—that version takes the skill of energetic literacy. And, of course, something *is* off when a person goes into hiding.

The psychological term "mixed messages" comes to mind in this scenario. (The *energetic* version is even more common.) Psychologically, mixed messages happen when behavior doesn't match up with nonverbal communication and actions. For instance, a new acquaintance, Joe—who unbeknownst to you is an empath—give you a big, cheery smile and say, "It's great to meet you." Meanwhile Joe has crossed his arms over his chest, his gaze is looking right over your shoulder, and his eye begins to twitch. Maybe not so

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Hiding Your Sensitivity? Energetic Literacy to the Rescue

...continued from page 29

great to meet you after all, and that's confusing. That's nothing compared to the long-term mess that might show up energetically.

Imagine Joe, aura level. Along with his big, cheery declaration that, "It's great to meet you," some highlights of his aura right then might include:

- Heart Chakra Databank for *Emotional Giving* is in shutdown. And sad.
- Heart Chakra Databank for *Emotional Receiving* is in shutdown. And resentful.
- Heart Chakra Databank for *Emotional Growth* is in shutdown. And numb.
- Throat Chakra Databank for *Verbal Integrity* is very small, both slimy and feeling guilty.
- Third Eye Chakra Databank for *Spiritual Growth* is way over-functioning, as if Joe is inwardly begging his angels, "I don't want to be here. Tell me what to do. Fix my life."

Joe's aura can definitely develop problems like these, and not just during one awkward moment that turns figuratively, if not also literally, anxiety-ridden. Auric modeling shows a mess every time Joe tries to hide his sensitivity or change his nature as an empath.

Hiding Sensitivity: The Hidden Costs

Wonderfully Sensitive Reader, it's bad enough to hide your sensitivity if you're an HSP. Even worse problems develop if you're among the 1 in 4 HSPs who happens to be an empath, somebody wired for life to have at least one gift for directly experiencing what it is like to be another person.

Every unskilled empath does something energetic without knowing it. At random times, there will be unskilled empath merges. If you recall from the second column in this series, I described how and why these happen to every empath. To summarize, an unskilled empath merge is a kind of subconscious energy hug that takes a split second. Afterwards, the empath takes on imported STUFF—a subconscious-level kind of garbage that makes life harder than it has to be. Skilled empaths don't have this problem, but unskilled empaths sure do.

So all the while that Joe is pretending he doesn't care, doesn't mind, etc., his aura is acting like a volunteer garbage collector. Due to extra-intense sensitivity as an empath, when Joe doesn't have empath skills yet, more and more imported STUFF is being dumped into his aura.

It's important to know that it's possible for every empath to learn skills that stop those unskilled empath merges. Every empath—and also each HSP who is not an empath—can also develop two sets of social skills that help a great deal: Things you can say and things you can do. Once you start

learning these, Wonderfully Sensitive Reader, you will find it far easier to come out of hiding.

One kind of choice concerns your behavior, using appropriate social skills to stick up for yourself. Behavior is what you say and do in objective reality. No HSP is born knowing social skills around behavior, which makes it easier to be sensitive. We're simply born with that sensitivity hardwired into us. However, we can definitely learn those social skills, once we know what they are.

A second kind of choice involves what you do *inwardly*, your personal thoughts and feelings. Privately, you have a lot of leeway in what you do within your own subjective reality. And yes, certain social skills can help with that, too.

To illustrate both kinds of choice that help HSPs, let's turn to a teaching tale about Joe and how he came out of hiding.

Joe is a client of mine who has made enormous progress related to his sensitivity. Growing up with his harsh father was awful. Joe's dad would fly into a rage, screaming and criticizing. His attitude was "All this is for your own good. Kid, you've got to learn how to toughen up," as though screaming at Joe might make him heterosexual, too. (Joe has been wired for life as both a talented empath and a gorgeous gay guy.) From childhood on Joe was told to "Man up."

In behavior, when scolded, Joe used to say nothing. He would do nothing. It never occurred to Joe that he could stick up for himself. He didn't think to use social skills to support his own way of being. Specifically, Joe didn't realize that, in objective reality, his father had acted in a way that was unacceptable. Joe thought he had just two alternatives: Either take his punishment or try to out-bully his father. Meekly, he used to take the punishment, and that became Joe's behavior. However, meekly accepting nasty behavior is a way of hiding. He never thought about it this way, but you can, Wonderfully Sensitive Reader.

What about Joe's inward choice? When scolded by his father, Joe would feel ashamed. Taking his cue from Dad, Joe believed being sensitive was something he could control. So Joe tried to control it. Joe tried not to feel. He tried to go numb. Inwardly he went into hiding. Yes, more hiding! Joe did that until he began using some new skill sets.

Social Skills for Sensitivity

What did Joe do after he came out of hiding? In behavior, Joe learned to stick up for himself. Inwardly he stopped feeling ashamed of himself. How exactly? That brings us to the point of today's article.

Being sensitive isn't a disability, no
continued on page 32

Past life Regression Therapy with Darshan Khalsa

Details of every event, thought or emotion you've ever experienced—in your current lifetime, your past lifetimes, and even the time between lifetimes—are stored in your subconscious. Fearful or painful experiences trap stagnant energy on the emotional, mental and physical bodies. These frozen blocks of energy are like bad programming that keeps you tied to unproductive behavior patterns, even though you have a conscious wish to change them. Regression Therapy releases the frozen blocks of energy holding the negative patterns that prevent you from experiencing health, happiness, self-worth, loving relationships and abundance.



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Regression Therapy can help give answers and solutions to questions such as these:

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- Why am I in depression, fear, anxiety or guilt?
- What is blocking me from experiencing fulfilling and loving relationships?
- What is my soul's lesson in this life?
- What is causing this chronic condition or illness?
- How can I experience the light of my soul?

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Darshan Kaur Khalsa, PLT, CHT is a certified Hypnotherapist, Regression Therapist and Kundalini Yoga and Meditation Teacher Trainer. She is also certified through *The National Association of Transpersonal Hypnotherapists* as a Life Between Lives Therapist. She is Director of *Darshan Yoga Studio*, primary teacher in the *Kundalini Yoga Teachers Certification Program*, on the faculty of Northern Virginia Community College teaching Meditation & Yoga, and a Minister of Divinity of Sikh Dharma. She has for over 30 years been helping people empower themselves and change negative life patterns.

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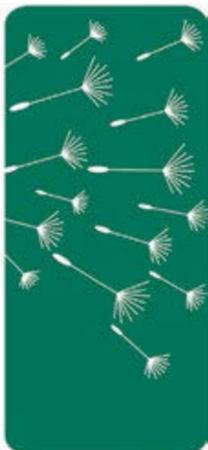
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ENERGETIC LITERACY

Hiding Your Sensitivity? Energetic Literacy to the Rescue

...continued from page 31

more than being exceptionally intelligent, or caring more deeply than most about spiritual growth. Cruelty from others does not change who we are. Wonderfully Sensitive Reader, you don't need to come out to others as an HSP. Please, make no announcement, because your degree of sensitivity is nobody else's business. Instead make smart choices, with behavior both outwardly and inwardly.

In behavior, every HSP needs certain Sensitivity-Management Social Skills. Once you start to develop these skills, you can upgrade them over time. Here are five basic social skills to support your sensitivity:

1. Decide when it is wise to speak up for yourself. Sometimes an HSP will decide to speak up, other times not. Yes, that is a social skill.

2. "Choose your battles." It is an important social skill, and not just for us HSPs. Just ask parents of a teenager—you can be a good parent and not make a fuss about every single time your kid misbehaves.

Speaking up for yourself, Point #1, is different from speaking up in a situation where the conversation could turn into a nasty fight. Knowing the difference is a valuable skill.

3. In either type of conversation, Social Skill #1 or #2, don't discuss how you feel. And don't whine about how that person makes you feel. Any of this will just give that person more ammunition. When you speak up, talk about objective reality, not your subjective reactions. Is it hiding to not talk about your feelings? Not really. For this particular social skill your deep feelings are, quite simply, not relevant. If you're ordering at a restaurant, must you tell the waiter about every rumble in your belly and how that makes you feel? Social skills always have social context. Master the social skill of speaking appropriately.

4. When you think it can do you some good, go ahead and ask in words for what you want that other person to do. This social skill is also a form of communication. Talking with somebody to solve a problem does not mean having to bare your soul.

5. Make your behavior informative, rather than hinting, which could be considered another version of hiding.

Consider this scenario as it applies to these five skills: Suppose there's a conflict with your father that needs to be addressed. You might choose to state clearly what you would like him



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ENERGETIC LITERACY

to do or stop doing, such as, “Stop lecturing me, Dad.” Or you might choose to say something milder, like “Excuse me?” Or you might say something very mild, just a grunt or a shrug, and then end the conversation and leave.

Don’t just leave the room or try to punish your father with silence. Your behavior isn’t informative enough. Your silence could be interpreted in many ways that might escalate the conflict. Use this social skill instead: Before you go, quietly say, “Stop lecturing me, Dad.” You’ve chosen the battle. You’re speaking up for yourself without revealing any emotion, and you’ve asked for what you want. Social skills are being successfully engaged!

What about your inward choices? Respect yourself, Wonderfully Sensitive Reader. That’s the main social skill as you deal with other people. So what if somebody else doesn’t like your sensitivity or can’t handle it? You can still like your sensitivity.

And, speaking of informative behavior, *pay attention* when somebody makes fun of your sensitivity. What if your father, or anyone else, criticizes you for anything about yourself that you can’t change? That’s useful information for you to notice. It isn’t your job to change other people, convert them to your values, or try and force them to like something they don’t. In-

wardly accept reality. *Don’t inwardly expect to be understood deeply by somebody who lacks the capacity to understand you.* You just got validation that that self-appointed critic is a highly insensitive person. For your heart-to-heart talks, seek out the company of other HSPs.

Every HSP can learn to make smart inward choices. We can also experiment with saying and doing things to stick up for ourselves, including Sensitivity-Management Social Skills. No need to go into hiding, ever! Value your sensitivity as a powerful aspect of being yourself. Your inner life doesn’t have to depend on getting approval from others. You also don’t need to let sensitivity be all that defines you, either. Become instead that self-actualized person you were born to be. Overall, celebrate your sensitivity. It’s part of you!

Rose Rosetree helps sensitive people to live better with energy HEALING skills and energy READING skills for the Age of Awakening. Her other specialties are Enlightenment Coaching and Empath Empowerment®, with live local workshops, teleseminars, books, and personal sessions. Credits include over 1,000 media interviews and 373,000 copies of her books in print worldwide. Learn more at www.rose-rosetree.com. See also her ad below.

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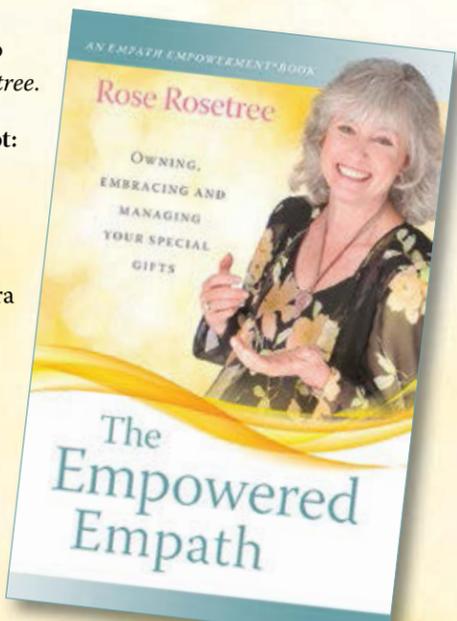
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TO YOUR HEALTH

10 Natural Ways to Boost Your Immune System

How to Avoid the Flu and Maintain Great Health Year-Round

BY JAIME A. HEIDEL

Our bodies are bombarded by toxins in our environment everyday. Between the polluted air we breathe, the contaminated water we drink and the overprocessed food we eat, our immune systems have their work cut out for them. Despite this constant onslaught, there are plenty of natural ways to boost your immune system. Check out these ten.

Natural Immune System Booster 1 - Reduce Stress

In this hectic world, reducing stress is sometimes easier said than done. However, maintaining optimum health requires us to spend a certain amount of time each day nurturing ourselves and reducing stress. Going out to lunch with a friend, seeing a movie with your significant other, taking up a relaxing hobby or getting into yoga are just some of the ways you can take a break from the fast pace of everyday life and regroup.

Natural Immune System Booster 2 - Exercise

A lot of us either don't like to exercise or can't find the time. The good news is, the immune system gets a boost from mild to moderate exercise just three times per week. Grab a buddy and go for a walk on a lunch break, blast your favorite music and dance in the privacy of your living room, visit a favorite park and take a short hike or sign up for a pilates class. These are just a few ways to take the bore out of working out.

Natural Immune System Booster 3 - Sleep

Sleep is highly underrated. When we are sleeping, our bodies not only rest from a long day, they release powerful immune-enhancing substances that allow us to repair and rebuild. The average person requires 7-9 hours of deep sleep per night in order to function optimally. If you suffer from insomnia, try some natural, calming herbs such as valerian, chamomile or lemon balm. It is important to note that when taking natural sedatives to not drive or operate machinery. If you have a serious medical condition, consult your healthcare practitioner before using any type of sedative.

Natural Immune System Booster 4 - Diet

Diet, like sleep, is crucial to maintaining good health and well-being. Many people have one or more unknown food intolerances that are directly affecting their immune systems and health. The most common food intolerances are wheat, gluten, corn, dairy, citrus, nuts, shellfish and food additives. If you suffer from brain fog,

confusion, diarrhea, constipation, abdominal pain, insomnia, and/or anxiety, you may be suffering from one or more food intolerances. The best way to discover if a food intolerance is causing your symptoms is to do an elimination diet. Remove all foods mentioned above from the diet for one week and note how you feel. If there is an improvement in health, food intolerance is most likely a contributing factor. The next step is to reintroduce foods one at a time to test for a reaction. When you find the culprit, you'll know and be able to eliminate it. Food additives such as aspartame and high fructose corn syrup have been proven to cause a host of neurological, mental and immune system problems. Replace foods containing these additives with those containing natural sugars and health will improve. Also, a diet rich in organic meats, whole grains, vegetables and fruit will keep the immune system healthy and ready to battle whatever comes its way.

Natural Immune System Booster 5 - Supplements

Many of us do not get all the nutrients we need from our diet alone. Adding dietary supplements can fill these nutritional gaps. Supplements that boost the immune system naturally are vitamin C, vitamin E, zinc, omega-3 fatty acids and selenium. Those with a serious medical condition should consult their healthcare provider before starting a supplement routine.

Natural Immune System Booster 6 - Herbs

Adding a few natural herbs to the immune-boosting arsenal can offer the support needed to combat colds and flu. Powerful antiviral garlic can be eaten as food or taken as a supplement, astragalus can be taken daily to prevent viral infection, echinacea is a potent immune system enhancer that can be used for up to two weeks to protect against illness and ginger root can be taken as a tea to combat nausea and sinus congestion. Those with a serious medical condition should consult their healthcare provider before taking herbs.

Natural Immune System Booster 7 - Essential Oils

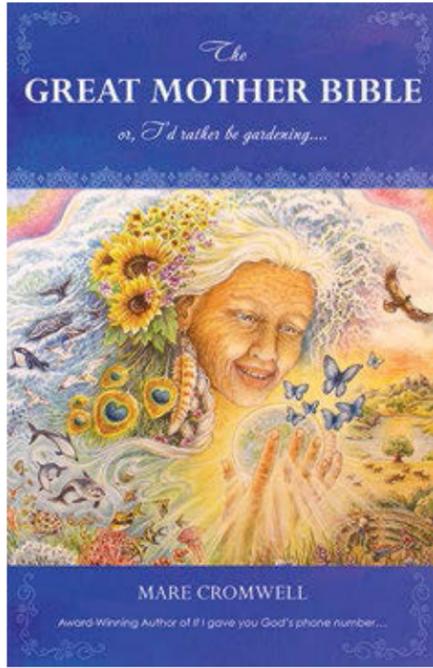
Essential oils are natural essences that come from leaves, herbs and seeds. Unlike prescription and over-the-counter medications, viruses cannot "get used to" essential oils because each batch is unique. The strength of each is based on climate, harvest time and temperature. Oils that naturally boost the immune system are lemon, oregano, cinnamon, peppermint, eucalyptus & frankincense. A few drops of lemon essential oil taken in water may

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REVIEWS BY NICOLE ORTEGA

The Great Mother Bible: or, I'd rather be gardening....

By Mare Cromwell
 Pamoon Press: Maryland
 2015; 298 pages (PB)
 ISBN-10: 0971703264
 Author website: www.marecromwell.com



The Great Mother Bible is a dialogue of early-morning conversations between author Mare Cromwell, and one whom she calls, The Great Mother. The Great Mother is not the spirit of Mother Earth per se, but more of an all-encompassing mother-like energy. Cromwell elaborates further:

"In writing this book, I struggled with the distinction between Great Mother and Earth Mother. At one point, I connected with Mother and asked her specifically for further explanation on the difference between the two of them. I was told: 'While Earth Mother is your planetary caretaker and actual planet, she embodies an archetypal energy that is part of the Great Mother. And, they are both part of the Oneness. Creation is the Great Mystery, as the Great Father and Great Mother merged into Oneness.'"

She also explains that specific names are not important, since we are all part of the umbrella of "Quantum Divine Love," and that what we really need to

focus on is the balance and harmony that will result from recognizing and integrating the Sacred Feminine.

Cromwell is what she deems a "listener." Essentially then, *The Great Mother Bible* is a channeled book. It just doesn't have that usual esoteric feel. It's very grounded, which makes

sense, as we are listening to a spirit who in some ways is the actual earth. The grounded tone is especially helpful for imparting its higher-level wisdom. There's no confusion about how to put what you're learning into practice, because the teachings are already rooted in real-world language and experiences. Still, you may find yourself as surprised as I was to hear Mother chatting away about Facebook of all things!

This book is called *The Great Mother Bible* for a reason. Cromwell (and Mother) intended for this aptly named work to serve as a more "maternal lens on spirituality." It is a compendium of teachings and spiritual conversation laid out over 38 short essays on everything from aliens and nuclear bombs, to Ho'oponopono, and the Christ Consciousness. The book has a natural conversational tone and plenty of good-natured humor as Cromwell and Mother banter back and forth.

One of the most memorable chapters was "On the Catholic Church and God-Woundedness." In this, Cromwell shares a story from her as-yet unpublished manuscript about the sacred feminine and her personal journey of healing through a diagnosis of lymphoma. The story tells of a group of

women gathered in front of the Vatican, who then proceed to demolish the church with a cannon. Cromwell narrates:

"As the final part of the huge set of structures fell, women started to pour in from the far corners of the square and streets outside. Women with babies, older women, younger women, thousands of women ran in. Some hobbled in, some skipped in, did somersaults in.... The excitement in the air was amazing. They danced. They drummed and sang and celebrated."

The men were apparently so moved by this entire display that they too joined in the ruckus. They served the women, by bringing food, and taking care of the babies. In the morning, both male and female elders gave incredibly moving speeches, after which there was laughing, crying, and a whole lot of healing. And while Mother states "destroying the Vatican would not be a good thing," it's still an empowering thought to envision the death of the grand pillar of western patriarchal religion, and the subsequent rebirth of what would be a new era of spirituality.

Another delightful nugget can be

continued on page 36

THE MINDFULNESS CENTER

A community mind-body wellness center in downtown Bethesda.



The Mindfulness Center is a non-profit organization which promotes health and self-healing, for individuals and the community, through charitable, educational and research programs in mind-body practices.

Classes:

- Yoga
- Meditation
- Tai Chi
- Qigong
- Nia Dance
- Pilates
- Stretching

Charitable and Educational Programs:

- Mind-Body Week, D.C.
- Mind-Body for Cancer
- Mindfulness in Education
- Helping Hands Fund
- Yoga Teacher Training
- Meditation Teacher Training
- Reiki Training

Services:

- Massage / Thai Yoga Massage
- Acupuncture
- Medical Qigong
- Cranial Sacral Therapy
- Private Meditation
- Hypnosis
- Reiki

The Mindfulness Center
 4963 Elm Street, Suite 100
 Bethesda, MD, 20814
 301-986-1090
www.TheMindfulnessCenter.org



METAPHYSICAL BOOK REVIEWS

The Great Mother Bible: or, I'd rather be gardening.... continued from page 35

found in Chapter 15, "Sin is an Illusion, Right Action and Wrong Action Are Not." Religion has taught us that we are inherently sinful, and we are thus shamed for our sin. Therefore, in order to get back into God's good graces, we must beg for forgiveness so that we may be let into Heaven someday. Mother points out the hypocrisy evident in Fundamentalist Christian ministers who condemn homosexuality. They obviously are not operating from a place of love, which is what Christ Consciousness is all about.

Mother states that "Sinning is something some of you came up with many, many years ago and this focus on sinners fed a collective sense of guilt and shame and more that has created a shadow-laden culture based on religious dogma... Besides, the word 'sin' really means 'being off the mark'... And you're supposed to be off the mark sometimes just because you're human." You are all loved, she says. Yep, this is definitely the kind of Bible I wouldn't mind keeping by my nightstand.

The Great Mother Bible was very obviously born out of Mare Cromwell's deep passion to awaken humanity

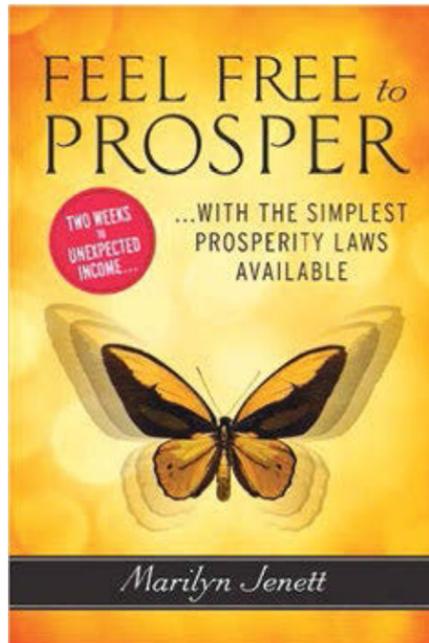
to the sacredness and beauty of our Earth Mother and the Divine Feminine. Cromwell's love sprawls across every page as she endures countless 4am wake-up calls, all courtesy of the insistent voice of Mother, urging her out of bed. It was a labor of love to be sure, and well worth the sleepless mornings put into it.

Feel Free To Prosper

By Marilyn Jenett
Tarcher: New York
2015; 336 pages (PB)
ISBN-10: 0399174893
Author website: www.feelfreetoprosper.com

"Two weeks to unexpected income, unexpected business, unexpected supply in all areas of life." That is the bold claim made (not lightly) by author Marilyn Jenett of *Feel Free to Prosper: Two Weeks to Unexpected Income With the Simplest Prosperity Laws Available*. Well, with an opening like that, she certainly got me curious. And then she got my attention by writing about the importance of synchronicity, guidance, and the vital need for the world to heal the belief that there is a "separation from the true source of their supply." Ok, now we're talking. Marilyn Jenett just may be speaking my language.

If you hesitate at the word prosper-



ity, however, I don't blame you. You should be skeptical. Writing a book on how to manifest certainly isn't the most original thought one could ever have. These days you can't swing a cat without knocking over a stack of them like dominoes. With no less than a full battalion of books having been published on the Law of Attraction, financial prosperity and abundance, it would be oh-so-easy to pass right over *Feel Free to Prosper*. Yet that may be a

mistake because this book is based off of more than advising its readers on how to simply build castles in the air.

Don't get me wrong. Books like *The Secret* did a lot of good in the world. Rhonda Byrne, and the now-famous contributors to that entire project, helped to push spirituality and consciousness-based living right to the forefront. Still, *The Secret* and its successors only scratch the surface. There is more to manifesting than "think it into being." If you're interested in a deeper dive, Marilyn Jenett just may have the answers you seek.

Feel Free to Prosper is divided into three main sections. Part One: "Cosmic Relief," is about the Universal Laws and Principles. This first section provides a foundation that the rest of the book builds upon. The whole world is probably familiar with the Law of Attraction at this point, but very few people are aware of the other eleven (equally potent) laws. Jenett discusses some of that knowledge, such as what the Universal Laws are, the role of the conscious and subconscious mind in aligning with these laws, and other trope familiar to the self-help and spirituality genre: affirmations, visualization, an attitude of gratitude, the power of words, etc.

Part Two covers the relevance of

continued on page 92

HEALTH & BEAUTY



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You will experience overall improved skin quality and a natural youthful appearance to the face and chest or entire body.

The improvements can be quite dramatic! Number of treatments needed are determined in your free consultation, and, there is no down time!

Micro current and Acumotor Acupuncture points help to tone, lift and re-educate the muscles back to their original position.

Proper firmness is re-established through the non-surgical procedure by correcting the sagging muscle, which in turn corrects the sag of the skin.

The treatment also stimulates blood circulation, which helps improve muscle tone and counteract dryness.

Helps redefining natural contours and facial features, such as jaw line and cheek-bones, rejuvenating skin texture, softening wrinkles and improving fine lines.

The micro current process reduces puffiness around the eyes by improving lymphatic drainage.

Increases Adenosine Tri Phosphate Levels (A.T.P.) by up to 500% provides muscle and body energy, giving a feeling of well being.

Increases fibroblastic activity by up to 60% This allows the skin to become more moisture retentive, leaving a wonderful glow.

Increases protein synthesis by up to 73% leaving the skin's appearance refined and improved with softened lines and wrinkles.

Increase membrane support (cell permeability) up to 30-40% this will then help to absorb more nutrients, water and oxygenated blood, in order to excrete more toxins, fluid retention, and re-oxygenate.

It can be used around the eye area — big advantage of acupuncture and micro current. It is safe for small eye wrinkles comparing to other devices.

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A Natural Way To Turn Off Cancer (and other Diseases)

BY JOHN SINNOTT,
EDITED BY CAM MACQUEEN

About 5 years ago my wife Margaret went to see our family doctor for an annual physical and discovered her white blood count was above normal. Her doctor suggested she see an oncologist to find out if it could be Leukemia. That evening we both convinced each other it wasn't possible because she looked healthy, almost never got sick, got plenty of exercise and had a "healthy" diet.

The second blood test confirmed she had Chronic Lymphoma Leukemia (CLL), which is commonly called cancer of the blood. You can imagine all the emotions we felt that evening. Since Margaret considered me to be a "health nut," she looked to me for advice and asked what she should do.

Earlier that year I read the bestselling book, *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term*

Health, written by Dr. T. Colin Campbell, a professor from Cornell, and his son. Dr. Campbell had completed some interesting cancer research in the labs. He discovered how to "turn off cancer" by eliminating all types of food that contain animal protein. So, I suggested she read *The China Study*. In chapter 3, Dr. Campbell explains how the experiments he conducted worked 100% of the time. Before Margaret even finished the book, she decided to give it a try and see if she could "turn off" her cancer growth.

I supported her decision and from that day we both switched to a whole-food, plant based diet. At first, this was very difficult because animal protein was in almost everything we were eating. Margaret normally drank at least one big glass of cow's milk every day, sometimes two or three. She loved eggs and often had them for dinner. Cheese... well cheese goes with everything. You get the picture. It took some effort, but we had plenty of incentive and were ready to give it a try.

We purchased a few plant-based cookbooks and began to experiment in the kitchen. We soon discovered meat does not need to be the focus of every meal and it's possible to create great tasting meals without any animal products. It was easy to replace cow's milk with soymilk or almond milk. It did not take long to lose our craving for meat or cheese, but we do miss the taste of eggs now and then.

The most difficult part was explaining to our family and friends why we quit eating animal products. They kept asking questions like, "Where do you get your protein?" It's amazing how brainwashed we have become by Big Ag—the Big 3—the meat, dairy and egg industries. It's now even illegal to say anything bad about the meat industry in some states. Google Ag Gag laws and check out Will Potter's book, *Green is the New Red* (<http://willpotter.com>). You'll be shocked at what you read. Sorry, I got off track. Fast-forward five years and Margaret's cancer is still at stage 0, and she has never needed che-

mo or radiation. We are still on a 100% whole-food, plant based, vegan diet and I think she looks better than ever.

Dr. T. Colin Campbell gave a presentation at the University of North Carolina-Asheville not long ago and Margaret arrived early to get a seat in the front row. After his presentation he had time for a few questions and she was quick to raise her hand. She asked if it was possible to "turn off" leukemia by switching to a whole-food, plant based diet. He said, they did not conduct any experiments with leukemia, however he was confident that the answer was YES! My wife then told everyone she had CLL, had switched to a plant-based diet after reading his book *The China Study* a few years ago, and that she was still at stage 0. The audience began to applaud.

It is Dr. Campbell and the other pioneers advocating the health benefits of a whole-food, plant based diet who deserve the applause. In our pill popping

continued on page 38

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confidence | self-esteem
expectations | demands of daily life

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uncover life destiny & purpose
explore past lives & life between lives
connect to your higher self
explore the world of superconscious

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well-being, serenity and joy!
— Joanne Selinske

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A Natural Way To Turn Off Cancer (and other Diseases)

...continued from page 37

society today, when every other ad on the evening news says you need to take more pills, it's refreshing to find people willing to stand up against the big drug companies, the meat and dairy industry and speak the truth. The truth is we, as a country, can reverse heart disease, cancer, diabetes and obesity by simply changing what we put in our mouth. We cannot prove Margaret "turned off" her cancer by eliminating animal protein from her diet, but it is working.

Because of Margaret's experience as a cancer survivor who changed her diet and got well, I thought I could help others achieve the same results especially since everyone seems to be confused about which foods promote health and which promote disease. So, a couple years ago I approached the smartest person I could find on the subject of nutrition, Dr. Amy Lanou, with an idea—to help create an inexpensive online course to teach the truth about nutrition. Dr. Lanou received her PhD in Human Nutrition from Cornell University. She is the Chair of the Health and Wellness Department at UNC Asheville and also serves as Se-

nior Nutrition Scientist for Physicians Committee for Responsible Medicine (PCRM), a Washington DC based nonprofit organization dedicated to promoting preventive medicine, especially better nutrition, and higher standards in research. Dr. Lanou focuses her research and projects on efforts to help laypersons and health care professionals shift to low-fat plant-based diets for promotion of long-term wellness.

With help from some of the best nu-

While this article has focused on cancer, switching your diet to a nutritious whole-food, plant based diet can help prevent and reverse all types of chronic, debilitating diseases such as stroke, diabetes, heart disease, obesity, high blood pressure, and more.

trition experts in the country, such as Dr. Lanou, Dr. T. Colin Campbell, Dr. Neal Barnard, Dr. John McDougall, Dr. Caldwell Esselstyn, and others, we created a program called the 14 Day Health Challenge. The program is designed for individuals as well as businesses and corporations seeking to keep the workforce as healthy and productive as possible.

The health benefits from eliminating

all processed food and all food with saturated fat and/or cholesterol for two weeks are amazing, especially when comparing your blood pressure, cholesterol, triglycerides, glucose and weight before and after. Our goal for the 14 Day Health Challenge is to teach the truth about nutrition and prove to people they are in control of their own health. While this article has focused on cancer, switching your diet to a nutritious whole-food, plant based diet can help prevent and reverse all types of chronic, debilitating diseases such as stroke, diabetes, heart disease, obesity, high blood pressure, and more.

If you want to learn the truth about nutrition and take control of your own health, visit our Web site www.14dayhealthchallenge.com.

Please share the site with friends, coworkers and loved ones.

Whether or not you visit our site, please take the opportunity to learn more about the health benefits of a plant-based, whole foods diet. The PCRM (pcrm.org) is a wonderful DC-based organization that has spent decades providing free information on the connection between diet and health. Check out the DVD *Forks Over Knives*

(www.forksoverknives.com) or the brand new *PlantPure Nation* (<http://plantpurenation.com/the-film>). Within two weeks, you will see remarkable changes. Taking a plant-based challenge may just save your life!

John Sinnott has an MBA degree and is the founder of Web Star International, an Internet marketing company based in Asheville, NC. Married to Margaret Sinnott, they are the parents of three adult children. John can be reached at 14dayhealthchallenge@gmail.com.

Cam MacQueen is the creator and manager of "Cultivating Compassion." If you have ideas or suggestions for a future column, contact her at worldisvegan@aol.com. Cam is opening THE BLOCK off Biltmore (<http://theblockoffbiltmore.com>), an ecovegan, social justice, and solidarity bar in downtown Asheville, NC. The bar/event space is located in the beautiful YMI (Young Men's Institute) Building, the world's oldest African-American cultural center, built in 1893 for the African-American men (and their families) constructing the Biltmore house. TBob will specialize in local, organic, sustainable vegan food and beverages. If you visit Asheville, stop in, say "Hi!" and try out the fare. On Facebook: www.facebook.com/theblockavl; on Twitter: twitter.com/tbobavl.



A Holographic Universe: the use of epigenetics, quantum field theory, and the heart field to create and heal as the veil lifts to expose a deeper understanding of life

Breakthroughs and discoveries in the fields of epigenetics, DNA reprogramming and quantum field theory provide a comprehensive and inspiring new model for business health and healthy living, providing that the human mind can influence our health and well-being and more powerful ways than we have ever imagined.

Research has delved into the energetic field of the mind and body around the principles that we are not merely matter particles, but rather energy and waves synchronizing with each other in exchanging information on the quantum level through the field, what is called the holographic matrix. Ill health, mental or physical as well as lack of a happy and fulfilling life, are all signs that our dynamic quantum communication is in some way faltered. Good health and a happy fulfilling life is a sign that our dynamic quantum communication is in coherence, meaning in balance in an optimum way between the chaos in order of our inner and outer world.

So how do we align our inner and outer world?

The answer to this can instantly change one's life. Through modalities such as ThetaHealing, Matrix Energetics, access consciousness and other revolutionary modalities, you will be the master of your own destiny. Studies have actually revealed that the perceived past and present does not actually create our future, rather that our future creates our perceived present space that we are living in. Therefore, it is extremely important that we have focused intent and understanding on what we expect in our every day realities. Many people have no idea what they want to create for their future. Imagine a life where your random thoughts, fears, negative beliefs, and emotions create the exact path that you are about to walk upon. As you get further and further down the path you begin to feel stuck, hopeless, helpless and experience a loss of life force energy.

Much research has been devoted to quantum field theory and mathematical explanations have helped to prove that the universe may be a holographic image in which we project and create our realities within. What is a holographic universe? 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 everyday. 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.

What does your holographic imprint or pattern consist of?

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 does Rebecca do?

Rebecca will use her knowledge in Theta Healing, Matrix energetics, and other modalities to align your mind, body, emotions, 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 to vibrate at a frequency where dis-ease is unable to exist.

Private sessions are available in person, remotely, by telephone, or Skype. The first session is a minimum of two hours. In most cases remarkable results are noticed immediately. Subsequent sessions are one hour each and scheduled as needed. It is very important to teach the client to heal themselves on a daily basis. Therefore, the person is left with a lifelong tool that is priceless. Many people choose to become certified in ThetaHealing as an adjunct to their career or to be able to help and teach loved ones to be the players in their own life and how to heal.



**"The field is everything."
— Albert Einstein**

About Rebecca Norris

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. Rebecca is a Licensed Professional Counselor and currently in the process of obtaining her PHD in Integrative



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Medicine through Quantum University. 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.

Making Sense of Natural Perfume Oil

BY EVE STAHL

It can be argued that our sense of smell is the most important of all our senses. Our ability to smell serves as a warning signal and enhances our life experiences. An aroma can emit a response in us, creating a mood or conjuring up a memory, as does music or a painting. A person will choose whatever aroma attracts them. It is said we choose by our emotional type, our seasonal type, or when seeking a desired effect. Regardless, humans enjoy indulging in scent as emotional therapy, or to decorate and attract, all of which sends a message.

When we wear *natural* perfume our spirit instantly connects deeply with the essence of nature. As we experience the life force of the elements of our plant world, emotions can be stimulated such as joy, happiness, romance, sensuality, desire. We can become uplifted, feel safe, grounded and balanced, eager to move forward—all from an experience with nature's elements blended into an aromatic potion. A perfume is like a subtle aura that surrounds us. Today it is not as acceptable



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to wear perfumes with a strong trail of scent, known as silage, extending beyond our personal boundaries, as in the case of most synthetic perfumes. A Natural Perfume's silage is closer to the skin; it is subtler. It is there to enjoy for those whom we will allow

into our personal space and for those with whom we want to share who we uniquely are.

Early Perfumery

Throughout the ages products have been used to enhance the feel of the

skin and the smell of the body, much as we do today. Early civilizations, starting with the Egyptians, used perfumes and incense for religious purposes to please the gods. They would adorn themselves by rubbing aromatic balms into the skin. Spice traders who knew the antimicrobial properties of the various spices also used the essential oils of spices to rub on their bodies to protect their health when they robbed the graves of plague infested bodies. Their purpose was medicinal; it was protective. The effect was also aromatic.

In the nineteenth century the city of Grasse, in Provence, France, became the center for growing flowers and herbs for the perfume industry. This was also the beginning of the synthetic perfume industry, as laboratory synthesized fragrance was less expensive than growing and sourcing rare and exotic plant ingredients.

By the twentieth century perfumes were being mass-produced. Over time, even less expensive synthetic ingredients have been developed and people have noticed increasingly more adverse reactions to the synthetic renditions of scent. Skin, eye and lung irritations, *continued on page 40*



Registration for Winter 2016 now open: Classes begin January 4, 2016

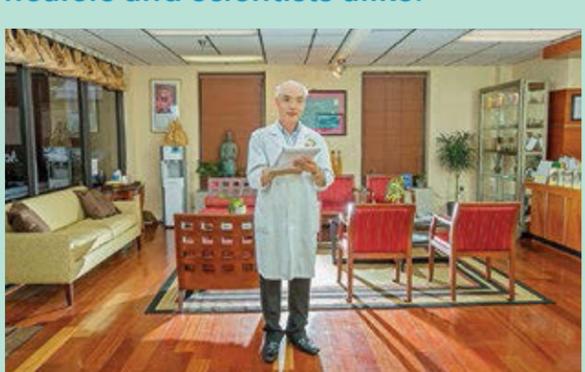


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Making Sense of Natural Perfume Oil

...continued from page 39

respiratory ailments, neurotoxicity and organ system toxicity are commonly experienced as a result of the synthetic toxins and potentially carcinogenic ingredients that are being created in modern day perfume laboratories. Fortunately, the market continues to evolve. Today, we can once again be delighted with all natural perfumes of pure plant aromas offering full, well-rounded and deeply aromatic delights that are most lovely, and, most importantly, *safe* for our health.

Natural Perfume Versus Commercial Perfume and Fragrance Oils

Natural Perfumes are aromatic essences made from pure whole form ingredients such as steam distilled essential oils and absolutes of plants – herbs, flowers, seeds, stems, barks, woody resins and spices. These are *true* natural perfume ingredients. The aromas are full-bodied, deep and a delightfully balanced orchestra of varied levels of aroma. When first applied the aroma is clearly evident. With time the aromas noticeably change, as they are complex blends; the top, middle and base notes evaporate in stages that seem to be always in transition. This

aspect has been referred to as ‘undulating essences.’ As the aroma seems to fade you can begin to focus on the energies of the perfume oils within your body and psyche—the ‘scentsations’ of the blend. This is the unique benefit of Natural Perfume Oils.



Most importantly Natural Perfume Oils do not contain carcinogens and other toxins found in commercial perfumes and fragrance oils. Many people who cannot wear synthetic fragrances, or who don’t care for the presence of chemical ingredients and/or aromas, welcome the purity and balance of a good natural perfume. The only way to scent naturally is with pure essential oils.

Commercial perfumes are made with synthetic chemical compounds, e.g. petrochemicals phthalates, labelled as fragrance. As noted above they can cause irritations of the skin and nasal passages, headaches, asthma, allergies, bronchitis, neurotoxicity and even cancer. Phthalates are solvents used to make rigid plastic pliable. This begs the question, why is there rigid plastic in perfumes and cosmetic products? Today, commercial perfumes contain very

Natural Perfumes are aromatic essences made from pure whole form ingredients such as steam distilled essential oils and absolutes of plants – herbs, flowers, seeds, stems, barks, woody resins and spices.

little if any natural plant ingredients, thus the full aroma and full benefit of nature will not be experienced. Fragrance Oils are synthetic scent chemicals that contain solvents to assist blending and increase fragrance longevity. Dilutants are also used to ‘cut’ fragrance oils, which lowers cost. But buyer beware! Often these fragrance oils are labelled as essential oils and aromatherapy. However, these are

not to be confused with true natural essential oils.

Another category of fragrance oils is ‘Natural’ Fragrance Oils, which are fractionated isolates of plants. In other words, they are only part of the whole plant. The aromas are often too sweet, flat and uninspiring. Moreover, the ingredients in fragrance and fragrance oils are ‘protected’ and do not have to be revealed. There are no regulatory standards that differentiate natural perfumes, isolates or fragrance oils. The only way to ensure your health is to be aware of the ethics and integrity of your perfume manufacturer/supplier.

Properties of Essential Plant Oils

Here is a quick guide to the properties and characteristics of some essential oils found in plants. Use this as a handy reference when searching for a new scent for your skin, your mood, or your home.

- **Citrus:** Fresh, Uplifting, Refreshing, Emotionally Clearing
- Bergamot – anti-depressant, relieves anxiety, refreshing, uplifting
- Orange- anti-depressant, mildly sedative, uplifting, increases tolerance and compassion, counters moodiness
- Lemon- revitalizing, cleansing, eases confusion, clears intellect
- Lime – stimulating, cleansing, mental



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Float Therapy is beneficial for muscular/skeleton system, skin, and mind. Water is skin temperature, lose complete sense of your body. Steam showers of mint, lavender and more! Come out refreshed and energized!
Dr. Oz recommended

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and emotional clearing, moves one into action

- **Floral (light):** Optimism, Playful, Inspiration
Orange Blossom – sensual, playful, uplifting, hypnotic and euphoric
Neroli – relaxing, calming, uplifting, relieves social anxiety, promotes emotional harmony, encourages hope, relieves depression
Bergamot – anti-depressant, relieves anxiety, balances the spirit, combats fatigue due to stress and anxiety

- **Floral (deep):** Sensual, Warm
Jasmine – sensual, reawakens passion, aphrodisiac, restores creativity, elegant, exotic, 'love potion'
Clary Sage – relaxing, restores emotional balance, relieves stress, euphoric, aphrodisiac
Rose – calming, supportive, dispels grief and heartache, transforms sexual love to spiritual connection, sensual, subdues envy and jealousy

- **Woody resins, barks, roots:** Meditative, Tranquil, Serene, Deep Inner Calm
Sandalwood – meditative, soothing, supports spiritual growth, uplifts the psyche, aphrodisiac, eases obsessive worry
Cedar wood – relaxing, grounding, assists meditation, aphrodisiac, calms anxiety, diffuses fear, builds confi-

dence, enhances spirituality
Vetiver – grounding, relaxing, re-connects to inner self, balancing to hyperactive mind, mildly sedative, restorative

- **Spice:** Warm, Sweet, Reminiscent of Holidays
Cinnamon – dispels confusion, indecision, panic and sense of overwhelm
Coriander – refreshing, mood elevating, increases intuition, contentment
Ginger – fresh, sharp, warm, promotes confidence, vitality and initiative
Nutmeg – sweet, musky, spicy, boosts optimism, helps to overcome confusion and fatigue

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Deer hate fuzzy leaves like most of the culinary herbs—from lavender to sage. Strong-scented plants like catmint, horseradish, and hyssop repel deer. They also do not like those that are bitter because they are poisonous; those include daffodils, hellebores, lily of the valley and foxgloves.

Photo by Michelle Alonso

Dealing with Mammal Pests in the Garden

BY KATHY JENTZ

Gardening ecologically in the Washington, DC, region can be a challenge. We plant native plants and then complain about the native animals that come to munch on them. We can hardly be miffed at Bambi and Thumper, when we have planted a virtual gourmet banquet of their favorite treats for them.

Yet, we still want to garden and not have just stubble and bare sticks in our landscape. So how can we garden alongside wildlife and still have a decent-looking yard?

First, we need to judiciously pick our battles. Clearly, if you are growing edibles, then you want to devote more of your time and resources to protecting them so you can maximize the harvest you get to consume. Next on your list will be to protect those ornamental plants that have sentimental or other value for you. Finally, you will want to preserve those plantings with intrinsic property value.

The main line of defense against mammal garden pests is exclusion. Fence off your entire property or just that portion you want to protect. If you are aiming to keep out deer, then the fencing needs to be at least eight feet high. Under most of the local governments and HOAs in the DC suburbs, the maximum allowed solid fencing is six feet high. Therefore, you will need to get creative. You can string fishing line

or electrified wire at two-foot intervals along sections of your property that are not crossed regularly by humans. You can also look into mesh deer fencing, which is a flexible net-like material. At a distance of 20-feet or so, it is practically invisible to the human eye. If you do use the mesh deer fencing, make sure you do not leave a gap at the bottom as deer can go under just as well as they can go over. All fencing also requires regular maintenance and repair against things such as tree limbs or snow that can weigh down or break a fencing section.

The next line of defense is natural predators—that can include encouraging our pet cats and dogs to take care of rabbit, voles (meadow mice), chipmunks, and rats. Some of our domestic pets are skilled hunters, while others are not. You may also not be comfortable with this tactic. A more acceptable tactic for many is to use predator urine sprays and granules. Brands include Shake-away and Bobbex. These sprays contain urine from natural predators like bobcats and coyotes. You can also sprinkle blood or bone meal to deter mammals feasting on your garden beds. Milorganite is a fertilizer derived from human sewage waste and has proven effective at repelling deer predation. All of these sprays need regular re-application as they can fade away and heavy rains can wash them away. The other kinds of spray program you can try is organic, sulfur-based brands like Liquid Fence or Deer Out. These are “bad taste” sprays you apply to the foliage of plants you do not want deer or rabbits to nibble on. They also can contain hot pepper extras and mint essential oil. Whatever spray brand you

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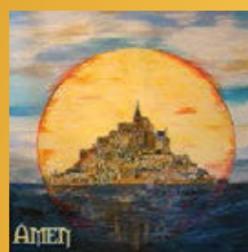
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Dealing with Mammal Pests in the Garden

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choose, know that animals can habituate to certain smells and you may want to switch up to a different brand very three-to-six months to keep them on their toes.

One proven technique to keep all kinds of mammals from your gardens is a motion-sensor sprinkler system (Havahart and Contech Scarecrow are two popular brands). These shoot out a burst of water at anything that interrupts the motion sensor. It can be quite shocking and a great deterrent. Unfortunately, this works equally as well on humans—a water stream can zap you or a guest and it can be an unpleasant experience. I always caution those who use this technique to move the sensor around every few weeks, and to put a note on their door to remind themselves and the rest of their household of where they last put it, so they don't get sprayed as they head out in the morning.

Finally, pick plants that are less palatable to your problem creatures. Deer hate fuzzy leaves like most of the culinary herbs—from lavender to sage. Strong-scented plants like catmint, horseradish, and hyssop repel deer. They also do not like those that are bitter because they are poisonous; those include daffodils, hellebores, lily of

the valley and foxgloves. They also find turn up their noses as some native plants like Paw Paw tree and Serviceberry. Use these plants to create a buffer zone between the deer and those plants they love to consume, like hostas and tulips.

Our mammal friends often make gardening frustrating, but it does not have to be an all-or-nothing affair. With proper planning and selection, we can garden and live alongside our native creatures.

A Side Note on Harmless Mammals

The following mammals are harmless and often actually beneficial for your garden: opossums, raccoons, skunks, coyotes, and moles. All of these mammal visitors to your garden will eat slugs, bugs, and small vermin. They should be welcomed, or, at least, not interfered with, as they visit and take care of other pest problems for you. Some of these mammals, particularly raccoons, can be destructive and messy, but they should not be a major issue for you unless you are not practicing good garden hygiene. What does that mean? That includes cleaning up all fallen and rotting fruit and berries, not leaving out pet food, cleaning up pet waste, and storing seeds,



Our mammal friends often make gardening frustrating, but it does not have to be an all-or-nothing affair. With proper planning and selection, we can garden and live alongside our native creatures.

Photo by Kathy Jentz, *Washington Gardener Magazine*

trash, and organic fertilizers in metal containers.

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

originally appeared on The DC Ladies blog (www.thedcladies.com/) and in Washington Gardener Magazine.

The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year's subscription is \$20.00—order by mail or online at www.WashingtonGardener.com. See the Washington Gardener ad on page 85.



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- confronting marital crisis or divorce*
- seeking to improve communication skills with your partner*
- wishing to enrich creatively your relationship*

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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Becoming a Happy Couple ...Even with an Imperfect Partner

BY ROBERT CALDWELL

Problems, struggles, disappointments, heart wounds show up in our lives as coming from "out there." In the many years I have counseled couples, I do not remember having heard any person begin their work by saying something like this: "I'm dissatisfied in our relationship. My partner is doing his/her best, but there is something I'm just not doing right." Rather, unhappy partners talk like this: "He is not anything like the way he pretended to be when we fell in love." Or, "she is not at all the sweet and fun-loving person that I knew for the first two years we lived together."

Of our partners, we may speak in measured nuances about their not "understanding us" (often with thinly veiled contempt) or with unstrung rage about their "abusing us"—mild, moderate, or extreme, the core of our argument is: it's "them," not "us." We accuse them of being lazy, uncaring, stubborn in bad habits, unwilling to accommodate to our needs, bamboozlers, narcissists, loners, betrayers, attackers. Our tone



may be measured or fierce, but we place the blame on others and interpret our unhappiness and despair in our relationships as being "their fault." Most of us came from families where "others" were blamed. "The gov-

ernment, the school, the boss, the church, the weather, the accident, the devil made us do it." Small wonder that we see our partners as being the cause of our relationship's dysfunction. "If only he would!" "If only she

wouldn't!"—then all would be well. And, being an energetic people, having that American heritage of fixing things when something goes wrong, we go vigorously about the business of improving one another. The unsatisfied member of the couple embarks upon a program of shaping-up the partner. This intensely important rehabilitation project is begun overtly, covertly, or both. We feel we deserve better, after all, our partners "led us to believe" that they would be what we wanted them to be. That's why we came together in the first place. Furthermore, it is clear to us that "any decent person, without having to be prompted, would certainly treat us as we rightfully expect." With smug self-congratulation we reassure ourselves that we certainly would do as much--no, do more--for them. (We are often further bolstered in our remodeling intentions by the perceived (coerced?) "agreement" by our partners that they have--or may have--caused the difficulties in the relationship. On the surface, he may even consent to

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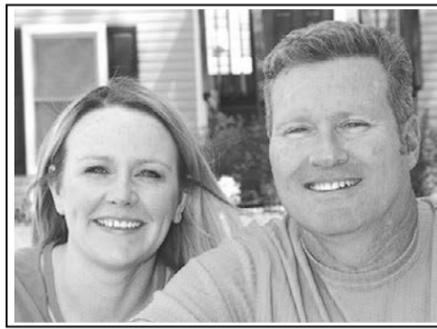
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cooperate in the "makeover.") What an exhilarating and hopeful moment when we believe that changing the other is possible, even within reach, and we can look forward to our partners acknowledging and correcting the errors of their ways and becoming what "we know they should."

And so our "make-over" project begins. We suggest, urge, push, threaten, cajole. We read voraciously and discretely, drop books and articles in our partners' paths so they will "get the idea." We sweetly and not-so-sweetly make demands. We try out several couple counselors, and pursue individual counseling to learn better how to influence her--to little avail. We try harder. We fail again. What's wrong? To put it simply: the *Getting-Our-Partner-to-Change-so-We-Can-Be-Happy-Scenario* doesn't work. Neither partner will or can oblige. The desire of one person does not carry sufficient power to modify the behavior of another. Fritz Perls' famous dictum goes immediately to the heart of the matter: "In a game between the Top Dog ("should") and the Underdog ("If I'd wanted to, I'd already have done it.") the Under-

dog always wins." People have neither the inner resources nor the will to make more than occasional cosmetic behavioral changes because their partner desires them, even when their partner threatens to abandon them unless they change.

If "The Road to Hell Is Paved with



Good Intentions," many of the stones in that highway are made of couples' dreams. Must we fail as couples because our partners don't measure up to our ideals? There is no area of human life where this is truer than that of intimate relationships. What can be done to make our relationships more

fulfilling, closer to the bonds of support and companionship and stimulation which is essential to having a life-worth-living? If we can't change the other to be what we want and need--must we take up an austere life, one of regret and disillusionment in human relationships. Must we make-do without intimate, committed contacts and compensate by losing ourselves in work, avocations and social relationships--perhaps, even mind-numbing distractions?

Life is limited for all of us. We have a

Unfortunately, the route we have pursued for changing our partners has proved to be a dead-end. There is a more promising, and more challenging alternative—that of *changing ourselves*.

given intelligence potential, our parents are not returnable, our childhoods can't be rewritten, and our mortality is guaranteed. No wonder, in our hopes for some fragment of control, we should seek to modify our intimate partners to make our lives more joyous and gratifying. Unfortunately, the

route we have pursued for changing our partners has proved to be a dead-end. There is a more promising, and more challenging alternative--that of *changing ourselves*. We can't remake ourselves completely, nor radically, nor even approximately the way we would like to--but we can reshape aspects of ourselves much more effectively that we usually think we can.

We complain about our relationships because our outer worlds of experience do not fit our inner worlds of expectation. Our motivation comes from trying to match our inner expectations for satisfaction with outer experiences--e.g., an image of chocolate cake makes us hunt out the bakery whose recipe most closely approximates a cake taste and texture lodged in our brains; new friends are sought out who have voices and mannerisms similar to remembered and yearned-for old friends.

This strategy goes a long way toward explaining our unhappiness with our partners. It follows that we choose our mates according to how we perceive them as meeting our expectations for what pleases us. When, after the haze of romance and the intense demands of young careers and nest making have abated, we discover that our partners don't even closely match whom we had dreamed them to be. Fortunately, human plasticity is sufficient that we need not be forever stuck with what

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we *had* thought we wanted. When our attempts to mold the partner have fallen on their face, we *can* work with our inner notions of what is necessary for us to be happy—learning to minimize some expectations and enhance and enlarge others, i.e., changing the balance of our yearnings and our skills for meeting our needs.

Arguably, the most significant finding of our age is the awareness that the universe, however “real” in its cosmic particularity, exists for each of us in our mind’s own personalized and private edition. The “in here” gives character to and determines the nature of the “out there.” This is no dilettante mentalism which denies the reality of the external world. Bush, Brittany, Obama, parents, children, husbands, wives, lovers—all assuredly exist in their own unique forms. And we have an infinite range of response potentials to each of them—praising, damning, seeing saviors or devils, being bored or excited. There is no person or thing that may be known purely “as is,” but only as perceived by each of us.

The notion of the universe as uniquely created by each of our minds is widely accepted as baseline philosophical and spiritual thinking. But, in the realm

of human relationships, it has just begun to influence how persons interact with one another. It is much easier to see the threat to our happiness as being outside ourselves: “them,” not “us.” Being a “winner” or a “loser” in a dispute is easier than to be a “co-creator” with one’s partner of the actual relationship.

The thought of an individual creating his or her own experience, including that with a partner, is both provocative and unsettling. Yet, as we can learn to see the world differently, so can we also learn to see our partners differently and radically expand our options for making a life with them. With an altered perspective on partnership, many new possibilities emerge for discovering positive connections. Where before, the negative had crowded out all our thoughts, now other aspects of our minds may begin to resonate with our partner’s behaviors. Beauty and ugliness, satisfaction and frustration, loyalty and betrayal are in the eye of the beholder, for the world of relationship is a creation of our minds. When we can learn to enliven parts of ourselves which we have left neglected and reduce the painful intensity of other parts of ourselves which have gone begging, we will begin to experience within the relationship unimagined possibilities and satisfactions.

The most important member of the couple is oneself—for you are the mem-



The most important member of the couple is oneself—for you are the member of the relationship over whom you have control—or over whom you can develop control.

ber of the relationship over whom you have control—or over whom you can develop control. The couple relationship is more dependent on our inner models and capacities for loving and living well than on the actual qualities of our partners. We can learn to create new visions of our relationships that are true to the “facts” by developing more positive angles and assemblies of the “facts” than we have been accustomed. We can learn to tend flowers more than decay weeds.

Our relationships are no better than our abilities to make them so. Having a happy partnership requires us to have the ability to have many good memories and associations and to find in our moments with one another the capacities for calling them forth. Having a good relationship means having expectations that match what we are able to experience in our ordinary living with our partners. Having a satisfying relationship is the cultivated talent to make a molehill of disappointment out of a mountain of loss and a mountain of enjoyment from a molehill of pleasant experience.

Our needs in the world of relationships are as broad and complex as human life itself. (Relationship is life itself.)

Some of these concerns central to our life include intimacy, friendship, sexuality, passion, inspiration, attentiveness, companionship, stability, loyalty, enthusiasm, support. In every relationship the issue is: Can we have the wisdom and the skill to make these areas of energy and need work for us with the partners we have, just the way he or she is? In real people’s lives the answer is—often! Success in changing oneself, thereby making a relationship work

creatively, is worth noting. Here are several stories of real people (identifying data changed) who were able to make changes in themselves and bring their creativity into the relationship so as to enhance their own lives—and, as it so often turns out, into the lives of their partners, as well.

The Thinker and the People-Person

Fred Malone’s life was people. As a high school Principal, he spent his days talking with teachers and students, involved with them in confronting and mediating difficult issues, absorbing their rage and grief, feeling the pains of failed expectations and exulted in goals achieved. He found his work frustrating, draining, exciting. He loved it.

Susan, Fred’s wife, was a computer programmer. She was bright and dis-

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Allyson De Matteo is a shamanic practitioner and full mesa carrier in the Qero tradition. Her goal is to facilitate healing and personal wellness through the use of ceremony. Allyson is honored to guide others on their individual healing paths.

Allyson@shamanic-healing.org



Judy Pohl is a Shamanic Practitioner and full mesa carrier in the Qero tradition. She has studied at the Shamanic Healing Institute since 2006. Judy has developed a unique healing relationship to a group of guiding spirits, the Grandmothers. Her goal is to bring healing and balance to those who seek it through ceremony.

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CALDWELL ARCHIVES

Becoming a Happy Couple... Even with an Imperfect Partner

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ciplined and was rewarded in her career for her intelligence and industry. She was structured, meticulous, fastidious, and most relaxed when solving problems. Fred had fallen in love with her intelligence and beauty, and her well-organized ways offered him a sorely needed complement to his more disheveled style.

When Fred came home he was ready for detailed sharing of his day with Susan. And he was troubled that he got from her what was, to him, a cold and insensitive response. Susan didn't seem to be interested in his ongoing struggle with student discipline or with the teachers who pawned-off troublesome students on him rather than work through problems in their own classrooms. She had little tolerance for hearing his ambivalent feelings, his disappointments, and his barely formed plans for correcting work problems. Susan's eyes would glaze over, her mind become restless; she would plead tiredness, even headaches.

Fred was perplexed. For a "people-person," as he was, such response seemed to be rejection. He felt that Susan must not love him anymore. Alternately, he pled and he criticized: "Why don't you give me your attention? I never tire of listening to you. (This was true. It was one of the facts that confused them both.) You must hate to hear me talk about feelings!" Susan would reply: "I help you as much as I can. Something just happens, and I throw an overload switch in my brain. As for my life--everything was in control today; I don't need to talk about anything." Susan would then nap or play tennis.

Fred was confronted with choices: Would he keep demanding that Susan change, spend a lifetime being let down, leave her and find someone who knew how to "listen like she cares?" Or would he attempt to get another perspective on the relationship by attending to other possibilities within himself? He chose to stay with Susan and enlarge his repertory of strategies for filling his own needs.

Fred began to realize that he was expecting Susan to respond with an empathic patience that was natural for him, but not for her. With some pain and grief he allowed himself to face his illusions that Susan could respond to him in a way similar to his responses to others. When he realized he was obsessively seeking for qualities Susan did not have, and began to deal with his unrealistic hopes, the glowing qualities Susan did have began to come in to fill the picture. He remembered the myriad's of times she had shown tenderness and caring to him. She did listen attentively, if only for a few minutes. She was able to be most responsive when he presented concrete concerns upon which she could exercise her considerable problem-solving skills.

Having taken the time and energy to assess what were actual possibilities



When he realized he was obsessively seeking for qualities Susan did not have, and began to deal with his unrealistic hopes, the glowing qualities Susan did have began to come in to fill the picture.

for dialogue with Susan, Fred began to share shorter stories and to ask her help in dealing with the particular problems that he was facing. He didn't get everything he had dreamed of, but it was so much better than being left high-and-dry. He began again to feel that she was in his life and he, in hers. He began to translate his needs into her language and to pace himself in a way that they stayed reasonably in step. As Susan became reassured that she was not continually being called into an emotional black hole, she was able to turn her energy from defending her own boundaries into responding to Fred's life. She became able to give him more of her vitality and spirit, without feeling guilty and inadequate because her mind did not crave relationship-talk the way his did.

The Adventurer and Old Reliable

Mary Jacobs was a proverbial "ball of fire," an adventurer forever exploring new projects and widening her circle of vibrant friendships. She had needed a steadying influence and in a period of stressful creativity found in Charles the kind of quiet surety which promised to save her from soaring off the edge of the earth. Charles was indeed stabilizing--in excess. Though hard-driving and highly successful in his career, he was home by 6:00, changed the kids' diapers, sang them to sleep, and was sexually faithful. Mary was very frustrated. Repeatedly, she tried to stimulate Charles' interest in travel, volunteer projects, sports, parties, weekend trips with close friends. Nothing worked. She despaired, and came to the verge of calling a divorce lawyer. One evening, when Charles was asleep (he always retired at 11:00), she reviewed her life and decided that many things were in place, and that she was not ready to disrupt her home and children and her appreciation of

this steadfast man, at least not until she had taken her largest and/or most courageous adventure--re-arranging her own head in regard to her expectations for life with Charles.

Mary gave up her insistence that Charles come to her pet social gatherings and quit pestering him to keep pace with her new adventures. She began to meet her needs to explore and experiment with some old friends who had long been waiting to renew their companionship with her. She joined a service club, became a political volunteer, and initiated a neighborhood book club. She realized that she could actually do more without her husband directly participating with her than when she had been sporadically successful in persuading him to come along. A part of her missed, from time to time, her earlier wish for a partner in adventure, but, freed of draining frustrations and dissatisfactions, she was much more able to appreciate, even to revel in Charles' faithful, soft spirit, and his prodigious work-ethic which provided the underpinnings for her dynamic explorations of the wider world.

The Passionate and the Stressed

Lisa Franks was extremely upset with Ed. He never was romantic. Rarely, and only for moments, did he show any interest in sex. When he did, he was of the fast and furious, release-and-sleep school of lovemaking. He paid little heed to her sexual needs, only to his tension relief. For years, she whined, begged, confronted, instructed and threatened. With no luck. Lisa entered therapy to help her build strength to leave a marriage which for her, as she focused on what was not happening in her intimate relationship with Ed, had lost its energy and its meaning. She began to have some distance from her relentless obsession to have Ed perform as she wished. She developed more capacity for being calm and began to unburden herself in expressions of anger and loss. As Lisa's energy began to flow, she began to see things from a slightly different perspective. Changes were subtle, but real. Lisa began to notice that her sex life was not quite as darkly monochromatic as she had assumed. She now became aware that on the rare occasions she and Ed made love on Sunday evening, he was more relaxed and actually "got into it" with pleasure and delight. On Sunday evenings he would respond more to the rhythms of her mood and the yearnings of her body than in their sexual encounters during his work week. She began to realize that Ed, a type "A," whose genetic and social legacy insured that he would battle stress all his life, was using sex as an outlet for tension relief, except at those few times when he was well rested, such as Sunday night. Here was a man who was not just withholding his affection, but in his own world of experience was not sufficiently free of his tensions to make himself available to her. But, if she would bear with him, give him some opportunity to relax, not exacerbate his tensions with

demands he was not capable of meeting, she found it was possible to have much of what she sought, after all.

Lisa began to prefer discovering what she could have with Ed, rather than the tearing experience of breaking up. She began to clear the way for sexual intimacy late in the weekend. And she lowered her expectations for lovemaking at other times. She learned to allow that these time of sex as tension-relief were primary for him. Sunday night was for her. As so often happens, when Lisa's urgency and anger subsided, Ed's interest had more space to grow. He became introduced to lovemaking as more than excitement and release--as a bond of pleasure and fun which they both shared.

Qualities for Creating Nurturing Relationships

These stories of persons who were able to turn around their relationships by finding parts of themselves that could see things and expect things differently, thus making the most of the relationship they had, reflect certain qualities that are essential for success.

The Courage to Tamper with the System

Like other living things, couples are systems. There is a paradox built into our way of being--if we try to change another, the system holds, but if we change ourselves, then the system will inevitably change--the other person changes, after all. When you give up your resistance to your partner's behavior, or when you begin to take care of yourself rather than of trying to change him, he no longer has the incentive to continue as he has. Jane got tired of harassing Peter about getting up in the morning. Several days a week they left each other with scowls and petty resentments. He dropped her by her work, and she was often late. She took an extra job, bought her own car, whisked off in the morning. Peter loved the extra sleep and the more independent wife and their relationship was given a boost as both emerged as enjoying their new-found independence.

Harry and Patricia had a different ending. When Patricia decided to go ahead and eat dinner at the time they had agreed, rather than continually wonder when Harry would show up, the bonds of passive-aggressive control which apparently had held them tight began to unravel. Harry was so enraged that the family would not adjust to his schedule that the atmosphere of the home became so hatefully charged that eventually they split up.

Change is dangerous--things can go either way, but both are ultimately life-giving for the person who is into his or her growth. If this matters most fundamentally, the stage is set for a remarkable new possibility in living.

A Capacity for Transcending Defensiveness

Perhaps the basic barrier to being able to accept the partner as she is, is not that her style is different from our own, but that we experience her way

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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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CALDWELL ARCHIVES

Becoming a Happy Couple... Even with an Imperfect Partner

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of being as judging us and diminishing us. Like Fred, we can imagine that our partner's refusal to be available to us the way we would like is a low valuation of our basic worth as a person. We feel the hurt of not being paid attention to and this amplifies into a sense of rejection and shame. The next step is to enter a defense mode, which can become an entrenched pattern manifested in such noxious behaviors as criticism, rage, contempt, and guilt making that preempt the opportunity for successful relationships.

Without building a sense-of-self secure enough that you cannot save your self-esteem through any means other than attack (If you are "low", you must always make another "lower."), there is little chance that you can reframe your relationship and move toward happiness. A basic principle in all couple work is that someone must get enough of a grip that he or she is able to try something different. If your dominant energies are directed toward protecting yourself from being made small or unworthy, then you are going to have little strength for anything but dying or destroying. To transcend this mutually hostile dilemma one member of the couple must develop sufficient grounding that he or she cannot be made a desperate warrior locked in a fatal win-lose battle against the other.

A Preference for Happiness that Exceeds Blame, Disaffection, and Martyrdom

Separating yourselves from habits of a lifetime in which you have become accustomed to fighting and other negative exchanges does not come easily. The human genius is to make virtue of necessity, and you have all received many rewards in practicing your blame programs which project responsibility for our happiness onto others. There is a risk in embracing the threats and pains that can come with the unfamiliar terrain of self-responsibility.

Awareness that a Problem "with Your Partner" Is Always a Problem in Meeting Your Own Needs

This reframes the problem in terms which are empowering: you do not have to change the other, only yourself. If you can create the means to meet your needs, if you can discover that some of the needs you thought you had could be reordered in priority, then you are in position to look to yourself rather than the other. If, for example, your partner continues to criticize you for not being more ambitious in your work, you can know that your problem is fundamentally the shame and hurt which you experience when you are so spoken to. You are then more free to choose various options, from counter-criticizing, to working harder, to going inside oneself to deal with issues of self-esteem, to leaving the relationship.



...or we may learn to see our partners and ourselves as the raw material, co-mingled with our own life-stuff, by which we may sculpt, together, a natural marvel from the potential of one self and another.

The *Smithsonian* featured an elaborate story about the discovery and cutting of the largest diamond in the world, 531 carats. The author spoke of how one would be likely to pass by this stone should one view it tossed among others in a lake shore. The raw rock is not especially attractive--too jagged to get a good grip and too small to skip over the water. But to an expert diamond cutter, the rough stone is revealed as the natural marvel it is. The beauty and the wonder of the diamond exists in the eye and the skill of persons who approach it will care and creativity.

We may decide we lack the talents and the will to attempt to shape our experience of our partners so we can have joy and satisfaction in the relationship. Or we may learn to see our partners and ourselves as the raw material, co-mingled with our own life-stuff, by which we may sculpt, together, a natural marvel from the potential of one self and another.

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 46 and go to www.psychsight.com for a collection of Bob's works.

www.psychsight.com

New Oceana Study Reveals Scary News about America's Favorite Fish

Oceana released a new study today that reveals mislabeling of America's favorite fish—salmon. Oceana collected 82 salmon samples from restaurants and grocery stores and found that 43 percent were mislabeled. DNA testing confirmed that most of the mislabeling (69 percent) consisted of farmed Atlantic salmon being sold as wild-caught product.

"Americans might love salmon, but as our study reveals, they may be falling victim to a bait and switch," said Beth Lowell, senior campaign director at Oceana. "When consumers opt for wild-caught U.S. salmon, they don't expect to get a farmed or lower-value product of questionable origins. This type of seafood fraud can have serious ecological and economic consequences. Not only are consumers getting ripped off, but responsible U.S. fishermen are being cheated when fraudulent products lower the price for their hard-won catch."

Oceana found mislabeled salmon everywhere it tested, including 48

Oceana collected 82 salmon samples from restaurants and grocery stores and found that 43 percent were mislabeled. DNA testing confirmed that most of the mislabeling (69 percent) consisted of farmed Atlantic salmon being sold as wild-caught product.

percent of the samples in Virginia (includes Virginia Beach, Norfolk, Newport News, Williamsburg, Richmond and Fredericksburg), 45 percent in Washington, D.C., 38 percent in Chicago, IL, and 37 percent in New York, NY. Salmon samples were considered to be mislabeled if 1) they were described as being "wild," "Alaskan" or "Pacific," but DNA testing revealed them to be farmed Atlantic salmon; or 2) the samples were labeled as a specific type of salmon, like "Chinook," but testing re-

vealed them to be different species (in most cases lower-value fish).

"While U.S. fishermen catch enough salmon to satisfy 80 percent of our domestic demand, 70 percent of that catch is then exported instead of going directly to American grocery stores and restaurants," said Dr. Kimberly Warner, report author and senior scientist at Oceana. "It's anyone's guess how much of our wild domestic salmon makes its way back to the U.S. after being processed abroad. Without

traceability, it is nearly impossible to follow the fish from the farm or fishing boat to the dinner plate. What we end up eating is mostly cheaper, imported farmed salmon, sometimes masquerading as U.S. wild-caught fish."

Oceana's salmon samples were collected during the winter of 2013-2014, when wild salmon were out-of-season. This mislabeling rate (43 percent) differed greatly from Oceana's nationwide survey in 2013, which found low rates (7 percent) of mislabeled salmon collected primarily in grocery stores at the peak of the 2012 commercial salmon fishing season, when wild salmon was plentiful in the market.

When looking at all of Oceana's salmon data combined (466 samples in total), we are able to make the following conclusions:

- Diners were five times more likely to be misled in restaurants than grocery stores (38 percent vs. 7 percent).

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New Oceana Study Reveals Scary News about America's Favorite Fish

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- Consumers are less likely to be misled in large grocery store chains that are required to give additional information about seafood.

- Salmon purchased out-of-season from all retail types was three times more likely to be mislabeled than salmon purchased during the commercial fishing season (23 percent vs. 8 percent, respectively).

Last year, the White House established the Presidential Task Force on Combating Illegal, Unreported and Unregulated (IUU) Fishing and Seafood Fraud. Oceana is now calling on the Obama administration to follow through on its commitment to tackle these important issues.

"The federal government should provide consumers with assurances that the seafood they purchase is safe, legally caught and honestly labeled," said Lowell. "Traceability needs to be required for all seafood to ensure important information about which species it is, whether it was farmed or wild caught, and how and where it was caught follows all seafood from boat (or farm) to plate. Providing consum-



Oceana has observed threatened species being sold as more sustainable, expensive varieties replaced with cheaper alternatives, and fish that can cause illness substituted in place of those that are safe to eat.

ers with more information about their seafood allows them to make more informed decisions, whether it is for health, economic or environmental reasons."

Background:

Since 2011, Oceana has worked to stop seafood fraud in the United States. Oceana's previous investigations of fish, shrimp and crab cakes in

retail markets and restaurants in the U.S. clearly demonstrate that traceability requirements need to apply to all seafood and extend through the full supply chain to the end consumer. On average, one-third of the seafood examined in these studies was mislabeled—the product listed on the label or menu was different than what the buyer actually received, often a less desirable or lower-priced species. Oceana has ob-

served threatened species being sold as more sustainable, expensive varieties replaced with cheaper alternatives, and fish that can cause illness substituted in place of those that are safe to eat.

In 2014, Oceana also conducted the most current and comprehensive review of seafood fraud literature to date, compiling 103 studies in 29 countries and on all continents except Antarctica. Every study found some level of seafood fraud, demonstrating that it is not just an issue that narrowly affects a handful of species or regions. In the U.S. alone, 50 different types of seafood have been found mislabeled, with over 150 species substituted in their place.

This July, Reps. Blake Farenthold (R-TX) and Stephen Lynch (D-MA) introduced the Protecting Honest Fishermen Act of 2015, which would ensure that traceability requirements apply to all seafood species, extend through the full supply chain and provide more information to consumers.

To access Oceana's full report and other materials, as well as learn how consumers can reduce their chances of falling victim to a bait and switch when buying salmon, please visit www.oceana.org/salmonfraud.

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Yoga Practitioners Proclaim Better Health and Wellness

NCCIH analysis reveals Americans embracing yoga, supplements and spinal manipulation

It's fair to say that yoga and other alternative wellness practices have become increasingly mainstream in recent years, with individuals turning to these approaches to combat physical injuries and chronic illnesses. But now there's scientific evidence showing a shift in attitudes. Americans are using complimentary methods more regularly—especially yoga—in pursuit of proactive prevention and not just for treatment.

The National Center for Complementary and Integrative Health (NCCIH), a branch of the National Institutes of Health (NIH), recently released an analysis revealing that people who practiced yoga or took natural products (dietary supplements other than vitamins and minerals) were more likely to do so for wellness reasons rather than to treat a specific health condition.

Yoga users reported the most positive health benefits, compared to users of natural products and spinal manipulation. Nearly two-thirds of yoga users said they were motivated to exercise more regularly as a result of practicing yoga; and 4 in 10 stated they were motivated to eat healthier. In addition,

more than 80 percent of yoga users reported reduced stress as a result of their practice. Other specific outcomes they noted included feeling better emotionally, and cutting back on alcohol and cigarettes. While the analysis did not show why yoga users reported greater wellness, more than 70 percent of yoga users conveyed a "focus on the whole person—mind, body and spirit" as a reason for practicing yoga.

"Though yoga seems to play the biggest role, people who use a variety of complementary health approaches reported better wellbeing," said Josephine P. Briggs, MD, director of NCCIH. "This may suggest that people perceive more wellness benefit when they are actively involved in their health, for example by practicing yoga. More research is needed to better understand the ways yoga and other approaches impact overall health."



This analysis was conducted on the data from the 2012 National Health Interview Survey (NHIS), which involved 34,525 adults aged 18 and older who were asked about their reasons for and outcomes from the use of three complementary health approaches:

natural product supplements; yoga; and spinal manipulation. Other key findings supported this change in Americans' approach to health and wellness, and included:

- "General wellness or disease prevention" was the most common wellness-related reason for use of each of the three approaches.
- More than two-thirds of users of all three health approaches reported that their use improved their overall health and made them feel better.

- Although dietary supplement users were twice as likely to report wellness rather than treatment as a reason for taking supplements, fewer than 1 in 4 reported reduced stress, better sleep, or feeling better emotionally as a result of using dietary supplements.

- More than 60 percent of those using spinal manipulation reported doing so to treat a specific health condition, and more than 50 percent did so for general wellness or disease prevention.

Barbara Stussman, statistician for NCCIH and author of the analysis affirms, "The NHIS is the principle source of health information on U.S. adults. Our results suggest that complementary health approaches may play an important role in promoting positive health behaviors, including those we know impact chronic conditions."

More information about this report can be found on the National Center for Complementary and Integrative Health (NCCIH) website at <https://nccih.nih.gov>.

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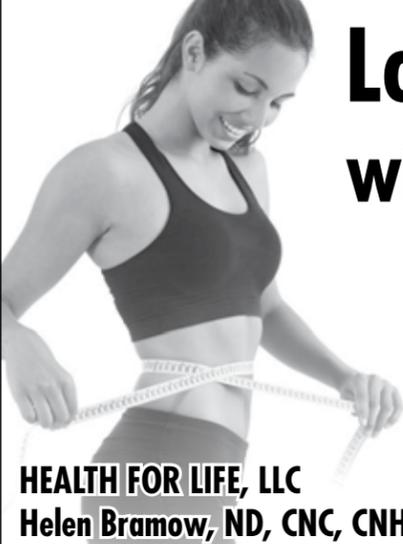
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BY GINA DEBACKER
FROM *MOTHER EARTH LIVING*
NOVEMBER/DECEMBER 2015

Along with the beauty of snow-glistened trees and the festivity of holiday parties, winter also brings the onset of more colds, flu, sore throats and other ailments. Stocking our homes with time-tested, tried-and-true homemade remedies (and potent preventives) is a smart solution. These winter favorites come straight from Grandma's cupboard—from medicinal syrups and vinegars to sweet elixirs and old-fashioned bitters.

Note: Herbal medicines are used for their potential effects in the body; discuss any new remedy with your doctor to make sure it's a good fit for you. Always consult your health-care provider when considering treatments for children younger than 2.

Syrups

Some of the best herbal remedies for colds and sore throats are medicinal syrups. These simple remedies are a wonderful way to administer bitter-tasting medicinal herbs to reluctant children and adults alike. Sweet and delicious, syrups can be taken by the spoonful and make a lovely addition to teas, desserts and bubbly beverages.

All syrups begin with a concentrated decoction, which is then cooked down and sweetened with either sugar or honey to help preserve the mix and add flavor. This process perfectly concentrates an herb's active constituents, making it great for treating upper respiratory infections. Syrups prepared with honey are usually preferable to syrups prepared with sugar, as honey is naturally antibacterial and effective

at soothing and coating sore throats. (Don't give honey to children younger than 2.)

If no preservatives are added to your syrup, it should last about two to three weeks. Add a few drops of vitamin C powder to increase its refrigerated shelf life by one to two weeks.

Great for: Sore throats, upper respiratory infections, preventing and fighting colds and flu

Best Herbs for Syrups: Elderberry, echinacea, ginger, garlic, licorice, marshmallow root, peppermint, sage, thyme

Bitters

Bitters have long been used to treat illness and flavor cocktails. Made of medicinal, bitter roots, barks or leaves, bitters are primarily taken to enhance appetite and improve digestion. The theory is that the strong, acrid taste of bitters hitting the taste buds signals production of more saliva, acids, enzymes, hormones, bile and so forth, in turn stimulating and improving the activity of the digestive organs as a whole. Bitters are also said to support liver function and boost metabolism.

To make this age-old remedy, tincture the fresh or dried digestive herbs of your choice with 100-proof vodka. Store the solution in a dark amber or cobalt bottle—use dropper bottles to make dosing easier. You can simply add drops directly to your tongue. Bitters can also be added to soda water or cocktails. To improve digestion, take about a teaspoon before or after dinner.

Great for: Stimulating digestion, in-

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creasing appetite, supporting metabolism and liver function

Best Herbs for Bitters: Angelica, bitter melon, chamomile, chicory, dandelion, gentian, ginger, orange peel

Elixirs

Elixirs are another tasty and traditional way to take your herbs. They are essentially sweetened tinctures that typically call on the healing powers of adaptogenic herbs. This useful group of herbs is well known for supporting the health of our adrenal systems, which manage our bodies' hormonal response to stress. These tonic herbs are useful for boosting energy, vitality and possibly even longevity.

This sweet remedy is usually made with brandy, which is gentler on the stomach than other alcohols used for tincturing. It's also naturally warming, smooth and tasty. Elixirs are typically made for sipping, as they are much more palatable than their tincture counterparts, and typically have a shelf life of about three years.

Great for: Enhancing energy and vitality, boosting immunity and overall wellness

Best Herbs for Elixirs: Astragalus, ashwagandha, damiana, fo-ti, ginger, ginseng, gotu kola, rhodiola, saw palmetto

Vinegars

Although they are not as potent as alcohol-based tinctures, medicinal vinegars are an excellent choice for people

with an intolerance to alcohol. Vinegars have been used for thousands of years to preserve foods, and thanks to recent studies we now know that vinegar offers a multitude of health benefits of its own. Apple cider vinegar, in particular, may be helpful in treating diabetes, high cholesterol, poor digestion and minor skin ailments.

Extract nutritious herbs (fresh or dried) with this kitchen staple, and enjoy atop salads and veggies or drink diluted in tea or water. (Avoid direct contact with your teeth, as the acid content in vinegar could harm them.) Compared with alcohol-based tinctures, herbal vinegars have a shorter shelf life—about six months—and don't draw out as many beneficial components of a plant. However, vinegars excel at drawing out minerals and vitamins. As a general guide, take 1 tablespoon vinegar extract up to five times daily as needed.

Great for: Enhancing nutrition, fending off colds and flu, boosting immunity, lowering cholesterol, relieving arthritis, improving digestion

Best Herbs for Vinegars: Dandelion, elderberry, lavender, oregano, plantain, rosemary, sage, thyme, yellow dock.

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6 Essential Beauty Nutrients For Radiant Skin

BY KIM WALLACE,
FROM MOTHER EARTH LIVING

While there's no simple formula guaranteed to deliver clear, frustration-free skin, powerhouse beauty nutrients found in our favorite whole foods can help reduce blemishes and keep skin looking youthful and radiant at any age.

"It's not about specific foods," says Jolene Hart, a health coach certified by the Institute for Integrative Nutrition and the American Association of Drugless Practitioners, and author of *Eat Pretty: Nutrition for Beauty, Inside and Out*. "It's more about the approach."

The approach, Hart says, is in choosing the best fresh foods that pamper our bodies while providing major skin benefits. This means targeting nutrient-dense foods known for their ability to build collagen and elastin (which keep skin firm and supple), reduce inflammation, and protect against skin-damaging free radicals caused by ultraviolet (UV) exposure, air pollution and everyday toxin buildup.

Thankfully, these beauty foods are likely already familiar—think nuts,

leafy greens, and colorful fruits and veggies. Hart suggests looking at the foods you already love and boosting their potential by incorporating more anti-inflammatory spices such as cayenne, cinnamon and turmeric; using powerful preparation techniques such as fermenting and steaming; and taking a few high-quality supplements such as probiotics and fish oils to deliver deeper skin- and body-healing benefits.

"Get in touch with how your body feels before and after eating," Hart says. "Does this make me feel good? Is this meal pampering me?"

If your answer is yes, then those foods are likely nourishing you from the inside out, and your skin will be the ultimate sign of it.

The result? Skin that's soft, even-toned and free of irritation—a clear reflection of healthy, whole foods feeding your whole body everything it needs to look and feel healthy.

6 Nourishing Beauty Nutrients

- Biotin: Found in almonds, avocados, chard, legumes and wild salmon

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One of the most popular supplements for healthy hair and nails, biotin is a B vitamin that's just as easy to get via whole foods. Instead of taking several biotin pills daily, why not munch on almonds or enjoy avocado toast topped with smoked wild-caught salmon?

• **Probiotics:** Found in yogurt, miso, sauerkraut and kimchi
 Scientists continue to learn more about the brain-gut-skin connection, so make adding a daily dose of fermented foods to your meals a regular habit. Yogurt is a delicious breakfast food. Sauerkraut and kimchi are excellent added to

salads or sandwiches. And miso makes a simple appetizer in the form of soup or can be used to marinate fish. If you find it difficult to get in a serving of fermented foods every day, probiotics are one beauty nutrient Hart suggests we consider supplementing. American Health makes high-quality options.

• **Zinc:** Found in chickpeas, mushrooms, oysters, pecans and quinoa
 Fussy, problematic skin can benefit from a daily helping of zinc-rich foods, which are critical to the tissue healing process and encourage collagen formation. Zinc also helps calm redness and inflammation, and is especially effective at regulating oil production.

• **Omega Fatty Acids:** Found in chia seeds, ground flax seeds, hemp seeds, trout and walnuts
 The hype around omega fatty acids is real—but the idea they only come from fish and supplements? Not so much. Get these anti-inflammatory, skin-strengthening nutrients from tasty seeds and nuts that can easily be blended into your morning smoothie or added to a daily salad.

• **Glutathione:** Found in artichokes, beets, broccoli, grapefruit and spinach
 A powerful antioxidant that regenerates free radical-fighting vitamins C and E, glutathione is one beauty nutri-

ent Hart is most excited to see become part of our beauty lexicon. "It's especially important for older people because it defends mitochondrial health and strengthens the immune system," she says.

• **Vitamins A, C & E:** Vitamin A is found in butternut squash, carrots, collard greens, kale and pumpkin; vitamin C is found in bell peppers, kiwi, papaya, pineapple and strawberries; and vitamin E is found in chard, olives, peaches, sunflower seeds and tomatoes
 Considered the royal trio of vitamins for beautiful, healthy skin, vitamins A, C and E are the most highly sought topical treatments to slow skin damage—and are some of the easiest beauty nutrients to enjoy eating every day. Colorful salads of red, green and yellow almost always guarantee that you're getting a shot of these vitamins essential to cell renewal and repair, production of collagen and elastin, and defense against free radical damage.

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TO YOUR HEALTH

Music is Good For Your Health

Music fans listen to their favorite tracks to unwind and relax whenever they feel stressed. The impact of music on mind and body has been studied for a long time. Research proves listening to music has many physical and psychological benefits. Here are ways that listening to music can help you feel better and how it can improve your health.

Reduces Anxiety and Stress

Research shows that listening to soft instrumental music can help to calm down people during stressful events. Music can lower cortisol levels, and prevent increases in blood pressure and heart rate due to anxiety. In a study conducted in Sweden, listening to music helped patients who underwent hernia repair surgery use much less morphine for pain management. Performing music can also calm you down.

Lowers Pain

Research indicates that music can also help to manage pain. In a study conducted in 2013 in Spain, fibromyalgia

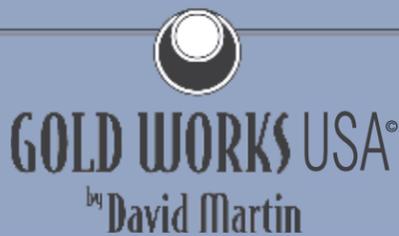
patients who listened to music were able to reduce their pain significantly and suffered fewer symptoms of depression. Music has a positive effect on dopamine generation and also reduces stress, which explains its ability to reduce pain. The impact of music is not a placebo effect. Researchers affirm music has robust analgesic properties.

Lifts Your Mood

Music can generate feelings of happiness and excitement and pump you up. It releases the feel-good hormone dopamine in the brain, which makes the listener feel happy and joyful. Listening to music has the same euphoric effect as eating chocolate or using certain drugs. Research indicates that music that has a fast tempo performed in a major key makes the listener feel happy.

Boosts Heart Health

Studies reveal that the endorphins released by listening to music boosts vascular health, strengthening the heart and hastening healing in patients of



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heart disease. Doctors have observed that listening to music helped cardiac surgery patients reduce their anxiety and pain levels after the operation. In another study, heart patients at Massachusetts General Hospital, after listening to 30 minutes of music every day, experienced less distress and had reduced heart rates and blood pressure.

Helps to Exercise

Many gym-goers like to blast pumping music even as they pump up their muscles. There is sound logic behind this. A research project in the U.K. found that listening to motivational music helped participants significantly increase the period of their workouts. The participants also revealed they felt good while exercising. Sports researchers say music is effective for exercise and sports because it lifts spirits, generates emotions and encourages rhythmic movement.

Which Type of Music is Effective?

Personal preference plays a big role in the impact of music. For exercising, you probably should listen to up-tempo music; to relax, you might prefer soft, slow-paced music. Your favorite music can evoke memories and help to bring to you out of a withdrawn state.

Research has conclusively proved the positive impact of music on physical and psychological health. You can listen to music while studying, doing household chores, or exercising. Choose the right type of music to boost your mood and improve your performance.



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- May 12–16: Jennifer Reis's Divine Sleep Yoga Nidra TT

Private Yoga/Yoga Therapy & Meditation classes & Yoga Parties. We can *bring yoga to you*—your business, home, school, early childhood/senior center.

Dream's WINTER SESSION starts Monday, Jan. 4. Every body can do yoga, meditate and love life more! Let us show you how!

In Downtown McLean, in McLean Professional Park, minutes from Tysons Corner, Beltway 495 & GW Parkway.

1485 Chain Bridge Rd., Suite 104
McLean, VA 22101

703-448-YOGA (9642)

www.DreamYogaStudio.com

Luann@DreamYogaStudio.com



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 22 years. They both have studied with and received permission to teach T'ai Chi from Robert Smith, Profes-

sor 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.

In January, we will have a weekday New Beginners Class on Tuesday mornings, 9 am–10 am, starting January 12, 2016.

Continuing beginner classes meet

Saturday morning at 8:30 am and Intermediates/Corrections on Sunday morning at 9:30–11 am with Push Hands 11 am–12 pm.

Intermediates and Corrections students are welcome to attend as drop in to any level: \$20/class.

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



**THE HEALING
HEART SCHOOL**

Healers' Training Program

Have you always wanted to be a healer? Know you have intuitive skills but never fully used them?

The Healing Heart School presents an in-depth Healers' Training Program to develop your natural healing skills and unique intuitive abilities. Learn to work with the auric field, including the chakras and energy bod-

ies, develop your seven nonphysical senses, read an energy field, connect with spiritual guidance, and become a vessel for healing yourself and others.

Barbara Brennan School of Healing Graduates Penny Chang, BHSP, CMA, and Serge Rasclé, MS, BHSP, share their 10+ years of training and 14-years experience as professional

energy healers, leading you on a transformative journey into the world of healing.

Accepting applications through January 15, 2016.

www.HealingHeartSchool.com or **434-244-3012** for details.



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.

www.holisticmomsarlex.blogspot.com, or find us on Facebook. Children welcome.

EXPLORE www.PathwaysMagazine.com for Hundreds of Local Resources and Events

Classes & Learning Centers



Hot Yoga Spa Nutrition & Wellness Center is a premier yoga, fitness studio and spa where our mission is to renew your mind, restore your body and revive your spirit. We offer hot yoga 26+2, vinyasa flow, power yoga and barre classes (60-90 min., suitable for all levels and will strengthen, balance, detoxify and exhilarate your body & mind), spa (facials, body treatments, massage—Thai, Swedish, Deep Tissue & Sports—laser lipo, lash extensions,

make-up application), nutrition and wellness services (nutritional counseling, grocery store tours, kitchen evaluations), all in two convenient locations in Woodbridge, near Potomac Mills, and in Tysons Corner.

We feature a boutique with the latest yoga gear & spa products, private showers, several state-of-the-art studios, far-infrared sauna, an organic tea & oxygen bar.

Hot Yoga Spa Nutrition & Wellness Center
3310 Noble Pond Way, Woodbridge, VA 22193
1961 Chain Bridge Road, McLean, VA 22102
571-989-1668
www.hotyogaspa.com
www.facebook.com/hotyogaspa
Instagram: @hotyogaspa
Twitter: @hotyogaspa



Institute for the Advancement of Service

The Institute for the Advancement of Service (IAS) is an educational and spiritual organization offering web-based courses and outreach events in soul development, service, leadership, and group life.

The foundation of IAS teachings and practices derives from *The Soul*

and *Service Trilogy*. *The Trilogy* consists of *Born to Serve: The Evolution of the Soul Through Service*; *The Awakened Leader: Leadership as a Classroom of the Soul*; and *The Clarion Call: Leadership and Group Life in the Aquarian Era*, by Susan S. Trout, PhD. Translating key spiritual principles into practical blue-

prints for action, *The Soul and Service Trilogy* books and website courses have been used worldwide to transform lives and organizations.

For more information, visit www.ias-online.org, or email btsias@aol.com.



Integrative Meditation Retreats
January 2016, Annandale, VA

- Convenient
- Affordable...\$175
- Develop Sustainable Skills

Dr. Jim Green developed the integrative content and format over a 30-year period. Rev. Jim Wilkins has continued offering and enriching the retreats since 2008. Individual and group techniques allow participants to experience consciousness at a deeper level and develop individual potential.

Reviews:
"The retreat gave me a renewed inner peacefulness. I've felt better than I have in a long time. I would recommend this retreat to anyone, regardless of their meditation history." CR, Accountant.

"A life changing event, it helped me make connections between past events and some current behavior issues." SA, Entrepreneur.

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

Limited to 6 participants. Fri. eve. 7pm-10pm; Sat. & Sun. 8:30am-10pm. For details and an application, contact Rev. Jim Wilkins, 703-300-2742, or email: j.wilkins@cox.net.



Be bold! Embrace your life dance at the LIFE DANCE LOFT in Fulton, MD.

And by that we mean, be more in your body and heart space, less in the head space. The Loft is a wellness/movement space that offers a variety of community classes in the healing BIODANZA movement system for babies to seniors, as well as therapeutic individual movement coaching

sessions. We offer Qigong morning and evening sessions; Meditation and Mindfulness of Kids; METTA® Reiki sessions; Life Coaching for teens and adults with a Marth Beck-trained life coach; EFT; Drum Circles; Women's Circles; Zumba-regular and gold; Laughter Wellness; Yoga Nidra; and much more.

We offer a weekend space for well-

ness workshops and trainings. Conveniently located right off Rt. 29 at exit 13, The Life Dance Loft invites you to come embrace vitality and joy in your life!

lifedance@gmail.com
www.lifedance.me



Meditation Museum I & II (MD & VA)

The Meditation Museums I and II offer one-of-a-kind unique spaces of silence and wisdom. View exhibits that guide you on the journey within and 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 www.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.

Meditation USA
Awaken Your True Potential
Experience the Profound
Arlington, Centerville,
Ellicott City, Rockville
www.MeditationUSA.org

Can't sleep because your mind is racing? Looking for deeper meaning to your life? Our egos plus the conceptions and habits we make become burdens, which make us unhappy and keep us from reaching our potential and from knowing Truth.

We guide students one-on-one

to let go of negative and unwanted thoughts. Anyone can follow this method, even children. In fact, Korean schools teach this method. Some students start seeing benefits in one or two weeks.

Our centers provide guided meditation seven days a week and are

located in Arlington, Ellicott City and Rockville.

Please visit either www.Maryland-Meditation.org or www.Virginia-Meditation.org to learn more, and to find the time and location of a free introductory session near you.

Classes & Learning Centers



New Future Society is a Center for awareness, inspiration and inner nourishment. Come and experience a Meditation or Yoga class; Healing Sessions for the Body, Mind and Spirit; monthly talks/conferences on the Nature of Higher Consciousness; Day of the Goddess; Yoga Teacher Training; the Library and Gardens; or one

of our other events designed to uplift, heal and inspire.

Individual retreats are available in The Healing Center in Rockville. Rejuvenate your body, mind and spirit with this rich and sacred experience as you live with the master teacher Savitri.

New Future Society Center is lo-

cated at 10410 Arctic Ave., Rockville, MD. For more information or sign up for the newsletters, please call: 301-452-7780, or email: savitri@newfuture-societycenter.com.

www.newfuturesocietycenter.com. Like our Facebook page: New Future Society Center.

Lunchtime Yin Yang Yoga Tuesdays in Silver Spring



Somatic Freedom Technique

Join Kevin Mutschler, MA, RPP, L.Ac., Dipl.Ac., for Yin Yang Yoga—a great energy exercise class on Tuesdays at Crossings above Whole Foods in downtown Silver Spring.

Yin Yang Yoga is based on timeless Taiji and Qigong movements. It is easy to do and a delight to practice. Step-by-step instruction together with helpful somatic coaching makes following along easy and intuitive.

Yin Yang Yoga classes are ongoing Tuesdays at 12-noon. Join anytime. Cost for ten sessions is \$150. Drop-in rate is \$20. Massage therapists earn up to 10 CE-hours (NCBTMB).

Somatic Freedom Technique seminars and trainings. Earn NCBTMB-approved CE-Hours and NCCAOM-approved PDA credits learning a profound and elegantly simple approach to somatic work based upon mindfulness principles and qi palpation techniques.

Somatic Freedom Technique effortlessly unlocks deeply held somatic patterns with just a few minutes of hands-on attention adding depth and effectiveness to any energy or body-work session including acupuncture, massage and many other somatic treatments.

Patients say: “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

Learn more about Somatic Freedom Technique seminars and trainings at www.prohealing.net.

To register for classes, visit prohealing.net, email kevin@prohealing.net, or call Kevin Mutschler, L.Ac., Dipl. Ac., 240-461-9300.



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 or visit us at www.reikicenter.info for more info.

Crystal Classes — Classes covering the metaphysical and energy healing properties of rocks and minerals. Crystal Journeying I: 1/31/2016.

Gendai Reiki Classes — Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles. Gendai Reiki Gokuikaiden (Master/Teacher): 12/18-12/20.

Healing Sessions — Offered by ap-

pointment at our center 2 blocks from the Rockville Town Center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes — Basic: 2/20/16; Intermediate: 2/21/16; Advanced: 2/22/16; Healing Angels of the Energy Field: 2/28/16.

Karuna Reiki® — Advanced Workshops for Reiki Masters to augment their skills. 3/18-3/20/16.

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

Reiki and IET Shares and Practice Groups — Allow newcomers OR practitioners to receive and experience sessions with one another. Held 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: 1/2/16-1/3/16; Master/Teacher Facets I-VII: 8/13-8/15/16.

Usui Reiki Classes — Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 12/12-12/13, 1/23-1/24/16, 2/13-2/14/16, 3/12-3/13/16; Level II, 12/5-12/6, 3/5-3/6/16; Level III: 4/1-4/2/16 (Practitioner) and 4/3-4/5/16 (Teacher).



AnAlternativeWay.info

Looking to live with heart filled passion and/or an inner satisfaction that never runs dry no matter what is happening in your life?

There is such a way. Its key is our own creativity and creative ability. However, if our creative spirit (creative-spirit.info) is not free to explore its desires, rather than experiencing

passion and/or inner satisfaction we can experience disappointment, dissatisfaction and/or discouragement with life if not outright pain, depression, and illness. The root of many addictions is a result of trying to numb the pain, discomfort or other feelings we experience when our creative spirit remains bound. Releasing our creativ-

ity (ryuc.info) from the cage of our making is the starting point to create that life worth living.

For further program information contact Ken at 240-750-8193 for individual services (gentlephoenix.com) and/or group programs (ryucprograms.com).



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for online alerts, resources, and event reminders.
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Classes & Learning Centers



Beginning, intermediate, and advanced shamanic classes with an experienced teacher, authorized by Sandra Ingerman and Betsy Bergstrom. With no dogma or cultural trappings, apply shamanic principles to daily life with workshops, shamanic movies, and journey groups, too.

Comprehensive healers' training includes understanding the "big picture" and learning new protocols. And you'll get support from an ongoing, free practitioners' circle.

Healers' Training includes:

- vibrational healing, soul retrieval,

helping spirit & power object retrieval

- removal of cords, thoughtforms, intrusions, implants, and "ghosts"
- reconnection to the soul's purpose, tribe, Nature, Great Wheel, seasons, and more.

Aspects others rarely teach include ethics, clear mediumship, and a profound, advanced understanding of the Shaman's allies, tools, and cosmology. Everyday Shamanism for Everyone helps you:

- learn to journey for direct access to wisdom and healing
- heal your thoughts, emotions, and ego

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

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day.

Mary "Tyrte" Rooker
Tyrte@ShamanicSpring.com
www.ShamanicSpring.com/
301-891-1288



The Shamanic Way invites the individual, family, group or organization to journey within and experience personal and/or professional transformation. Two modern shamans with experience in Soul Retrieval and leading rituals, Marsheen and Nina uniquely co-create sacred ceremonies to honor special occasions, mark solstice and equinox celebrations, and provide trainings in shamanic healing arts such as Journeying, Mask Making and the Medicine Wheel.

Let Native American and Celtic traditions open up pathways for inner guidance, awaken your true identity and power, and grace you with

healing. Both Marsheen and Nina are experienced in the use of these tools, and both are dedicated to helping people discover the beautiful gifts that are sleeping within each of us.

Marsheen Helgeson, R.P.P., has served the Washington DC area as a polarity practitioner, intuitive counselor and teacher of the natural healing arts for 21 years. Her love, and application of the Earth Way, has awakened in her the ability to create and lead ceremonial circles and workshops. Marsheen's private practice includes polarity therapy and craniosacral therapy, and the art of Soul Retrieval, extractions and journeying

as a counseling and healing tool.
703-379-8633.

Nina Gibson is a scientist, musician and modern shamanic practitioner. She uses her biochemistry/engineering expertise and training in shamanic arts to bridge scientific and spiritual truths with the Earth Way, bringing ancient ways into everyday life. She leads workshops, circles, group singing as well as individual sessions for Journeying, Soul Retrieval, Intuition and Soul Voice. 8-Part Shamanic Series forming now! Experience the Sacred Circle of Earth Spirituality in ritual, journeying and self-healing.
703-437-5504.



A Healing Arts Center

Professional training in natural healthcare (Board Certification Polarity Practitioner Program):

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

Personal & Professional Health Building Workshops (CEUs Available):

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

Private Health Treatments:

- Board Certified Polarity Therapy
 - Biodynamic Craniosacral Therapy
 - Tuning Fork Therapy
 - Quantum BioElectric Analyzer
 - Private Life/Spiritual Coaching
 - Corporate Wellness Coaching
- Berkeley Springs, WV & Washington, DC classes, workshops and appointments available.
Phone: 304-258-9751
Email: SETherapies@gmail.com
www.SETherapies.com



Helping people help themselves to a healthier, more rewarding and enjoyable life.

www.Starchaser-HealingArts.com

Classes and workshops:

- Reiki (Usui, Sekhem-Seichim, Karuna)
- Integrated Energy Therapy
- Lightarian
- Aromatherapy
- Integrated Healing
- Natural Wellness

All classes are taught by a Reiki/IET Master and registered professional aromatherapist. CEUs offered.

We offer in-depth certification classes with plenty of individual attention and opportunities to practice. Our

workshops are hands on. We accept group bookings and custom-design workshops on all kinds of topics, for all kinds of audiences. Check our Upcoming Schedule or register for our monthly newsletter on the homepage of our website

We offer aromatherapy consultations, energy work sessions, reflexology and integrated and shamanic healing.

We design and handcraft all-natural therapeutic and energetic aromatherapy products for individuals,

practitioners and healing centers. All our products are infused with healing energy as well.

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tion of self-cultivation and healing. This practice focuses on opening energy channels, as well as relaxing the body and mind.

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bridge the cultural gap between the East and the West.

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Classes & Learning Centers



Unity Woods Yoga Center, Washington's first full-time yoga studio was established in 1979. Unity Woods offers quality yoga instruction for all levels of experience in posture, breathing and Yoga philosophy. Special classes available for seniors, back care and gentle yoga, as well as unique workshops and short courses on a variety of topics. Our two spacious, Metro-accessible studios are

located in Bethesda, MD; and Arlington, VA; and we offer Saturday classes at Dupont Yoga in DC.

All Unity Woods classes are taught in the Iyengar tradition. Iyengar Yoga develops awareness through precise alignment and attention to the subtle aspects of posture, breath, mind, and spirit. Our teachers are primarily 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 Monday, January 4. New students may take their first class free anytime during the session. For details see www.unitywoods.com.

Health Services

Natural Healing



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

crystals to high tech equipment—are dedicated to bringing forth better health and well-being by all who seriously make appointments. We handle the most critical and toughest cases that many people face: cancer, relentless pain, emotional distresses, depression, muscle and joint injuries, digestive disorders, rashes, all kinds of infections, fatigue, energy imbalances, foot problems, painful on-going headaches, detoxing and much more.

Experience spans almost three decades. Former education is in chem-

istry, metaphysics, spiritual studies, disease research, and active prior participation with materials from the Monroe Institute, Edgar Cayce, Thelma Sherwood, and several high level spiritual healers.

To date we've helped over two thousand people (that we know of).

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ments work for you

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If you are searching for a balanced approach to your health, consider Dr. Helena Amos. Dr. Amos received her M.D. in Europe and is a licensed acupuncturist. While practicing as a medical doctor, she participated in a seven-year acupuncture and natural medicine apprenticeship taught by distinguished doctors from China. She completed three years of Master's level acupuncture in England and the USA. She continues to receive advanced-level training in acupuncture, homeopathy, herbology and nutrition.

Dr. Amos focuses on addressing causes rather than suppressing symptoms and provides her patients with the highest quality care.

Dr. Amos' experience and skills are seldom found in one practitioner. Her medical expertise, as well as the depth and breadth of her alternative medicine knowledge, are rare in her field.

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Tune in online to the *America Meditating Radio Show* for inspiring discussions featuring celebrities, leaders, authors, and average folks sharing success stories. Discussions provide listeners with new and inspiring ways to combat challenges we encounter along the journey of life. This is not an ordinary radio show, but rather, a unique format of combined sharings

of poetry, wisdom, meditation, and music. Hosted by prominent motivational speaker and teacher, Sister Jenna, Director of the Meditation Museums in Silver Spring, MD and McLean, VA.

All past shows are available On Demand on the show page at www.blogtalkradio.com/amicameditating and on our FREE "Pause for Peace"

app. Also on: Stitcher, iTunes, Aha Radio, TuneIn, Player FM and Spreaker. Spread the word and Follow Us!

Visit our website at www.meditationmuseum.org, follow us on Twitter @AmericaMeditate, and like America Meditating and the Meditation Museum on Facebook. Email: AmericaMeditating@gmail.com.

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Health Services



As certified Nurse-Midwives, we provide personalized prenatal and gynecologic care. We attend your birth at your home or at our center. We work with women experiencing their first pregnancy, and families that have given birth before.

At BirthCare, we share responsibilities with you to promote health. We provide you with information and encourage you to read and ask questions. All aspects of yourself—mind, body, spirit—are important.

We can begin working with you for gynecologic care, including breast checks, pap smears, contraception, and pre-conception planning; or we can start during your pregnancy with prenatal appointments.

Your BirthCare midwife guides and supports while you labor encouraging you to move about freely surrounded by the people you choose. This makes it easier to promote and cope with efficient labor. If problems occur during pregnancy, labor or birth, we work in

consultation with physicians at hospitals close by.

If you are a healthy woman enjoying a healthy pregnancy, a planned birth at home or in a birth center with professional attendants has been statistically proven safe for you.

Our office is conveniently located in Old Town Alexandria near King St. Metro Station.

BirthCare & Women's Health
1501 King St., Alexandria, VA 22314
703-549-5070



Blueberry Gardens Healing Center provides wellness services for groups and individuals. We offer Acupuncture, Nutritional Counseling, Physical Therapy, Massage and related body work modalities such as Muscle Release Technique™, Rosen Body Work™, Trager Body Work™ and yoga therapy by highly qualified

certified practitioners.

Our lovely octagon room is available for wellness workshops and training if you are looking for space for your workshop or event.

We have 3 acres of U-Pick blueberries, fresh produce and a CSA in the summer.

Blueberry Gardens is located in Ashton, MD, just east of Olney on the Montgomery/Howard County line. Healing Center:

www.blueberrygardens.org;

301-580-5468.

Blueberries and Produce:

www.blueberrysupick.com;

240-324-6110.



Bridging the Gaps (BTG), an integrative residential addiction treatment facility located in historic Winchester, Virginia, provides treatment for adults suffering from the disease of addiction. We provide a phase based treatment structure consisting of 3 core phases with the opportunity for an extended 4th phase to better facilitate a client's transition back into the demands of day-to-day life.

At BTG we provide treatment for substance use disorders by integrating traditional modalities of psycho-so-

cial-spiritual treatment with complementary approaches oriented towards physiological healing and wellbeing. Using the most progressive modalities available, coupled with a traditional "12 step" program, we help our clients recover their physical health, as well as provide them with the psychological and spiritual tools they need for a life free from drug addiction and alcoholism. We offer integrative treatment modalities including: education, individual and group counseling, intravenous therapy, oral nutrients,

nutrition, acupuncture detoxification, fitness, massage, neurofeedback, meditation, yoga, and Reiki. We combine treatment approaches that incorporate healing of the whole person—mind, body, and spirit.

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Kevin Mutschler, L.Ac., Dipl.Ac.
HealingSupport.com

I help patients of all ages facing all kinds of health and life challenges, including: anxiety • migraine • insomnia • stress • neck and back pain • cancer • menopausal syndrome • chronic fatigue • fibromyalgia • MS • and IBS.

I specialize in the treatment of patients experiencing difficult chronic conditions such as migraine, fibromyalgia and chronic fatigue; life-challenging conditions such as cancer; and life-long challenges such as MS. I

work with many cancer patients and cancer survivors for whom acupuncture care and qigong therapy offer many, many benefits.

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 patient says:

"You have guided me to terrific progress that has given me my active life back. I am immensely grateful to

you for this!" —JH

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Kevin Mutschler, L.Ac., Dipl.Ac.

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Dr. Amos is specially trained and licensed in Facial Rejuvenation acupuncture.

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Facial Rejuvenation with Acupuncture and Microcurrent Facial Sculpting (Hollywood Lift)

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- Reduces the appearance of fine lines, wrinkles and puffiness
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Lynn is President of N.C.G.R.—Annapolis and International Liaison for

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Heidi
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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

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Marie-Claire Wilson
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I am originally from Marseille, France, and have over 35 years of professional experience in the divinatory arts as a clairvoyant, consultant and Tarot reader. The divinatory arts is a gift that runs in my family. My great-grandmother was a very well-known medium just outside of Marseilles. I created my own Tarot deck and book, offering a unique and profound Tarot system accessible to the beginner and

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THIS CHANGES EVERYTHING: Capitalism vs The Climate

...continued from page 13

of tons of carbon and other greenhouse gases out of the atmosphere." Indigenous carbon keepers protect us all "by protecting their beloved forests, mountains, rivers, and coastlines." Solar energy worker co-ops in Richmond (California) have created good green jobs that offer workers opportunities other than working at an oil refinery.

A group of farmers in Nebraska built a barn powered by wind and solar in the path of the proposed Keystone XL pipeline, which they oppose. The power generated "would bring more energy to the region than the oil in the pipeline that was headed for the new export terminal in Texas." As a public relations stunt, "the farmers were daring President Obama to tear down a renewable energy installation to make way for dirty oil."

emissions; and increase food security by increasing yields as a result of the healthy soil. These closed systems do not use petroleum or synthetic products and include biodynamic farming and gardening practices and permaculture.

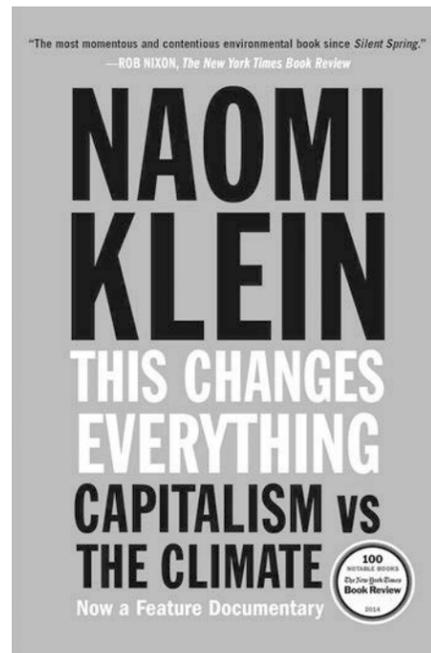
The historical breadth of grassroots movements and lessons discussed in the book provides details showing how major political victories are ultimately undermined by an often hidden economic power dichotomy. Universal suffrage is undermined by a system that permits those with wealth to determine the candidates on the ballot. The forty acres and a mule that Washington promised to the freed slaves never materialized. Instead, "the lands were returned to former slave owners, who proceeded to staff them through

The historical breadth of grassroots movements and lessons discussed in the book provides details showing how major political victories are ultimately undermined by an often hidden economic power dichotomy.

When Exxon CEO Rex Tillerson "quietly joined a lawsuit opposing fracking-related activities near his \$5 million Texas home, claiming it would lower property values," Democratic Congressman Jared Polis from Colorado officially welcomed Rex into the "Society of Citizens Really Enraged When Encircled By Drilling (SCREWED)." Despite rhetoric promoting the need to accept genetically modified products paraded as food that we will need in order to survive climate change, agro-ecological successes include time-tested methods that build soil to sequester large amounts of carbon; reduce

the indentured servitude of sharecropping." This deliberate land-poor disadvantage has persisted.

"Northern industrialists and Wall Street were far more dependent on and connected to slavery than has often been assumed. Slaves as property were worth more than all the banks, factories and railroads in the country put together." In today's terms, that would be "a stunning \$10 trillion," which is "roughly similar to the value of the carbon reserves that must be left in the ground worldwide if we are to have a good chance of keeping warming below 2 degrees Celsius."



Klein is unrelenting in her extensive analyses of the ethics and dangers of geoengineering proposals such as spraying sulfur dioxide into the atmosphere to dim or block the sun, instead of dramatically reducing greenhouse gas emissions. She lightly inserts warnings such as "con alert" and "irony." She is also critical of and dismisses carbon trading as an "ineffective and easily gamed market mechanism." Genuine options that she views as effective and affordable include mitigating climate change and erasing foreign debts developing countries owe, in return for financial and technological assistance to generate good green jobs in renewables that reduce carbon emissions. The corporate polluters most responsible for the mess we are in should pay to clean up the damage they have caused, by enacting measures that include eliminating fossil fuel subsidies and imposing a financial transaction tax.

Increasing scientific evidence documents harms from using harsh, toxic

chemicals to extract (frack) underground sources of natural gas. Researchers at Cornell University "produced the game-changing study on methane emissions linked to fracking, whose findings became an indispensable tool for the global resistance movement." The findings catapulted fracking bans or moratoria in nearly 180 towns and cities throughout the state of New York.

The Alberta tar sand ponds killed more than two thousand ducks in two years when they landed in the ponds during severe storms. Klein laments that these violent storms will only increase in their frequency and severity as long as fossil fuel emissions stay the same or increase, and these toxic sites continue to exist or increase. Oil spills, air pollution, and increased cancer rates (including rare and more aggressive cancers) have been scientifically linked to the oil and gas industries in Canada. Independent, peer reviewed U.S. studies identify contamination from methane, ethane, and propane plus indications of risks to drinking water sources that include aquifers.

Klein concludes that a growing resistance to these dirty fuels is premised on lessons not to take any extractive industry at its word. Deepwater drilling, fracking, and underground tar sands extraction "are breaking critical parts of our ecosystems that our best experts have no idea how to fix." Trust and passivity "in the face of assurances about world-class technologies and cutting-edge safety measures are recipes for flammable water in your faucet, an oil slick in your backyard, or a train explosion down the street."

Alyce's Book Reviews Continue on Page 90

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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Health For Life, LLC www.HealthByHelen.com
Institute for the Advancement of Service (IAS) www.ias-online.org
Living Your Gifts www.livingyourgifts.com
Maryland University of Integrative Health www.muhi.edu
Soft Landing Healing www.softlandinghealing.com
Sanctum Spiritual Belly Dancing www.sanctumonline.com
Soul Source Spiritual Center www.theSoulSource.net
Starchaser Aromatics and Energy Work www.starchaser-healingarts.com
The Avatar Course® www.hwcourses.com/avatar

CLEANING SERVICES

Maid Brigade www.maidbrigade.com
Maid to Perfection www.mtpmaid.com

COACHING & COUNSELING

Counseling & Guidance Center www.psychsight.com
Culp, LCPC, LPC, Courtenay J www.counselingandcoaching.com
Healing Light Center, LLC www.healinglc.com

NRG Concepts www.nrgconcepts-4U.com
Releasing Your Unlimited Creativity www.ryuc.info
Self-Talk Coach www.selftalkcoach.com

COMMUNITY CRISIS HOTLINE

Community Crisis Services, Inc. (CCSI) www.ccsimd.org

CRYSTALS & STONES

Crystalis Treasures www.crystalis.com
Olde Towne Gemstones www.oldtownegemstones.com
Stones That Heal - Knowles Apothecary www.KnowlesWellness.com

DENTAL

Ackerman & Assoc. of Alexandria www.ackermandds.com
DC Dentist www.thecdentist.com
Fischer, DDS, Richard www.evergreen8.com
Goldman Dentistry www.mgoldmandds.com
Modern Smile Dental www.dentistofficegathersburg.com
NIHA - Dentistry www.nihadc.com

ECKANKAR

Eckankar of Northern Virginia www.eck-virginia.org
Maryland Satsang www.eck-md.org

EMPATH COACHING

Rosetree, Rose www.rose-rosetree.com

ENERGY WORK

Kathy South Transformational Healing www.kathysouth.com
Somatic Energy Therapies www.SETherapies.org

ENVIRONMENTAL PRODUCTS

Ostrow's www.ostrowpedicpillowtoppillow.com
SavvyRest - Rockville www.srb.com

EVENTS

Awakening of Humanity / Share International www.share.international.us/ne
Great Mother Wisdom, Matierra LLC www.greatmotherwisdom.org
Illuminate Frederick www.illuminatefrederick.com
KarmaFest - Soul Purpose Productions www.KarmaFest.com
Natural Living Expo www.pathwaysmagazine.com
Traditional Chinese Culture Institute Intl., LLC (TCCII) www.tccii.com

FENG SHUI

All Eco Design Center www.allecocenter.com
Feng Shui Consultant, Jeannie Tower www.fengshuimagic.com
Interior Alchemy www.interioralchemy.com
Mindful Decluttering and Organizing www.clutterfreenow.com
REFRESH Interiors www.refreshinteriorsdc.com

FINANCE

Bach, Eric www.ericbachcpa.com

FITNESS

High Energy Fitness www.nancykarabaic.com

GARDENING

GoGardeners Garden Coaching www.gogardeners.com
Love and Carrots www.loveandcarrots.com
Mother Earth News www.motherearthnews.com
Washington Gardener www.WashingtonGardener.com

HAND PRINT ANALYSIS

GPS Your Path // Vows And Wows, Inc./Handwriting www.gpsyourpath.com

HEALING & HEALING CENTERS

Berkeley Springs www.berkeleyfalls.com
Blueberry Gardens www.blueberrygardens.org
Cardinal Center For Healing, The www.cardinalcenterforhealing.com
Healing Gateway www.healinggateway.com
Highest Harmony Healing www.highestharmony.guru
Quantum Clearing // Claire, Lyriel www.lyrielclaire.com
Reconnective Healing Coop www.reconnectivecoop.com
Soft Landing Healing www.softlandinghealing.com
The Healing Heart School www.healingheartsschool.com

HEALTH & WELLNESS CENTERS

Above and Beyond Health Services www.aboveandbeyond-energy.com
Acupuncture and Natural Medicine Clinic www.rockvilleacupuncturemd.com
Blue Heron Wellness www.BlueHeronWellness.com
Casey Health Institute www.caseyhealth.org
Health For Life, LLC www.HealthByHelen.com
Indulgence Massage & Bodywork www.indulgencemassagebodywork.com
Integrative Family Medicine www.fivestoneswellness.com/
Journey Within Wellness Center www.journeywithin.com
National Integrated Health Associates (NIHA) www.nihadc.com
Roselle Alternative Care Group www.rosellecare.com
White Oak Wellness www.white-oak-wellness.com

HEALTH FOOD / NATURAL FOOD STORES

Brainy Belly Bone Broth www.brainybelly.com
Glut Food Co-op www.glut.org
MOM's - Mom's Organic Market www.momsorganicmarket.com
Smile Herb Shop www.smileherb.biz

Spiral Path Farm www.spiralpathfarm.com

HEALTH PRODUCTS

Your Scents and More www.yourscentsandmore.com

HOLISTIC HEALTH PRACTITIONERS

Center for Health and Healing, Dr. Rind www.drrind.com
Bloem, MD, Fred www.drbloem.com
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.hypnosisilverspring.com
Life Transforming Hypnotherapy www.lifetransforminghypnotherapy.com

JEWELRY

Gold Works www.goldworksUSA.com

MESSAGE / MESSAGE TRAINING

Bethesda Therapeutic Massage www.marciamassage.com
Potomac Massage Training Institute (PMTI) www.pmti.org
Robert Jordan Health Services www.RobertJordanHealthServices.com

MEDITATION

Meditation Museum www.meditationmuseum.org
Meditation USA www.MeditationUSA.org
Mindfulness Center www.TheMindfulnessCenter.org

METAPHYSICS

Golden Lighthouse Metaphysical Center www.thegoldenlighthouse.com
Inspired by Angels www.InspiredbyAngels.com
Rising Phoenix Holistic Center www.RisingPhoenixHC.com

NATUROPATHY

Allergy & Nutrition Clinic www.LauraPower.com
Duke's Green Pharmacy Garden www.thegreenpharmacygarden.com
Naturopathy Services - Knowles www.KnowlesWellness.com

NUTRITION

Harmony Wellness www.harmonywellnessllc.com
Health For Life, LLC www.HealthByHelen.com
New Light Nutrition www.newlightnutrition.com

ORIENTAL MEDICINE

Virginia University of Oriental Medicine www.vuom.edu

OXYGEN THERAPY

Oxygen Spa www.theoxygenspa.net

PARENTING

Holistic Moms Network - Arlington/Alexandria Chapter www.holisticmoms.org

PAST LIFE

Coming Full Circle www.comingfullcircle.org
Regression Therapy - Darshan Khalsa www.kundalini-yoga.us

PHARMACY

Brookville Apothecary - Knowles www.BrookvilleWellness.com
Knowles Apothecary www.KnowlesWellness.com
Village Green Apothecary www.myvillagegreen.com

PHYSICAL THERAPY

Amos, Dr. Bill www.taoclinic.net
Blue Nyle Therapy Services www.bluenyletherapy.com
Kesler, May www.maykesler.com
Physical & Massage Therapy Associates www.physicalmassage.com

PSYCHICS

Arlington Metaphysical Chapel - Psychic Saturday www.arlingtonmeta.org
Britpsychic.com www.Britpsychic.com
Boslett, Lisa www.lisaboslett.com
Carlos - Medium www.carlosthemedium.com
Driscoll, Susan www.martinsmessages.com
Intuitive Reading With Sandy www.compassionatereadings.com
Joan Of Light www.joanoflight.com
Jones, Alice www.alicajones.com
Krafft, Melody www.melodykrafftartist.com
Light Portal www.light-portal.com, www.healedandhappy.org
Marie-Claire www.marie-claire.tv
Morning Star, Konstanza www.silverspringoflight.com
Psychic Life Readings www.lifemissionreadings.wix.com/vanessa-talma-lord
Psychic Photo Reading www.psychicphotoreading.com
Spirit Sage Awilda www.spiritsage.com
Two Dragons www.CynthiaChauvin.com
Voice of the Gatekeepers www.voiceofthegatekeepers.com
Wallet Wishes & Crystal Forests www.crystalforests.com
White, Jamila www.inspiredjamila.com

ONLINE CONNECTIONS

PSYCHOTHERAPY

Association of Holistic & Traditional Therapists www.dreileenbuese.com

QI GONG

Capital Qi Gong www.capitalqigong.com
 ProHealing Seminar/Lunchtime Qigong www.prohealing.net

QUANTUM TOUCH

Intuitive Wellness Center, Miriam Hunter www.intuitivewellness.center

RADIO / PODCASTS

America Meditating Radio Show www.blogtalkradio.com/americameditating

REFLEXOLOGY

Wiss, Brigitte www.reflexologyandbeyond.com

REIKI

Body & Soul Shepard www.bodyandsoulshpherd.com
 Bonita Woods Wellness Inst www.CrystalReikiTherapy.com
 Nature Business Corporation www.natbuscorp.com
 North Star Healing Arts www.northstarhealingarts.com
 Reiki Center of Greater Washington www.reikicenter.info

RETREATS / VACATIONS / RENTALS

Elk Forge Lodge www.elkforge.com
 Fox Haven Learning Center and Organic Farm www.foxhavenfarm.org
 Sevenoaks Retreat Center www.sevenoaksretreat.org

SHAMANIC HEALING / STUDIES

Heartfire Healing Journey www.heartfirejourneys.com
 Shamanic Healing Institute www.shamanic-healing.org
 Shamanic Spring www.ShamanicSpring.com

SKIN CARE

Garden of Eve www.gardenofeve.com

SPAS

GPS Your Path // Vows And Wows, Inc. www.gpsyourpath.com
 Hot Yoga Spa Nutrition & Wellness Center www.hotyogapilatesspa.com

SPIRITUAL CENTERS

Institute for Spiritual Development www.isd-dc.org

SUSTAINABLE LIVING

Sustainable NoVA www.sustainablenova.com

TAI CHI

Cloud Hands Tai Chi www.CloudHandsTaiChi.net
 Dancing In Silence www.DancingInSilence.com
 Glen Echo Tai Chi www.GlenEchoTaiChi.org

TAROT

Boyd, Tim www.timstarot.com
 Tarot by Thomas www.tarotbythomas.com
 The Spiritual Tarot www.thespiritualtarot.com

THETA HEALING

Creative Healing Trends www.creativehealingtrends.com

VISION HEALTH

Sikes, Alan www.DrAlanSikes.com

VOLUNTEERS

A Wider Circle www.widercircle.org
 Johns Hopkins Meditation Research Study www.hopkinsmeditation.com
 Montgomery County Stroke Association www.mcstroke.org
 The New Dream www.newdream.org

WATER SERVICES

Crystal Clear Pure Water Services www.crystalclearpurewater.com

WEIGHT LOSS

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



MIND • BODY • SPIRIT ENVIRONMENT

www.pathwaysmagazine.com

DENTAL CARE IN A *HEALING* ENVIRONMENT

Whenever two people come into relationship with good intention and purpose a healing environment is created for **both** of them. In such a relationship patient and doctor **become** equal partners helping each other toward physical and spiritual balance.

While we must work **with** our physical bodies, we are also free to come from a place where we acknowledge a larger existence. That shift in perspective can change the experience from that of traditional healthcare to one of working **together** to heal our **lives** while on a physical level some **symptom** of dis-ease is being eased.



I practice general and cosmetic holistically oriented dentistry in a home-office on the corner of Connecticut Ave. and East-West Hwy. I received basic cranio-sacral training and am a Reiki practitioner. Literature is available free on fillings, mercury detoxification, TMJ, gum-disease, mouth odors, cosmetic dentistry, snoring, office safety and sterilization, root canal treatment, and more. Just call, or click on my website, it's all there just a click away!

Michael Goldman, D.D.S.

3815 East-West Highway in Chevy Chase

301-656-6171 www.mgoldmandds.com

WINTER CALENDAR

DECEMBER

–1–

A Group for Women About Life.

10 weeks that will change your life. Enrollment Open Now (In December). In this small group setting we will explore all aspects of being a woman in the world today. For information and registration: <http://yourinspiredchoices.com/workshopsclasses-events>; or call 202-827-3448.

Garden of Eve Skincare Holiday

Green Gifts Discount, 12% off kits and body care products on our Green Gifts page through Dec 15. Visit: www.gardenofeveskincare.com/green-gift.html.

–4–

Blue Heron Wellness The Gift of Slowing Down: Yin Yoga for Total Rejuvenation

with Claudia Neuman 7:45-9pm. Yin Yoga practice offers you the opportunity to explore effortless-ness while rejuvenating the connective tissue of the major joints of the body. Suitable for all levels of yogis. Silver Spring, MD. Pre-registration recommended. Visit: www.blueheronwellness.org/workshops.

–5–

The 22nd Night of 100 Elvises.

Lithuanian Hall. 851-3 Hollins St., Baltimore, MD. 4-12pm. Over 100

Elvis impersonators performing on 3 different stages. For more information and tickets, visit: www.nightof100elvises.com.

–7–

Introduction to Hypnosis. 7:30pm.

Free. Informational lectures in Columbia Maryland. Joanna Boales of Hypnosis, LLC, 10015 Old Columbia Road, Executive House, Entrance C. You will be greeted at the door and escorted to the conference room. Limited seating. Call to reserve: 301-448-5087.

–11–

Blue Heron Wellness Friday Night

Yoga Nidra with Shira Oz-Sinai, 7:45-9pm. Yoga Nidra is a systematic way to obtain complete relaxation that rejuvenates and restores body, mind and spirit. blueheronwellness.com/workshops

–12–

Jam session w/ Bluegrass, Irish, and Old Timey music in Dairy Parlor. www.foxhavenfarm.org

New Moon Service. Four Quarters Interfaith Sanctuary, Artemas, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details: 814-784-3080.

Night of Stardust: An evening of music by David Bowie performed by Sister Ex, The Signifiers, Life on Mars, The Jennifers and Kara Cole! 8pm-1am; \$10 cover. Club 1919 located at 1919 Fleet St., Baltimore, MD. Visit: www.facebook.com/events/986448644711347/.

12/12-13 Magnified Healing 1st Phase with Kathy South. 2-day Workshop. More information at www.kathysouth.com. Email kathysouth-healing@gmail.com, or call 703-924-3768.

–14–

What is Medical Support Hypnosis? 7:30pm. Free. Informational lectures in Columbia, Maryland. Joanna Boales of Hypnosis, LLC, 10015 Old Columbia Road, Executive House, Entrance C. You will be greeted at the door and escorted to the conference room. Limited seating. Call to reserve: 301-448-5087.

–16–

Prolozone and Platelet Rich Plasma treatment presentation at Dr. Bloem's office in Olney at 7 pm. Call 301-260-2601 or email drbloem@drbloem.com to register.

Wellness Open House: Digestive Health. At Knowles Apothecary, 6-8pm. 10400 Connecticut Ave. Suite #100. Kensington, MD. For info call

301-942-7979.
www.knowleswellness.com

–18–

Blue Heron Wellness Friday Night Easing Tension with Yin Yoga & Meditation with Jill Groschiere, 7:45-9pm. The gentle postures of yin yoga help the body unwind and release tension while stimulating the connective tissues and joints of the body. This workshop will start with yin poses and then end with body scan meditation. blueheronwellness.com/workshops

Virginia University of Oriental Medicine admission deadline for applicants with transfer credits. Visit: www.vuom.edu.

Winter Solstice Despacho and Fire Ceremony, 7pm. Shamanic Healing Institute; call 410-573-9800 to register. www.shamanic-healing.org

12/18-20 Yule & Winter Solstice. The Longest Night & Sun's Return. The Wheel has turned, harvest has ended and frost covers the land. We join hands and hearts as we prepare for the Longest Night. Share a feast with us, exchange gifts and celebrate the Sun's return. Four Quarters InterFaith Sanctuary, Artemas, PA; 814-784-3080. www.4qf.org

Blessings of the Land and Stones on you and your House!
We look forward to seeing you in 2016!

Four Quarters Events 2016

Moon Services

Volunteer-led services Saturday evenings around the Full and New moons. Check the website or call for details.

Beltaine

April 29 – May 1
Celebrating the return of Spring!

Drum 'N' Splash

June 29 – July 3
Our alternative Fourth of July celebration. A birthday party for the rest of us!

Stones Rising

August 31 – September 5
Ceremony. Sacrifice. Celebration. Building a Stone Circle for the generations to come.

Don't forget to join us for Yule! Dec. 18-20, 2015

Four Quarters InterFaith Sanctuary
EARTH SPIRIT AND EARTH LIVING IN AN AGE OF LIMITS

190 WALKER LANE, ARTEMAS PA 17211 - WWW.4QF.ORG - OFFICE@4QF.ORG - 814.784.3080



WINTER CALENDAR

–22–

Winter Solstice Celebration: Yoga, Storytelling, Star gazing, Potluck. www.foxhavenfarm.org

–25–

Virginia University of Oriental Medicine admission deadline for applicant with non-transfer credits. Visit: www.vuom.edu.

–26–

Full Moon Service. Four Quarters Interfaith Sanctuary, Artemas, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details: 814-784-3080.

–31–

New Year's Eve Psychic Fair at Sacred Circle in Alexandria, 6-10pm. What's ahead for you in 2016? Walk-ins only. \$25 per 15-minute session. Sacred Circle, 919 King St., Alexandria, VA 22314. www.sacredcirclebooks.com

JANUARY

–1–

Special New Year's Day Yoga Class with Claudia Neuman, 10am-12pm. Join Claudia in her long-standing tradition of welcoming in the New Year with a bright, energizing and clarifying yoga practice. Begin 2016 in the best way possible with joy yoga to encourage the new possibilities of a new year! All levels welcome. Blue Heron Wellness, Silver Spring, MD. Pre-registration recommended. \$25. Visit: www.blueheronwellness.org/workshops.

–4–

Virginia University of Oriental Medicine classes begin. Visit: www.vuom.edu.

–9–

Ascended Master Teachings by Elizabeth & Mark Prophet Free Introductory Workshops for Spanish Seekers. ESEÑANZAS DE LOS MAESTROS ASCENDIDOS. 6935 Laurel Ave., Takoma Park, MD 20912. Also held on: Jan. 23, Feb. 13 & 27 & Mar. 12 & 26. Time: 2:30pm-3:30pm. washdctc.org; washdctc@yahoo.com; 301-270-3312.

Jump Start your Yoga Practice for the New Year, with Amy Van Mui. Learn how refining the basics can take your yoga poses and practice to a whole new level. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Fl., Suite PH7. 1-3pm. Open to all: no prior experience necessary; \$38. Information at www.unitywoods.com or 301-656-8992.

New Moon Service. Four Quarters Interfaith Sanctuary, Artemas, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details: 814-784-3080.

Psychic Fairs at Institute for Spiritual Development. Second Saturdays, odd months. Also on March 12, May 14,

July 9, September 10, & November 12. Visit: isd-dc.org.

The Color of Farming w/ Natasha Bowen and guests. www.foxhavenfarm.org

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

1/9-10 Transforming Your Shame into Worthiness: Healing Our Psychology, a seminar presented by The Washington DC Teaching Center of the Ascended Master Teachings, 9am-5pm. Sunday, Jan. 10th: 1-7pm. 6935 Laurel Ave., Takoma Park, MD 20912. For more information and cost contact: washdctc.org; washdctc@yahoo.com; 301-270-3312.

–11–

Introduction to Hypnosis. 7:30pm. Free. Informational lectures in Columbia Maryland. Joanna Boales of Hypnosis, LLC, 10015 Old Columbia Road, Executive House, Entrance C. You will be greeted at the door and escorted to the conference room. Limited seating. Call to reserve: 301-448-5087.

–13–

Ultraviolet light therapy presentation (UVLrx) at Dr. Bloem's office in Olney at 7pm. Call 301-260-2601 or email drbloem@drbloem.com to register.

–16–

Free Workshops on the Science of the Spoken word, by Ascended Master Teachings by Elizabeth & Mark Prophet. Also held on Jan. 30th, Feb. 20th, Mar. 5th & 19th. 6935 Laurel Ave., Takoma Park, MD 20912. washdctc.org; washdctc@yahoo.com; 301-270-3312.

1/16-17 Beginning Spirit Communication & Mediumship Workshop. 9:30am-5pm, both days. 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

–18–

What is Medical Support Hypnosis? 7:30pm. Free. Informational lectures in Columbia Maryland. Joanna Boales of Hypnosis, LLC, 10015 Old Columbia Road, Executive House, Entrance C. You will be greeted at the door and escorted to the conference room. Limited seating. Call to reserve: 301-448-5087.

–20–

Wellness Open House: Weight Loss. At Knowles Apothecary, 6-8pm. 10400 Connecticut Ave. Suite #100. Kensington, MD. For info call 301-942-7979. www.knowleswellness.com

–21–

Ascended Master Yoga: Free workshop featuring Djwal Kul's Fire Breath Meditation and an Introduction to Cosmic Astrology. 7:30-9pm;

continued on the next page



ARLINGTON METAPHYSICAL CHAPEL

A Light On Your Spiritual Path!

Worship Services

Sunday Morning

Adult Study at 9:30 am
Spiritual Healing at 10:30 am
Service begins at 11:00 am
Pastor Emeritus Rev. F. Reed Brown
serving last Sunday morning of each month

Sunday Evening

Spiritual Healing at 7 pm
Service begins at 7:30 pm

Weekday Evening Services

During the month, we have
Message Services, Healing
Services, Chakra Service, Classes

Special Winter Services

December 24, Candlelight Service, 7:30 pm
December 25, Christmas Dinner, 3 pm - 5 pm
February 27 & 28, Spirit Fest, "Back To Our Roots", Rev. Steven Woods & Rev. F. Reed Brown, full weekend, call for information

Classes

Tarot Wisdom for 2016, Rev. Geraldine Amaral, Jan. 10, 2016

Guides & Teachers Circle with Rev. Steven Woods, Mondays, 7:30 pm (rsvp)

Developing Medium Circle, 2nd & 4th Tuesdays, 7 pm

Oneness Blessing Meditation, Thursdays, 7 pm

Kybalion

Mediumship Development

Meditation

Check out our website or call the office for classes, dates, and times.

Private Readers

Clairvoyance, trance, & tarot

Please contact the office to set up appointment. 703-276-8738
Email: info@arlingtonmeta.org



Wedding Services

All marriages are celebrated at the Arlington Metaphysical Chapel.

Our sanctuary will fit up to 80 people – it is perfect for intimate ceremonies. Ministers are available or you may bring your own. Call for an appointment to discuss your needs. You can visit the Chapel to see the facilities.

Arlington Metaphysical Chapel

5618 Wilson Boulevard, Arlington, VA 22205
703-276-8738

Office Hours: 9:00 am to 3:00 pm, Monday through Friday

www.arlingtonmeta.org

Email: info@arlingtonmeta.org



Fox Haven Organic Farm and Learning Center

is located between Frederick and Harper's Ferry. This beautiful retreat center offers a lovely setting for spiritual renewal and revitalization, all within an hour's drive from Washington, DC and Baltimore.

Fox Haven is a gathering place, grounded in nature and contemplative practice, dedicated to nurturing deep and creative conversations among people, restoring human connection with the natural world, and engaging with the living, sacred earth. It provides a calm atmosphere to slow down, hear each other and learn from nature. We offer comfortable accommodations for overnight guests.

Reconnect with Nature, Slow Down, Come Back to your Senses, observe, listen, smell, taste and hear the Voices of the Land.

- Dec. 12 Jam session w/Bluegrass, Irish, and Old Timey music in Dairy Parlor
- Dec. 22 Winter Solstice Celebration: Yoga, Storytelling, Star gazing, Potluck
- Jan. 9 The Color of Farming w/ Natasha Bowen and guests
- Jan. 23 Wildlife Photography w/Steve Ferendo and Dick Bittner
- Jan. 25 Mindful Eating Series begins
- Feb. 7-9 Restorative Silent Winter Retreat with Open Minds
- Feb. 21 Seed Starting for a bountiful garden!
- Feb. 27 Medicinal Herbs class with Kristen Dorsey, herbalist and shaman
- Feb. 27 Creating wildlife habitat for biodiversity



Fox Haven Organic Farm and Learning Center
3630 Poffenberger Road
Jefferson, MD 21755
240-490-5484
www.foxhavenfarm.org

WINTER CALENDAR

JANUARY 21, cont.

for more information and other workshops: washdctc.org; washdctc@yahoo.com; and ascendedmasteryoga.com. 6935 Laurel Ave., Takoma Park, MD 20912.

–23–

Full Moon Service. Four Quarters Interfaith Sanctuary, Artemas, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details: 814-784-3080.

Healing Touch Level 1 Class. Healing Touch is for anyone who desires an in-depth understanding and practice of healing work using energy based concepts. Class dates are Jan. 23 (day 1) and Jan. 30 (day 2), 8:30am-6pm both days. Nurses and Massage Therapists will earn 16 continuing education hours. Contact Donna Adams at 954-290-9313 or softlandinghealing@gmail.com for additional information.

Parent/Daughter-Son Yoga, with Dorethe Braun assisted by Ladina Braun. Move, breathe and connect with your son/daughter through an energetic yoga class. Proceeds from this class will go to support refugees through the Save the Children International. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle

Towers), 16th Flr., Suite PH7, 3-4pm. Open to all ages 9 and older: no prior experience necessary. \$15/person - Checks only to Save the Children (tax-deductible). Information at www.unitywoods.com or 301-656-8992.

Wildlife Photography w/ Steve Ferendo and Dick Bittner. www.foxhavenfarm.org

1/23-24 **The Reconnection Level 3, McLean, VA.** For information please contact Joan Fowler, joan@dove333.com, or visit dove333.com for more information.

–25–

Hypnosis for Educational Support. 7:30pm. Free. Informational lectures in Columbia Maryland. Joanna Boales of Hypnosis, LLC, 10015 Old Columbia Road, Executive House, Entrance C. You will be greeted at the door and escorted to the conference room. Limited seating. Call to reserve: 301-448-5087.

Mindful Eating Series begins. www.foxhavenfarm.org

–26–

Chakra Balancing FREE Introductory Talk by Arlyn Kline, RN, Founder of

Braided Way Healing Arts, 6:30-8pm. Ellicott City Wellness Center. Email BraidedWay@gmail.com or call 443-

Yoga is for Everybody!

Coming to yoga made easy for you, your friends and your family.

\$10 drop-in Classes
All Levels

Community Yoga Classes at Rivendell Center

Tuesdays, 6:30 p.m.
All Levels with Claudia Neuman

9339 Fraser Avenue
Silver Spring, MD 20902
* **Free Parking** *



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www.alignwithgrace.com • www.yogafiveo.com

Services

- Life Guidance Sessions
- Mediumship Sessions
- Group Mediumship Sessions

Classes

- Tarot Workshop
- Life, Death and the Afterlife
- The Paranormal

By appointment only
Sessions also available by phone or Skype for those that are not local to the Chantilly area



703.999.2588
www.lisaboslett.com
office@lisaboslett.com

WINTER CALENDAR

690-2414. www.braidedwayhealingarts.com

2/26-3/1 **The Reconnection Level 1 & Level 2**, Miami, FL. For information please contact Joan Fowler, joan@dove333.com, or visit dove333.com for more information.

FEBRUARY

–2–

Chakra Balancing Level One, five-session course, Tuesday evenings, 6:30-9:30pm, beginning Feb. 2nd with Arlyn Kline, RN, founder of Braided Way Healing Arts. Ellicott City Wellness Center. Email BraidedWay@gmail.com or call 443-690-2414. www.braidedwayhealingarts.com

The Essentials of Shamanism, first of 10 classes. A training program of knowledge and practice of spiritual healing. www.shamanic-healing.org

–3–

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

–6–

New Moon Service. Four Quarters Interfaith Sanctuary, Artemas, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details: 814-784-3080.

–7–

Path of Breath: Introduction to Pranayama, with Anne Wutchiett. For those curious about breath work and the practice of pranayama in the Iyengar tradition. Learn about this powerful and transforming practice, and explore some beginning breath work. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Fl., Suite PH7, 12:30-2pm. Open to all: no prior experience necessary. \$25/pre-registration or \$28/day-of drop-in. Information at www.unitywoods.com or 301-656-8992.

2/7-9 **Restorative Silent Winter Retreat with Open Minds**. www.foxhavenfarm.org

–10–

Hormone replacement therapy for women presentation at Dr. Bloem's office in Olney at 7:00 pm. Call 301-260-2601 or email drbloem@drbloem.com to register.

–13–

From Spiritual Experience to Spiritual Realization. 2-3:30pm. What clues can past life recall, dream work, and conscious Soul Travel offer about our true destiny? Free guidebook provided. Eckankar of Northern Virginia: 703-916-0515.

Message Circles 2016 at Institute for Spiritual Development. Second Saturdays, even months, Also on April 9, June 11, August 13, October 8, December 10. Visit: isd-dc.org.

–14–

12/14-16 **Yoga for Life: A Weekend of Re-Imagining & Redesigning the Life You Want**. Join internationally acclaimed teacher Jovinna Chan for this Valentine's Day Weekend: Make YOU the subject of love! You'll engage in holistic and mind-clearing yoga practices anyone can do, utilize yoga's 8-Limb Path as a guide to liberation and fulfillment, and answer key questions that will help you create a lifestyle—and a supportive Home Yoga Practice—that reflect what's most important to you. 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).

–17–

Wellness Open House: Heart & Cardiovascular Health. At Knowles Apothecary, 6-8pm. 10400 Connecticut Ave. Suite #100. Kensington, MD. For info call 301-942-7979. www.knowleswellness.com

–18–

Ascended Master Yoga: Free workshop focused on Love and the Heart Chakra, 7:30-9pm. For more information and other workshops: washdctc.org; washdctc@yahoo.com; and ascendedmasteryoga.com. 6935 Laurel Ave., Takoma Park, MD 20912.

–20–

Full Moon Service. Four Quarters Interfaith Sanctuary, Artemas, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details: 814-784-3080.

–21–

Seed Starting for a bountiful garden! www.foxhavenfarm.org

–27–

Creating a wildlife habitat for biodiversity. www.foxhavenfarm.org

Medicinal Herbs class with Kristen Dorsey, herbalist and shaman. www.foxhavenfarm.org

MARCH

–1–

3/1 – 4/19 **Join the 'Mindfulness Revolution'** via the world-renown MBSR (Mindfulness Based Stress Reduction) course offered at Dream Yoga Studio & Wellness Center by two veteran teachers, Jon Waterman and Luann Fulbright. Based on the work of Jon Kabat-Zinn, this course provides training in meditation, mindful movement/gentle yoga and relaxation to mobilize your mind/body resources to address stress, pain & illness in new ways that promote growth & healing. Participants learn to focus and draw on their own inner

continued on the next page



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Destined from birth to teach the ancient wisdom, ritual and practices of her ancestors, Sobonfu Somé brings the transformative light from her native land so that we might connect with something bigger ... to connect with community and spirit and to more fully align with our deep, authentic selves.

March 11–13, 2016

Wellspring Conference Center
11411 Neelsville Church Road
Germantown, MD 20876

**Learn more about
Sobonfu's books and teaching
at www.sobonfu.com**

**To register and for more information,
contact Susan Hough:
703-505-5152
or email: shoughlinks@aol.com**

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Kathy South Transformational Healing

Energy work that transforms your life.

Spiritual Healing

Kathy is a spiritual medium and master healer who works directly with high-vibrational and highly evolved spirits of Light who heal you directly through her mediumship.

Training

Kathy offers training in a variety of Lightarian Attunement Programs, Cell and Organ Regeneration, and Magnified Healing 1st Phase.

Trips to John of God in Brazil

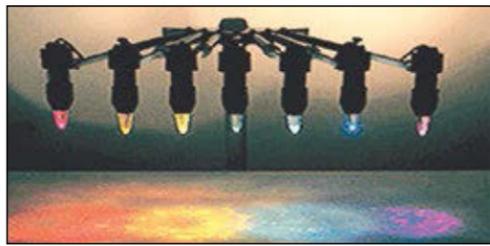
Kathy is an Official Guide and well-respected medium by John of God. She leads group trips to John of God several times a year and delivers photos for distant healing.



*Kathy South & John of God
(Casa Dom Inácio - Brazil)*

John of God Crystal Bed Therapy

Kathy is a medium for the John of God Healing Spirits. She generates and holds a high vibrational space to facilitate the healing powers of the Crystal Bed.



*Crystal Bed Therapy is safe and non-invasive. The crystals create a portal for the Healing Spirits to direct their healing energy. It rejuvenates; balances and aligns your energy fields; raises the vibration of your energetic bodies to assist in overall wellness; and allows the Spirits to work **directly** with you. Any healing that occurs is due to these benevolent spirits.*

Contact Kathy about sessions, training and upcoming trips to John of God at:

www.kathysouth.com
kathysouthhealing@gmail.com • 703-924-3768

WINTER CALENDAR

MARCH 1, cont.

resources to engage in caring for themselves and find greater balance, ease & peace of mind. At 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. This course sells out. Register soon at www.DreamYogaStudio.com or call 703-448-YOGA (9642).

–3–

Short Course: Introductory Yoga Series, with Suzanne Y. Sigüenza. A four-week introduction to the basics of yoga; Thursdays, March 3, 10, 17, 24 (four weeks). Taught at Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Fl., Suite PH7. 10:45-11:45am. Open to all: no prior experience necessary. \$68/ four-week course or \$20/ single class drop-in. Information at www.unity-woods.com or 301-656-8992.

3/3-6 **Great Mother Love Retreat**, led by award-winning author Mare Cromwell (*The Great Mother Bible*). Come for deep retreat and to invoke the ultimate Sacred Feminine to reawaken hope for our world. Frederick, MD. www.marecromwell.com

–5–

The Gift of Slowing Down: Yin Yoga for Total Rejuvenation with Claudia Neuman 7:45-9pm. True physical health and sound emotional

well being through longer held poses with relaxed musculature. All levels welcome. Blue Heron Wellness, Silver Spring, MD. Pre-registration recommended. \$20 per session. Visit: www.blueheronwellness.org/workshops.

–9–

HCG Diet weight loss treatment presentation at Dr. Bloem's office in Olney at 7:00 pm. Call 301-260-2601 or email drbloem@drbloem.com to register.

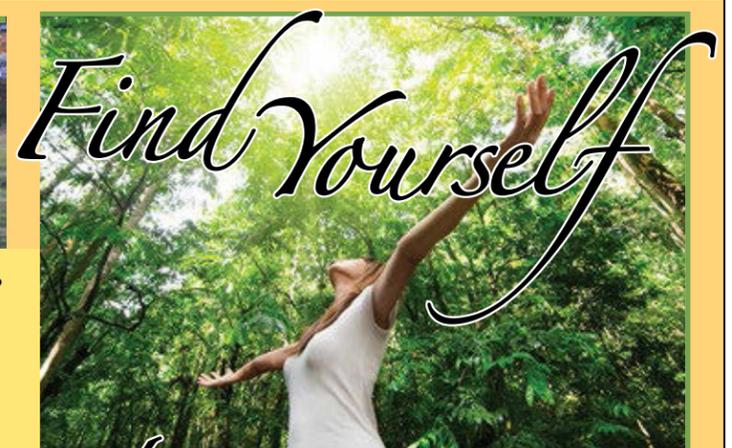
–16–

Wisdom Day 2016: Oncology, acupuncture and Total Health. Some CE hours, all welcome. www.dcn.pro.

Wellness Open House: Rocks, Gems & Crystals. At Knowles Apothecary, 6-8pm. 10400 Connecticut Ave. Suite #100. Kensington, MD. For info call 301-942-7979. www.knowleswellness.com

–17–

Ascended Master Yoga: Free workshop focused on cooperating with the Ascended Masters (wisdom), Angels (Love) and Elohim (Power), the universal threefold flame, to heal the planet. 7:30-9pm; for more information and other workshops: washdctc.org; washdctc@yahoo.com; and ascendedmasteryoga.com. 6935 Laurel Ave., Takoma Park, MD 20912.



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- Demonstrate specific intervention techniques used in Healing Touch
- Discuss applications of Healing Touch in personal and professional practice

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Donna M. Adams, RN, OCN, CHPN, HTCP/I
Healing Touch Certified Practitioner/Instructor
Registered Nurse, Oncology Certified Nurse
Certified Hospice & Palliative Nurse

www.softlandinghealing.com
Contact softlandinghealing@gmail.com for
class dates and additional information.
954.290.8313

Do the Tao

Do the Tao is a three part series that will dive into the 81 verses *Tao Te Ching* and create space for the lessons to be applied in your life.



In a small group virtual setting, we will discuss one verse per week, creating individualized plans for implementing the wisdom in our day-to-day lives. In addition to the weekly group calls, additional support can be provided through exclusive one-on-one sessions.

Applications are now being accepted for Do the Tao Part 1. Go to www.NRGConcepts-4U.com for more information, request an informational session, or to apply.

WINTER CALENDAR

—MARCH 20—
Seasonal Services 2016 Institute for Spiritual Development. Spring Equinox. Visit: isd-dc.org.

UPCOMING

4/1-3 **Three Day Workshop: A unique opportunity with Michael El Nour**, International Spiritual Leader and Author in WDC! Dare to change! The most powerful spiritual boost available! Access information, codes, and frequencies directly from an Avatar. Open your heart and mind to mind-bending stories and opportunities. The Creator-god explains Itself: why is Humankind in such a situation and how. At the conclusion of the End of Time/s, you can consciously participate in the implementation of the New Paradigm and Divine Heart Frequency. www.archangel-michael.us4

4/3 **43rd Natural Living Expo, produced by Pathways Magazine.** The mind, body, spirit event of the year! 125 Exhibitors and 48 Workshops. We are returning to our roots at the newly renovated College Park Marriott Hotel and Conference Center on the campus of the University of Maryland. Easy access and free indoor parking. updates: www.NaturalLivingExpo.com.

4/23-24 **The Reconnection Level 3, McLean, VA.** For information please contact Joan Fowler, joan@dove333.com, or visit dove333.com for more information.

6/20 **Seasonal Services 2016 at Institute for Spiritual Development.** Summer Solstice. Visit: isd-dc.org.

ONGOING

aCHieve Weight Loss Program: Casey Health Institute's new clinically supervised weight loss program addresses every aspect of an individual's life to ensure long-lasting weight loss maintained through lifestyle change. Our Naturopathic Doctor, Nutritionist, and Health Coaches will work with you to educate, guide, and hold you accountable to the weight loss plan that suits you best. In addition to the program, Casey Health offers aCHieve wellness-based, weight loss classes on a variety of lifestyle topics such as: nutrition, fitness, mindful eating, and yoga. These classes are open to the public and occur on a rotating schedule. Class fee is \$15; classes are 60 min. Call the Wellness Center for more details: 301-355-2030.

Ageless Wisdom Teachings: free weekly talks and classes on the Emergence of Maitreya and the Masters of Wisdom, the most potent form of meditation, the path of initiation, the spiritual kingdom and various aspects of esoteric philosophy. Please RSVP at: skourangis@gmail.com.

America Meditating Radio Show. Listen 24/7 online for inspiring discus-

sions on ways to combat challenges we encounter along the journey of life. Hosted by Sister Jenna, Director, Meditation Museum. www.blogtalkradio.com/americanmeditating

Berkeley Springs Farmer's Market on Fairfax Street. Sundays, April-mid Dec., 10am-2pm. www.berkeley SpringsFarmersMarket.org

Combination Yin Yoga & Gentle Flow Yoga Classes offered every Wednesday by Mabelle Lee, certified & registered yoga instructor and massage therapist. Classes alternate starting at 5:30pm and 7:15pm; held at Rivendell Center, 9339 Fraser Ave., Silver Spring. Drop in rate: \$10/class. www.mabellelee.com

Community Night at Casey Health: Every Monday evening; \$5 for the entire night! Yoga 5-5:30pm; Reiki 5:45-6:45pm; Meditation 5:45-6:45pm. Open to all! Come join in the fun! www.caseyhealth.org

Community Yoga Class, All Levels, 6:30-7:45pm, every Tuesday, Rivendell Center. Beautiful space, great group, \$10. Taught by Claudia Neuman, E-RYT, Certified Anusara Yoga Instructor. Visit: www.yogafiveo.com or www.alignwithgrace.com for more information about Claudia.

Community Yoga Classes at Unity Woods Yoga Center in Bethesda. Every Friday, 6-7pm open to all levels; \$8/cash drop-in fee. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Fl., Suite PH7. Information at www.unitywoods.com or 301-656-8992.

Dance Fitness! Come join our fabulous new exercise instructor Julie Hoang for this high-energy workout that combines upbeat international music with unique choreographed routines. Dance away your cares while burning 600-900 calories per class. Julie leads this exciting cardio workout we promise will get you hooked! Class fee is \$5. Classes held on Monday and Wednesday evenings from 7:30-8:30pm at Casey Health Institute. To sign up: www.caseyhealth.org.

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/healing-cert-course/.

Family Systems Constellations Training with Francesca Mason Boring, one weekend per month, March-September. www.blueberrygardens.org



Great Mother Love Weekend Retreat

Deepening Our Connection with the Great Mother to Birth the New World

March 3 – March 6, 2016

Open to Women and Men

led by **Mare Cromwell**

Multi-Award-Winning Author of

The Great Mother Bible (reviewed this issue)

\$550 – Early Register

\$575 – Standard Register (after 2/15)

includes all meals & shared rooms

At the bucolic Claggett Center, Adamstown, MD

To register: greatmotherlove16.eventbrite.com

Come be nourished in a long weekend retreat devoted to the healing energies and Love of the Great Mother. The Mother has the capacity to heal anything when we are in alignment with her and it is of the highest good.

- Ceremonial, contemplative, and fun.
- Visit a sacred grotto to the Virgin Mary.
- Call on Quan Yin, Isis, Osun, and other goddesses for support.
- Play, dance, and go deep.

More than anything we will invoke the powerful presence of the ultimate Sacred Feminine to reawaken hope for our world.

Multi-award-winning author **Mare Cromwell** is a mystic, empathic intuitive healer and international speaker. She is the author of *The Great Mother Bible*, and several other books. Mare has studied with Native American teachers for nineteen years and is the visionary behind the Great Mother Wisdom Gathering.

www.marecromwell.com



Clinical Consultations offered every Thursday at Green Comfort with Teresa Boardwine, RH (AHG)

Dec. 17th 2015
 Holiday Open House

Feb. 6th 2016
 Botanica Erotica Love Feast

April 30th
 Wild Food Forage & Cooking Class

July 15th -17th
 Herbal Immersion Weekend

August 12th – 14th
 Native Plant Identification

September - June 2017
 Foundations of Herbal Medicine & Herbal Apothecary



7Song teaches Herbal First Aid & Botany May 11 – 15



Intermediate to advanced level of clinical first aid & botanical ID with prior herbal education required. Recommended Reference is *Weekly's Flora 2015 Flora of the Southern Mid Atlantic States.* To Register, please visit our website :

www.GreenComfortHerbSchool.com

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continued on the next page



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Sunday Church Services

11 a.m. Sept – June
10 a.m. July–August

Psychic Fairs 2016

(Second Saturday, Odd Months)
Jan 9, March 12, May 14, July 9,
Sept 10, Nov 12

Message Circles 2016

(Second Saturday, Even Months)
Feb 13, April 9, June 11, Aug 13,
Oct 8, Dec 10

Seasonal Services 2016

Spring Equinox–March 20
Summer Solstice–June 20
Autumnal Equinox–Sept 22
Winter Solstice–Dec 21

Other Events and Offerings

Bookstore and Crystal Shop
Wellness Expos
Classes/Workshops
Weddings/Memorial Services/
Baptisms

**5419 Sherier Place NW • Washington, DC 20016
www.isd-dc.org**

WINTER CALENDAR

ONGOING EVENTS, cont.

Free talks about the one known as the Christ, Messiah, Imam Mahdi and Maitreya Buddha who has reentered the modern world. If you can accept this even as a possibility, please make the effort to inquire further at www.share-international.org. For free talks and information, contact: skourangis@gmail.com.

Having a Loving Relationship Workshop – An ongoing workshop for creating and maintaining a joyful connection with your significant other. This workshop for individuals or couples is scheduled each Monday from 7pm–8:30pm at a cost of \$40 per workshop per individual in Rockville, MD. Workshops facilitated by Mari G. Craig and Len Adler. Both are licensed clinical social workers/therapists with established private psychotherapy practices in Rockville, MD. Visit: www.maricraig.com. If you are interested in joining the workshop, please contact Mari at maricraig@comcast.net / 301-929-9767; or Len at leonard.adler@verizon.net /301-460-3111.

Healing Touch Practice Group. Practice group will meet on the 1st Wednesday of each month from 6pm-8pm. This is a great way to practice Healing Touch techniques, answer

questions, and share experiences. All HT Levels are invited to participate. Contact Donna Adams at 954-290-9313 or softlandinghealing@gmail.com for additional information.

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.

K.O.R.E. Workout: Kettlebells, Oxygen, Resistance and Energy! Open to all levels of experience, this new, dynamic and personalized class builds muscle strength and bone density, strengthens your core, develops cardiovascular endurance and increases flexibility while gaining body awareness. Classes offered every Tuesday from 6-7pm at The Casey Health Institute. 800 S. Frederick Ave., Gaithersburg, MD. Visit www.caseyhealth.org to register or call 301-355-2030.

Life Empowerment Monthly Discussion Group. Led by Ava Barron-Shasho, Certified Life Coach & LCSW. Institute For Spiritual Development. NW-DC. 5419 Sherier Pl., NW, DC 20016 www.isd-dc.org



MIND • BODY • SPIRIT FESTIVALS

MARK YOUR CALENDAR

FREDERICK

Sunday, April 17th & Sunday, October 16th

Holiday Inn Conference Center at FSK Mall
5400 Holiday Drive, Frederick, Maryland 21703
11am-5pm • \$5 admission • low-cost services

www.illuminatefrederick.com

ANNAPOLIS

Sunday, July 17th

Doubletree by Hilton Annapolis Hotel
210 Holiday Court, Annapolis, Maryland 21401
11am-5pm • \$10 admission • low-cost services

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**3 Seminars with Mary Phelan of Telepathic TV
Laughter Wellness Seminar
Intuitive Readings with RPHC Staff
Daily Morning & Sunset Meditations**

Complete Details At www.RisingPhoenixHC.com/Hawaii

WINTER CALENDAR

Message Circles 2016, Institute for Spiritual Development. Second Saturdays, even months, February 13, April 9, June 11, August 13, October 8, December 10. Visit: isd-dc.org.

Psychic Fairs 2016, Institute for Spiritual Development. Second Saturdays, odd months. January 9, March 12, May 14, July 9, September 10, & November 12. Visit: isd-dc.org.

Sunday Celebration & Worship, Institute for Spiritual Development. Come celebrate the Divine in our lives with community, acceptance and unconditional Love. 11am-12:15pm, September through June, 10-11:15am, July through August. Visit: isd-dc.org.

Transmission Meditation: how to serve the world in need and advance your own spiritual evolution at the same time? Inquire at skourangis@gmail.com.



Visit our website
for a larger,
constantly updated
calendar of events
www.pathwaysmagazine.com

YOGA TODAY

Yoga For Seasonal Affective Disorder: Can It Help?

...continued from page 15

between the ages of 18-30. The severity of and ability to cope with SAD is influenced, in part, by the geographic location of the sufferer. Perhaps more importantly, it is determined by the individual's own unique history and constitution. Those who are prone to depression, and perhaps have not had much treatment or help, are of course the most vulnerable. There are those, too, who may not even know that such a diagnosis is real—they have no idea are in the throws of something that has a medical basis.

An abundance of research has been conducted and continues to be done about the effect of light on depression. Our circadian rhythms, or "internal clocks," re-adjust to accommodate the amount of light in the environment. Our internal clocks know to wake up when the sun is rising. After the sun sets, the darkness enables the body to make melatonin, which is the hormone that helps us sleep. When light is in short supply, the body doesn't really know when to stop making melatonin. Treatment for Seasonal Affective Disorder may involve "Phototherapy," or bright light therapy, which has been shown to suppress the brain's secretion of melatonin. Although, there have been no research findings to link this therapy definitely with an antidepressant effect, light therapy has been shown to be effective in up to 85 percent of diagnosed cases.

Arranging the home or workplace to receive more light through windows, or taking a walk outdoors, have also proven to be helpful in combating the symptoms of SAD. But those who have experienced SAD know it is real and

can be debilitating without viable solutions. Again, we ask, can yoga help? Well, yes and no.

Here is the dilemma: An individual with SAD is already suffering from lethargy, over eating and over sleeping, loss of libido and a decreased desire to go anywhere in the freezing cold. It's hard enough to get out of bed in the morning let alone go to a yoga class and get on the mat. The idea of doing yoga to help is almost too daunting and exhausting to bear. Here's the rub: Yoga can only help if it is actually done, and done with consistency in order to combat the lethargy and bring about a shift. The question then becomes: How does one get motivated to do yoga when she isn't feeling too motivated to do anything at all? Are there poses that are good for depression? Sure there are...but getting to the mat is the first, and most difficult, step.

The Science of Yoga & Learning to Breathe

Yoga is not a type of religion; it is a pure science that has been developed over thousands of years. The ancient yogis knew the body was more than just flesh and bones—we are multi-dimensional beings who reflect on our own experience. Patanjali's *Yoga Sutras* have been pointed to as the very first form of psychotherapy in history because of the succinct way the author describes and categorizes the human experience of the un-tamed mind. Yoga is the science of using the mind to change our perceptions so we are clear. Just as a windshield needs to be cleaned in order to see where we are

continued page 84

Is it time to remember who you are and why you're here?



Interactive Spiritual Presentations

"Unfolding Into the Divine"

Saturday, January 9, 2016

Roundtable Discussion: 11 am to 12 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 13, 2016

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, other book discussions, and worship 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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Smoky Quartz ★ Agate ★ Tigereye ★ Fluorite ★ Jade
Tourmaline ★ Amazonite ★ Chrysocolla ★ Citrine ★ Jasper
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YOGA TODAY

Yoga For Seasonal Affective Disorder: Can It Help?

...continued from page 83

going, our minds need to be purified to understand there is more to life than just the physical experience of it.

In today's world, quieting our minds is hard to do. We are a distracted society. Our ability to feel, think, concentrate and relate to the world around us is characterized by extreme sensory overload every waking minute; we do not place a lot of value on stillness or silence. In fact, slowing down, or hibernating, is not revered in our civilized world. Unless you are being productive, what good are you?

Ideally we could choose to see the darker days of this season as an opportunity to slow down and develop our inner resources. Embracing the darkness as a wonderful, powerful gift could be a healthy decision. After all, a seed cannot grow unless it is pitched into complete darkness; a fetus must have the darkness of the womb in order to be born. Paul Simon's brilliant lyric, "Hello darkness, my old friend," might be a mantra for SAD sufferers. However, at some point, we have to step out into the light.

The Yogis of ancient times worshiped fire for the countless ways in which it changes our physical world. Ghee (or clarified butter) went from a solid to a useable liquid when fire was added to it. This is a metaphor for the practice of yoga. Certain practices stimulate our inner source of fire—light—thus purifying the mind and making our perceptions more luminous and inspired. This is the basis for health—mental, emotional and physical. It was true then, and it remains so to this day. Our ability to re-frame our experience so we are enhancing life and empowering others and ourselves is the hallmark of inner strength that comes with consistent practice and refinement of our habits.

To stoke your inner flame, Yoga breathing might be a place to begin. If you cannot get out of bed, you can lie in bed and breathe.

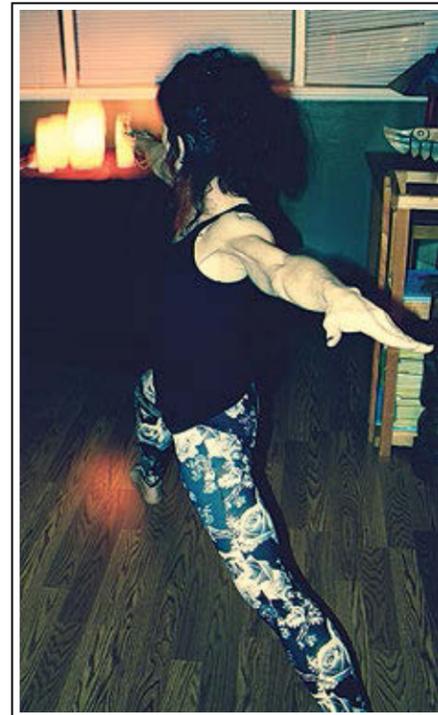
Here are a few Yoga-inspired practices that might help:

1. Studying the length of your breath:

While lying down (even if you are in bed), *study* the length of your incoming breath compared to your outgoing breath. Which part of the breath is longer, the inhale or the exhale? Make an effort to inhale twice as long as when you exhale. Inhaling brings energy, inspiration and clarity. You might try inhaling for the count of 6 and exhaling for the count of 5. If this goes well over a period of time—try to repeat the steps 6-8 times—you might try gentle breath retention after the inhale. For example, inhale for 6 counts, hold the breath in for 2 counts, and exhale for 5 counts.

2. Breath retention while in a seated position:

This involves all of what you did



in the first exercise, but this time in a seated position. Focus completely on your breath.

Standing Poses for the Morning:

1. Standing tall, raise the arms over the head while inhaling. Count the inhale length, then lower the arms on the exhale. If possible, maintain the same ratio of inhale to exhale that you did in the first two suggestions. For example: inhale as arms go up over the head for 6 counts; exhale down for 5. Hold for 2 counts before the exhale if you can do so without stressing. Repeat 6-8 times.

2. Warrior Poses. All of these types of standing poses are good for energy and circulation. Furthermore, from all standing poses, where you put your gaze, or *Drishti* can be quite useful. This will help to quiet the 'surface mind' and strengthen your resolve. (For more about the art of *Drishti*, please visit: www.yogabasics.com/learn/focusing-on-a-drishti/.) Most find that 'Warrior II' is easier to do. Taking a wide stance, bend the front leg to a 90-degree angle (the knee should fall directly over the ankle) while the back leg remains straight. While in Warrior II, gaze out over the front hand, and find one point to rest your attention. Keep your eyes level with the horizon, gaze into the future.

Bastrika Breathing or Bellow's Breath

If all of the exercises described above become easy to do, Bastrika Breathing, also known as Bellow's Breath, can be considered. It is probably best done with a teacher who can give you close instruction, but it can be done on one's own as well.

This technique is similar to the movement of an old-fashioned bellows that fans the flames of a fire. Sitting with a straight spine, inhale half-

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YOGA TODAY

The idea is the thinking brain needs a little cleansing and it is very cleverly done through this breath technique.

way through your nose and expel the air forcefully as you pull in your belly. The movement of the belly is the same movement your belly makes when you cough or sneeze. Without realizing it, you are pushing air out forcefully while the abdominal wall contracts. The inhale will occur on its own—do not try to make the inhale happen, otherwise you will be hyperventilating. These abdominal contractions force the breath out and ‘fan’ the *Agni* (fire) at the base of the spine. This is a powerful way to break up stagnation.

Once you have completed about 10-20 ‘pumping’ actions, pull the breath in through the nose and hold it for a few moments before releasing to exhale. This is also called *Kabalabiti*, which literally means “shining skull.” The idea is the thinking brain needs a little cleansing and it is very cleverly done through this breath technique.

If all of the above practices become helpful in combating Seasonal Affective Disorder, there is great promise—

and you might even feel like going to a yoga class!

Additional Reading and Resources

“Yoga for anxiety and depression,” *Harvard Mental Health Letter*, www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression

“Exploring the therapeutic effects of yoga and its ability to increase quality of life,” *International Journal of Yoga*: www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/

More information about Seasonal Affective Disorder can be found on the Mental Health America website: www.mentalhealthamerica.net/conditions/sad.

For some of the National Institutes of Health studies, as well as clinical trials currently being conducted, visit: www.nlm.nih.gov/medlineplus/ency/article/001532.htm.

For more information on Phototherapy: Society for Light Treatment and Biological Rhythm, P.O. Box 591687 174, Cook Street, San Francisco, CA 94159-1687; www.websciences.org/sltbr.

Claudia Neuman, MSW, E-RYT 500, is a certified Anusara® Yoga instructor and has been teaching for three decades. Please visit: www.alignwithgrace.com, or www.yogafiveo.com for information about Claudia Neuman. See her ad below.

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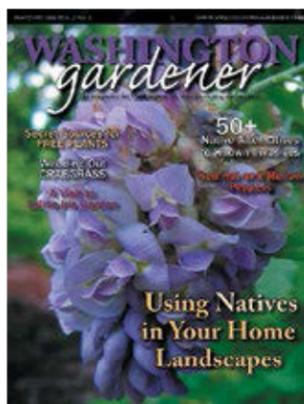
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NATURAL HOME

Living the Good Life with Feng Shui ...continued from page 17

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← ENTRANCE →

A Feng Shui Bagua

come to know well each gua by applying the energizers, discussed later, which will help you create the magic of improving your life.

The bagua is placed (actually and symbolically) over a simple sketch of the home's floor plan. Each full floor is 'divided' into the bagua's nine 'tic-tac-toe' squares (guas). The home's front door is placed along the bottom line of the bagua, so the front door always opens into the Cultivation, Career, or Patronage gua. From here, it's easy to plot how the rooms fit into the guas simply by measuring and 'dividing' your full floorplan into the nine areas. One room will never equal one gua exactly; it will be either part of one, or more than one, gua, depending on the size of your home. They are never a perfect match.

(Tip: I cut very tiny pieces of red tape—any color except clear—and place them where each gua line intersects at the baseboards and floors of my home. Now I see my guas clearly defined. Yes, some of the tape will fall in the middle of a room; that's why I cut the tape very small. Mostly only I see it because I know it's there. If you do this, be sure to tell your family what you're doing. And when guests come over? Just smile when they pick up the tape from your floor saying 'you must have missed this while cleaning!')

Now the mechanics of the layout are done, and I know you're ready to get to Feng Shui'ing your rooms and life. There's always a "but..." and here it is. Before we move on, there's one thing I haven't mentioned yet and, of course, it's *the* most critical and necessary step—DECLUTTER.

Declutter. Everything. Did you think you could skip this part? After all, you're not a hoarder! I know. You *love* everything you own! I know. You have nothing to wear! I know. But you must lay your eyes and hands on everything

you have—no skipping, no hiding. You must love it, need it, or use it regularly to justify keeping it. Otherwise, let it go. Nothing hides from Feng Shui eyes, including closets, cupboards, basements, garages, and attics. These are the very places that can do you in. And while the decluttering process can be daunting, it can also be made fun. Have you kept your elementary school books in a box? Do you have strange collections of miniatures people kept giving you as gifts because you once said you liked aardvarks? Begin the process today. Start with the 'junk drawer' likely in your kitchen. Did you find 87 pens because you fear they'll stop making them? You know what you need to do. You must love it, need it, or use it regularly or you part ways.

When this is done, you'll likely be amazed at the new home you suddenly see. Bask in the great work you've done. You likely already feel as though you have a new lease on life. And you do. But you're anxious to keep going and get to the really good stuff.

Three fundamentals of Feng Shui are: (1) Everything is alive; (2) Everything is connected; and (3) Everything is always changing. Know this is true, and life will already improve. Even furnishings have a living connection; humans with human emotions, and materials with moving molecules made them. When you treat everything with this respect, life becomes more kind, loving, thoughtful, and therefore, better for all.

The energizers used to determine balance in our environment are called the Five Elements. Together they make up every 'thing' in life. The five elements are: fire, earth, metal, water, and wood. You may read about some practitioners who rely on the Four Natural Elements—fire, earth, air, water, and sometimes 'spirit' is included. The Four Natural Elements are just a

NATURAL HOME

slightly different path to the same result. Most use these Five Elements:

1. Fire is energy, passion, expansion: the color red, people, animals, light, candles, etc.

2. Earth is stability, grounding: earth tones, brick, ceramics, soil, etc.

3. Metal is elegance, focus, mental sharpness: white, pastels, metal, electrical items, etc.

4. Water is emotions, introspection: water features, glass, mirrors, etc.

5. Wood is growth, beginnings, achievement: blues, greens, plants, wooden items, etc.

You will be able to categorize everything in your home by these elements. By doing so, you'll know the cause of any imbalance. You likely can already feel when a room (or yourself) feels 'off.' A room is too cold or too warm; has too many furnishings of glass or wood; is too large or too small. When a room, or your life, is 'too' anything, it's out of balance. We restore that balance by either adding some of what's 'not enough,' or removing some of what's 'too much.' Elements are not *opposite* to each other, but rather *complementary* to each other. And the blending of separate elements to create one better thing (e.g., life) is called Alchemy.

The elements are brought into the home using the above, and other, mediums. Balance is what we seek and is created to be pleasing and acceptable, resulting in a comfortable, harmonious, and client-oriented environment. Every person has a natural attraction for, or against, particular items, colors, art, etc., and Feng Shui design respects this. Your Feng Shui consultant would ensure some extra 'oomph,' however, into the elements that correspond with the goals of special interest to your desires. Your home should always welcome you with what you love.

We also use the terms *yin* and *yang* to help us bring balance. Yin qualities are feminine, cool, dark, soft, ornate, horizontal, muted, etc. Yang qualities are masculine, warm, light, hard, straight, vertical, bright, etc. Bedrooms normally are yin, meant for quiet, rest, and renewal. Kitchens might be yang, with lots of activity, clanging pots and pans, and quick movements. Do you

see obvious balance or imbalance in your environment?

There are many moving parts to Feng Shui, all fun. Okay, maybe decluttering is not so fun for you, but how can you not love a several-thousand year old process that still works today, works like a charm, and results in improving your life, however you define that?

Once you become more familiar with all Feng Shui ways, you'll find life improves almost magically. You'll spend more time doing what serves your highest good and waste fewer resources on things and activities (and people) that add nothing or may cause waste or even harm to your life. You'll be able to recognize quickly what does add joy and success to living. We may not have only one lifetime here, but why take that chance? If not now, when?

Feng Shui encourages a life of infinite possibilities. Magic happens, and the magic is you!

Sharon Rusk, certified by the Western School of Feng Shui in California in 2006, is an active Feng Shui consultant, teacher, and lecturer. She blends Feng Shui, interior design expertise, and a native New Englander's common sense to create enhanced, client-oriented environments and lives. She practices in and around the Northern Virginia area and can be reached at 508-280-9570 or thegoodlifefengshui@gmail.com.



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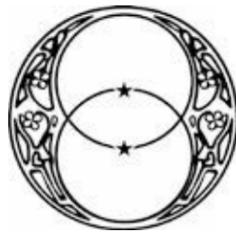
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This Time is for You ...continued from page 21

dency to put work first. Do the best you can to balance work and family. If you don't, you'll become critical of your actions and take situations too seriously.

There is a positive side to Mercury retrograde in Capricorn: You'll consider your role in society and try to figure out how to do the best you can. Past history will be very important. You'll want to take those lessons from the past and figure out how to use them so you can grow in the future.

You may continue to take yourself seriously on January 9th when the new Moon occurs. With both the Sun and Moon in Capricorn and forming a conjunction to Pluto as well as a square to Uranus, you may feel life is very intense right now. You want to make certain you are on the right path. At the same time, you don't want to be bogged down by circumstances out of your control. What's good about this new Moon is that it also forms a trine to Jupiter retrograde. This means you'll understand which habits are interfering with your ability to succeed and how to rid yourself of those habits. Other people may try to draw you back to those old habits, but you'll know how to avoid those pitfalls that don't lead to your success.

You'll continue to understand what's important to you on January 23rd when the full Moon, with Sun in Aquarius and Moon in Leo, occurs. Venus entered the sign of Capricorn earlier in the day and you found you wanted to do more for loved ones. With the Moon in Leo at this time you really feel generous towards others and want to help them. With the Sun in Aquarius you understand the importance of helping those who really want to help themselves. You realize you can't be responsible for their actions. Since this full Moon forms a square to Mars, you'll find it easier to know when to help others and when to let them do things for themselves.

Mercury in Capricorn turns stationary direct on January 25th. It went retrograde on January 6th when it was in the sign of Aquarius. Now that Mercury is direct, you can start thinking about any plans you made to determine how to apply them in your life. This will become more important as Mercury forms a conjunction to Pluto on January 30th and a square to Uranus on January 31st.

Taking things seriously and making certain the past didn't interfere with your future was an important theme when Mercury was retrograde. It was also a good time period to go back and resolve any problems you put off. On January 30th and January 31st, you see just how important it was for you to re-

solve any negative situations.

When Mercury forms the conjunction to Pluto, you'll be required to take a hard look at all the ways other people have tried to manipulate you. You'll need to determine if those people were a positive asset in your life. As Mercury forms the square to Uranus, you'll be able to speak up for yourself and assert your rights. If you didn't resolve some past negative situations you may find you have a lot of anger over these two days (January 30th and January 31st) because you're still feeling manipulated. If you feel resentful, pull back and reflect on your needs. You don't need to let chaos control you at this point. Instead, speak up for your needs in a gentle way and the energy will dissipate, creating harmony in your life.

The month of February starts with a new Moon on February 8th. Both the Sun and Moon are in Aquarius with the new Moon forming a quincunx to Jupiter retrograde and a sextile to Uranus. When a new Moon occurs in Aquarius, it's important to take time for your needs. This is also a great time to get together with friends or look up old acquaintances to see how they're doing. Because the new Moon is forming the quincunx to Jupiter retrograde and the sextile to Uranus, you really need to re-evaluate your commitments to volunteer organizations. You may be doing too much for others and not enough for yourself. At least with the new Moon

forming a square to Mars you'll feel very comfortable taking any action that gives you more personal freedom.

As the Winter 2015/2016 quarter starts drawing to a close, a full Moon occurs on February 22nd. The Sun in Pisces is forming a conjunction to Neptune and Ceres while the Moon in Virgo is forming an opposition. Normally, when the Sun forms a conjunction to Neptune you feel confused about the direction of your life. You also feel lethargic during the day. However, Neptune rules the sign of Pisces so you won't feel quite that way during this full Moon. Instead you'll look at your environment to decide how to declutter your life. You'll feel you want to simply things. You don't want to be overwhelmed by anything.

You'll also feel a lot of compassion for situations both in your life and the world. You'll try to find ways to get along with others. You'll try to understand why things happen the way they do. Most importantly, you'll be willing to make changes in your life that enable you to move forward into a spiritual realignment with your soul.

Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See also her ad on page 59.

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ENVIRONMENT AND JUSTICE

Why the Drug War Has Been a Forty-Year Lynching ...continued from page 25

pressive police force with no real accountability.

In the interim, the Drug War is not now and never has been about drugs. Legalizing pot is just the beginning of our recovery process. Until we end the Drug War as a whole, America will never know democracy, peace or justice.

Harvey Wasserman wrote SOLAR-TOPIA! OUR GREEN-POWERED EARTH. He reports from central Ohio, writing regularly on politics and the envi-

ronment, and edits www.nukefree.org. See his ad on page 86.

Bob Fitrakis & Harvey Wasserman have co-written six books on electronic election theft. They will publish two new ones this election season: THE SIXTH JIM CROW: ELECTRONIC ELECTION THEFT & THE STRIP/FLIP OF 2016 (due out January 2016), and CITIZEN KASICH (release date TBA). Watch for them at www.freepress.org. Bob's FITRAKIS FILES are at www.freepress.org; Harvey's ORGANIC SPIRAL OF US HISTORY will also appear in 2016.

Racial Slurs Have No Place in Football

For American Indians, the NFL season offers regular reminders that our rights still aren't fully recognized.

BY JUDITH LEBLANC

The leaves are changing. The scent of pumpkin spice lattes is in the air. In short, it's football season. And like millions of my fellow Americans, I love football.

But I'm also American Indian.

So for me, football season also means hearing a racial slur all the time. It's used by sports teams around the country—and by Washington, D.C.'s National Football League team in particular.

You may know that franchise as the Redskins. I refer to it as the R-word.

Natives have been calling on sports teams to do away with the slur for 50 years, along with other mocking mascots and racist caricatures of Natives employed by teams of all kinds. Professional outfits should know better, but so should schools and communities.

So I celebrated recently, along with much of Indian Country, when California Governor Jerry Brown signed the California Racial Mascots Act into law. It banned the state's public schools from using the R-word to name sports teams. Schools in four California counties will soon have to rebrand their buildings, logos, uniforms, and mascots.

"We cannot change history or erase the past," said Dahkota Kicking Bear Brown, president of Native Education Raising Dedicated Students. "But today, as Native students, we shall celebrate this step in the right direction of improving our educational experiences."

I agree. Now if we can just convince our nation's leaders to do the same.

My hope faded, though, when I heard Republican presidential candidate Jeb Bush use the R-word not once, not twice, but *three times* during an interview in October. Then there's GOP candidate Donald Trump, who proclaimed that Indians are "extremely proud" of the term.

Wrong.

For Native children, the R-word and its associated mascots are demeaning

and disparaging, eroding their self-confidence and self-image. Unsurprisingly, peer-reviewed studies have suggested that racist mascots can hurt the performance of Native students.

It's an additional mockery for an already suffering group of young people whose second-leading cause of death is suicide. And it's an added insult to people whose treaty rights are still being violated, even today.

Native Americans are regularly confronted with attempts to turn our sacred religious lands over to corporations for profit. In Oak Flat, Arizona, some 2,400 acres of national forest land—protected since 1955 as Apache sacred land—is being handed over to Resolution Copper, a British-Australian mining conglomerate.

Meanwhile Natives continue to protest the Keystone XL pipeline, which would funnel oil mined from tar sands nearly 1,800 miles from Alberta, Canada to the Gulf of Mexico through multiple sovereign Indian territories. The U.S. government never negotiated with the tribes when charting the pipeline, despite the impact it will have on their lands.

And in spite of long-standing poverty, gross health disparities between Natives and non-Natives, and ongoing discrimination, federal funding for Indian health care, housing, and education programs remains paltry.

Most people have the good sense not to use the R-word to our faces. So why would you plaster it across a stadium?

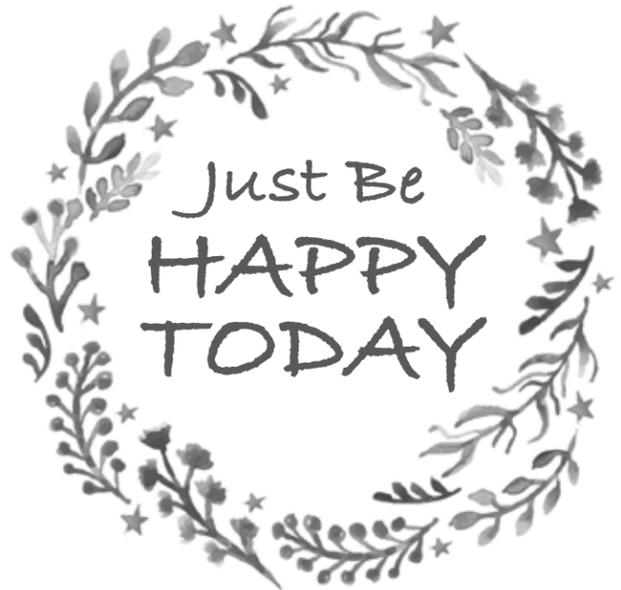
Dropping the R-word alone won't solve these deep crises in Indian Country. But it's a crucial step toward restoring the equity, dignity, and democracy taken from the first people of this land.

At the very least, it'll let us all get back to enjoying football—without the nasty reminder that the rights of American Indians still aren't fully recognized.

Judith LeBlanc is the Director of the Native Organizers Alliance and an enrolled member of the Caddo Tribe of Oklahoma.

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TOUCH A BUTTERFLY: Wildlife Gardening with Kids

BOOK REVIEW BY ALYCE ORTUZAR

By April Pulley Sayre
Roost Books: Boston
2013; 205 pages (PB); \$19.95
ISBN 978-1-59039-917-9
Author website: www.aprilsayre.com

Children who have no contact with gardening miss out on connections not just to nature but also to culture—art, philosophy, even math—written with metaphors of nature in mind.
~ April Pulley Sayre, *Touch a Butterfly*

This author is passionate about gardening and children, and her book is filled with wonderful photographs and engaging activities for all ages. The chapter titles and subtitles reflect these passions, sensitivities, and learning opportunities: *Opening Your Ears; Layer Cake of Life; Water Detectives; Snowy Day Survey; Welcoming Butterflies, Bees, Bats, Dragonflies, and Toads; The Caterpillar Crawl; Toadally Cool; Bringing in Birds; Symphony of Seeds;*

Hands and Feet Awareness; Reaching Out to the Community; Wild Families, Wild Gardens, Past and Future.

The book instructs readers how to provide what wild creatures need, even and especially in an urban landscape, and they will find it. The author focuses on how to become a “wildlife magnet” by using what nature already provides “in the most sustainable way possible—with native plants and natural structures that require little maintenance.” In addition to food and water, wildlife habitat includes shelter from predators and suitable spots to safely raise their young. Native plants in a yard or small courtyard “can shelter and feed butterflies, lizards, quail, turtles, and a host of other creatures. A window box, planted with the right flowers, can be a feeding spot for hungry hummingbirds. Some schools have turned their inner courtyards into wildlife habitats by planting berry-yielding shrubs and nectar plants for butterflies.” Vegetation for warming up, bathing, and cooling off will attract even more varieties of these wonder-

ful critters with more opportunities for observing them.

There seem to be no limits to the rewards and benefits from wildlife gardening. Studies document emotional improvements that include self-esteem and overall mood and feelings of well-being from being in natural habitats. These findings are “especially true for the very young, the elderly, and those dealing with emotional issues.” Time spent in nature can change our lives even during our most vulnerable moments. Fresh air also perks us all up. Infants who spend time outdoors absorb “the sounds of birds, the smells of plants, the feel of breezes, the slant of the sun. The natural world holds joys, comforts, and learning moments that enliven every stage of childhood and family life. A garden is also art. It is a living kinetic sculpture.”

Native vegetation that provides what wild critters need to survive and thrive often emerges naturally in most yards and vegetated medians, but they are too often destroyed by mowing. Mowing compacts and dehydrates the soil,

and the greenhouse gas emissions from mowers, trimmers, and leaf blowers are enormous—to say nothing of the noise that creates disharmony for humans and wildlife alike. In this context, the author cautions against rushing out to buy tools and plants. First observe what plants emerge naturally, what critters are around, and which plants they visit.

Whereas a garden is “a layer cake of life” with many benefits to wildlife, a mowed lawn has no layers. Habitat layers such as vines or dense tall shrubs can protect birds from hawks and cats and can be escape routes from predators for squirrels. In addition, mowing deters and even kills caterpillars and other wonderful beneficials; and most people are unaware of the wonderful native tree seedlings deposited by squirrels and birds that are too often destroyed by mowing. These are by far the hardiest trees if left in place to grow or if transplanted early.

The more robust a native bush or tree is permitted to become, the more habitat and food there will be to support

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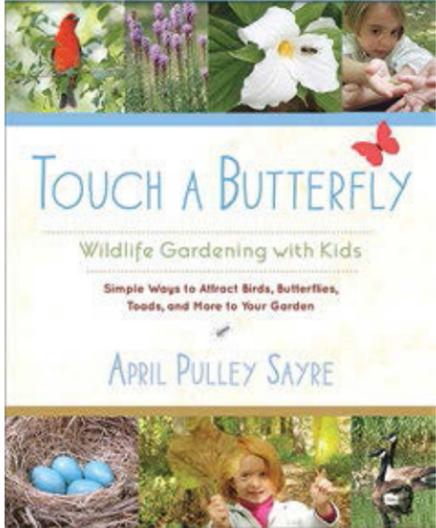
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BOOK REVIEWS



even more wildlife—at no additional cost and with little to no maintenance. The height of any remaining turf grass can be controlled with garden shears or a scythe. Native groundcover and other emerging native vegetation will ultimately smother only the turf grass, thus permitting earthworms and wildflowers such as clover and dandelions to thrive and enhance the health of the soil while feeding our pollinators. Dandelions are also an heirloom vegetable with more nutrients than spinach has. In other words, “what are too often characterized as weeds may be a wild native plant already furnishing important food for wildlife.”

The author discourages the use of bug zappers and chemicals (herbicides and pesticides) because they kill beneficials indiscriminately, such as wasps and moths that are also important pollinators. Use bat houses instead and plant flowers that bloom at night to attract and feed the bats. Readers are also encouraged to think about how “sound is one of the first clues to the presence of wildlife.” To survey an area, observe with your ears as well as your eyes. The prose in this book is lovely and the information is unique. For example, if there is enough moisture for dew to collect on spider webs, “they become jeweled, lace-like beauties whose folk name is fairy’s washing. The fairies supposedly set their jeweled washing out to dry.”

Leaves left on the ground can become nutrient-rich dirt and “shelters for overwintering moths and butterflies.” Hedgerows of bushes and trees along roads and fields keep soil intact, serve as wildlife corridors and highways, and make driving in rain and snow safer by slowing down or stopping drifting precipitation across the roads. “As climate change makes droughts and other weather extremes more common, windbreaks, shelterbelts, and hedgerows will be more needed than ever.” Following the dustbowl in the 1930s, planting long lines of trees and shrubs as windbreaks “became a national effort across the United States.” This lesson has been lost in the last few decades. A few native trees, bushes, and plants next to a stream or other water source are welcome shelters for migrating birds and dragonflies.

The author discourages the use of commercial peat because it is mined from wetlands. Peat will often emerge nat-

urally in a dark, damp area in a yard that is not mowed. Native plants are important because they have evolved naturally with birds, insects, and other wildlife for at least tens of thousands of years; and about 90 percent of our birds rely on insects for their survival and population numbers. Native plants are also more likely to be hardy and enduring even in extreme weather events. The deep roots of these plants develop healthy soil, capture and clean stormwater, and filter pollutants out of septic systems. However, not all non-native plants are invasive and may feed beneficial critters, so spend time observing a plant before removing it.

“The loss of a full-grown tree can destabilize a quarter acre or more of soil and habitat,” in addition to a loss of biodiverse plants and wildlife. “Many urban trees die from being repeatedly bumped or cut” accidentally by grass maintenance equipment or by utility companies that refuse to part with any of their profits to put their lines underground. Even eastern European countries put their utility lines underground to spare the trees. “Injuring or cutting the bark interrupts the flow of nutrients up the tree” just under the bark and provides pathways for insects and disease. Packing too much soil and mulch against the trunk of a tree will trap moisture and cause it to rot. The author also discourages the practice of setting out synthetic fabrics and dryer lint for birds, which contain chemical residues and are not biodegradable.

In contrast to efforts in the United States to introduce standardized tests in kindergarten and eliminate recess, the author speaks with praise about forest kindergartens in Germany. The children spend all day outdoors in all types of weather. Inculcating these practices, lifestyles, and values in children that they can then take home to their families and communities could be the most effective way to impact the environment and health of our children and of future generations positively, by protecting and increasing what is left of our natural resources.

Resources & Additional Reading

The Macaulay Library of Sound at the Cornell Laboratory of Ornithology to identify sounds: www.macaulaylibrary.org; refer also to www.wildsanctuary.com.

There are many other wonderful books and guides listed in this book. See also: Annenberg Learner “Journey North,” www.learner.org/jnorth; www.projectwild.org —Save Our Streams Project; the *Sibley Guide to Bird Life and Behavior*; tracking books by James C. Halfpenny; *Bringing Nature Home* by Doug Tallamy; *The Earth Moved* by Amy Stewart (the value of earthworms); *The Family Butterfly Book* by Rich Mikula; *Dragonflies through Binoculars* by Sidney Dunkles; *Gaia’s Garden: A Guide to Home-Scale Permaculture* by Toby Hemenway.

See Alyce’s first book review on page 13.

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METAPHYSICAL BOOK REVIEWS

Feel Free To Prosper

...continued from page 36

beliefs around money. Topics include: your personal (love or hate) relationship with money; money as a symbol; how much money you really need; the power of presence and how that af-



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fects your money consciousness; and healing your ancestral karma around money.

Part Three refers to your business and/or career. I loved Jenett's idea of the Universal Marketing Department. In short, life (and business) can be easy if you learn how to align yourself with it. It makes sense that if you are operating out of your own natural way of being and not trying to follow someone else's path, you will naturally create a life based on more ease and flow.

Jenett makes the claim that "you can experience the guidance of an unseen hand, know what it feels like to live a charmed life, and realize that you have an invisible means of support." She states that in running an events-planning business, she never had to actively pursue clients; her clients always managed to find her. Some may find this unbelievable, given how lucrative the business education industry is; yet my personal experience has been that this lady knows what she's talking about. Even in business, creation is all about alignment.

Marilyn Jenett's, *Feel Free to Prosper*, takes a jumble of metaphysical principles, psychological insights,

spiritual wisdom and self-help techniques, and pulls them all together into a themed collection of teachings designed to raise the prosperity consciousness of its readers. Jenett considers herself "the common man's prosperity teacher." She aims to "help those whose containers (consciousness) are not yet large enough for pricey offerings." With this book, she has achieved that goal. *Feel Free to Prosper* is a welcome addition and a front-runner to the other titles in this genre.

Nicole Ortega is a professional astrologer, shadow-worker, Tarot reader and intuitive life coach specializing in helping conscious entrepreneurs move forward on their soul paths with less resistance. If you need clear, actionable insight to transform your perceptions, beliefs and stuck patterns, check out her site, www.nicoleortega.com, for more information.

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ACCESSING YOUR INTUITION

The Mentor Within: Using the Tarot Archetypes for Inner Guidance

...continued from page 27

Tarot contains “potent keys of wisdom that can unlock the door of revelation for those who wish to read the mysterious and unwritten script of their inner lives.” Carl Rohrig, creator of the Rohrig Tarot says, “Certainly anyone who is seeking spiritual understanding has heard of the Tarot. But what is it? Perhaps the Tarot is best described as an initiation into a secret metaphorical language—a language that leads each of us to our own spiritual center.” Robert Wang in *The Quabalistic Tarot* says, “Tarot cards are increasingly capturing the attention of serious students, who view the cards as a repository of a very complex system for the development of inner knowledge.”

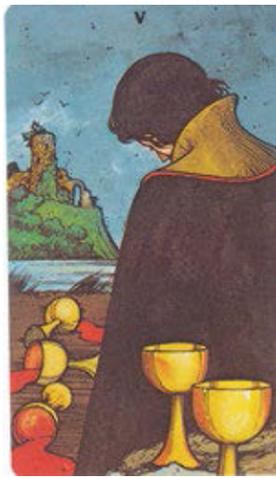
As both a student and teacher of Tarot, I am similarly more interested in what the Tarot can reveal about the processes of the unconscious mind (the “repository” of inner knowledge) than I am in its predictive aspects. There are so many spiritual paths and teachers, I personally find it easy to forget myself and try to find truth through someone or something *outside* of myself, such as a guru or teacher. The Tarot helps to remind me of what I may have temporarily forgotten—that there is already a resource *within* that can guide me as well as any guru can. When I allow the Tarot images to touch my inner depths, I am birthing wisdom from within my own unconscious mind.

Inner Resources

Many believe the subconscious and unconscious minds are vast resources—that these parts of the psyche know no limitation, illness, or scarcity, and are not limited by space and time. They contain the answers to all our questions, the solutions to our problems, and it is where creative ideas, inventions, poetry, art and the like are born. Further, the information found in the part of the mind below the level of awareness is in symbolic form—images and pictures, similar to what we see on the Tarot cards. Viewed from this perspective, the cards become a visual expression of the information found down below. The Tarot is simply one way of communicating with that storehouse of knowledge...*in its own language.*

There are numerous ways to contact the wisdom inside, or the “teacher” within. There are more conventional methods like psychotherapy, prayer and meditation; and less conventional methods, like chanting, Rune Stones and Tarot cards. We now know the fertile Tarot images are a unique way to explore the inner terrain, to get to know the self at a deeper level, and to contact the wise being within each one of us. And with a little training and practice, anyone can do this!

How does this process really work? One aspect of it relates to the idea that the Tarot images assume the role of ancient archetypes, which are inher-



5 Of Cups

ited behavior patterns or templates of human experiences. These are the images of the soul’s journey which Carl Jung named the *collective unconscious*. According to Jung, the information found in the unconscious contains the myths and archetypal experiences that unite all of humankind. Each Tarot image, Major and Minor Arcana alike, portray archetypes that speak to us about our common experiences on both our earthly and spiritual journeys.

The Tarot images are a *visual expression* of this cross-cultural experience of our common humanity. *Every* experience of our lives is depicted in these cards. Some of these universal experiences are quite obvious: The **Empress** (see image on page 27) represents the Great Mother; the Emperor is the patriarch; the Hermit is the wise old man. Others are more subtle: the **5 of cups** (see image above) portrays the universal experience of loss or despair; and the **4 of swords** (see image below) captures the need for renewal, retreat and



4 Of Swords

revaluation we all experience from time to time. These visual expressions of archetypal experiences speak to us about our lives. They provide a mirror image of our inner selves. They enable us to understand events in the world in which we live. I also believe that through this mirroring process and the universal imagery, we can experience healing energies. The images of the journey portrayed in the Tarot can help document, validate and promote our growth and development during the course of our earthly and spiritual journey here on earth.

Interpreting the Messages

When these archetypal images appear in a Tarot reading, there are many ways to interpret their message. Sometimes the images call attention to our

continued on page 94

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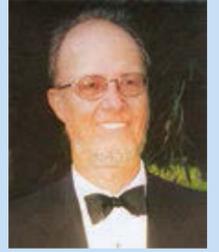
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ACCESSING YOUR INTUITION

The Mentor Within: Using the Tarot Archetypes for Inner Guidance

...continued from page 93

hidden fears. These fears may be influencing our perceptions and our future, because *they are unacknowledged and want to be expressed or released*. The appearance of an archetype in a Tarot reading allows us to observe and acknowledge its influence, and to take note of the feelings, which that image might awaken inside. In addition, the archetype's appearance might act as a verification and validation of concepts we have been unable to grasp or articulate and may, therefore, enable a more accurate understanding of a situation. The images may alert us to possible choices and outcomes, opportunities or dangers ahead.

Sometimes using the Tarot for personal transformation in this way may also occur when we use the Tarot to provide a new model for ourselves, trying out a new persona or new self-definition to see how it suits us. For example, if you are working on becoming a more compassionate and forgiving person, you could meditate on the **Strength** card (see image), which shows a woman gently caressing a lion. As you meditate on this card, you would imagine yourself to be the woman figure in the card, assuming the characteristics and

qualities of gentleness, compassion and self-acceptance. Such creative visualization can be very powerful. Conversely, when we are able to identify an archetype that may be influencing our behavior and thoughts in a negative or oppressive way, it allows us to begin freeing ourselves of the hold it has on us. As we deepen our quest to contact Spirit, to find our inner guides and teachers, the Tarot archetypes unlock a door that leads us within. It can lead us to our highest potential as well as free us from our deepest fears.

Psychologist Abraham Maslow, in his quest to identify qualities of a self-actualized individual, said that *owning responsibility for the outcomes in one's life is a key characteristic in this pro-*



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ACCESSING YOUR INTUITION

cess. When used as a tool for personal transformation and introspection, the Tarot calls upon us to take charge of the future by directing our attention toward these *interior* issues. These are the very issues that may have the *most* influence on our decisions and may have the most power in determining or assessing the future. The Tarot provides a “window” through which we can peer into ourselves to take stock of our inner patterns, beliefs, prejudices and shadow issues. What better way to take responsibility for our lives?

The High Priestess: A Timeless Archetype

One of the favorite archetypes found in the Tarot is the **High Priestess** (see image below). The energies the High Priestess figure embodies live within *each* of us. Her ability to invoke hidden, inner powers and bring them forth is particularly potent. The High Priestess may assist us in developing our intuition and psychic ability, thereby activating the wisdom that resides within. She is the *gatekeeper* to the psychic mind and of the deeper meanings found in the Tarot deck. Each person holds this timeless archetype within. We might call it the experience of “High Priestess-ness” that resides within the unconscious. Many think of the High Priestess archetype as the representation of someone who is committed to *service*, who is in *service to Spirit* and who seeks to *see Spirit* in all things. She is the bridge that allows us to communicate with Spirit. The potential for this spiritual communion is within ourselves—we *can* awaken this archetype through our work with the Tarot.

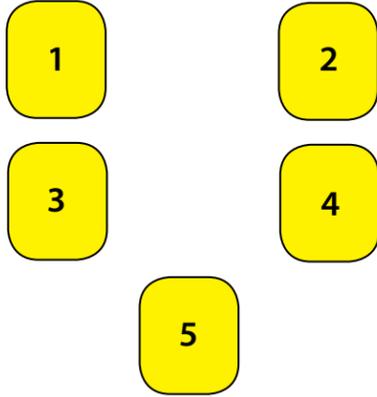


The High Priestess

The High Priestess is the *universal* symbol for the concept of the inner Spirit, the inner teacher. However, there is also a Tarot archetype that represents a *personal* inner teacher as well for each one of us. Below is a Tarot spread that may lead you to your personalized wisdom and guidance. Each one of us has our own inner High Priestess and by using the Tarot in a spread like this, we can allow the imagery to contact the archetype as it is expressed individually, for each one of us.

Finding Your Mentor Within Tarot Spread

Begin by separating the 22 Major Arcana cards from the rest of the deck (the Minor Arcana) so you have two piles of cards. Now shuffle each pile. It helps to light a candle and do some deep breathing to help you focus within. If it feels right, you can also ask for a blessing on your deck. As you shuffle, concentrate on this question: *I'd like to speak to my mentor...Who holds the*



key for my inner wisdom? Now choose cards for each question and position, and lay the cards out in the configuration shown. The first 4 cards are selected from the MINOR ARCANA and the last card is selected from the MAJOR ARCANA.

Card 1: How can I prepare myself for receiving guidance from the inner mentor?

Card 2: How can I best approach the inner mentor?

Card 3: What symbol does the mentor offer that will help me remember my power?

Card 4: How can I act upon the revelations of the inner mentor?

Card 5: WHO holds the key for my inner wisdom? This is your personal inner mentor.

Now you are ready to begin—and to develop your relationship with the inner mentor and to receive guidance on your journey with your mentor. Study each card in the spread, allowing your mentor to be your guide. Allow both your conscious and unconscious mind to absorb the imagery, the meanings and the messages. Use this spread to determine how the High Priestess *archetype* manifests within your psyche. And once you know who your Tarot mentor is, spend some time with him or her. Take this guide with you when you use the Tarot, when doing readings for yourself or for others, or simply ask for its guidance and protection. There is no need to look outside for wisdom. Let the Tarot “Mentor” guide you on your inner quest, and may you enjoy the journey.

Tarot images from the Illuminated Tarot and the Morgan Greer Tarot.

Reverend Geraldine Amaral is the author of Tarot Celebrations: Honoring the Inner Voice, creator of “Tarot 1-2-3,” an instructional video and has been writing for Pathways for over 20 years. She fell in love with the Tarot about 30 years ago, and utilizing Jungian/archetypal psychology and Divine Metaphysics, has been studying and writing about the Tarot ever since. She is a respected/gifted intuitive counselor and nationally-known teacher. Her classes uniquely blend spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She is an ordained minister in the United Metaphysical Churches. She can be reached at 202-441-0415 or geraldine@thespiritualtarot.com. Visit her website: www.thespiritualtarot.com. See also her ad on page 87.



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10 Natural Ways to Boost Your Immune System: How to Avoid the Flu and Maintain Great Health Year-Round

...continued from page 34

help fend off illness. Dilute strong oregano oil in olive oil and place it on the back, chest, neck and soles of the feet at the first sign of sickness. Cinnamon, peppermint and eucalyptus can be inhaled to ease breathing difficulties associated with colds and flu. Frankincense is the most expensive essential oil on the market but its immune-enhancing properties are worth the price. Frankincense can be

applied directly on the skin or taken internally to combat illness. A little goes a long way with all essential oils. Take care never to get oils in the eyes, lips or genital area. It is advisable to consult a naturopath or herbal expert before trying essential oils for the first time. Those with a serious medical condition should consult their healthcare provider before using essential oils.

Natural Immune System Booster 8 - Chiropractic Care

Our immune systems, like all body systems, are controlled by the nervous system. Most of us have a spinal alignment problem that can prevent the nervous system from "communicating" properly with the immune system. The result can be frequent colds and flu, autoimmune disease or chronic ill health. Gentle chiropractic adjustments can correct these alignment problems and offer the body a chance to heal.

Natural Immune System Booster 9 - Massage

Getting a massage isn't just a great way to relax, it helps boost the immune system naturally. Massage increases antibody production, reduces inflammation, and stimulates the lymphatic system, which is responsible for eliminating the toxins that cause illness. Massage also improves blood circulation and reduces depression by increasing serotonin and endorphins, the "feel-good" chemicals in the brain.

Natural Immune System Booster 10 - Detox

In order for the immune system to function at its best, the body must

detox. Quitting smoking is one of the best things you can do for your health. Cigarettes contain an incredible amount of toxic chemicals the body must constantly fight against, leaving less energy to prevent infection and disease. Epsom salt is the cheapest, most natural wonder on the market. Bathing in Epsom salt, magnesium sulfate, draws toxins and impurities out of the body and promotes relaxation and deep sleep. Pregnant women, diabetics and those allergic to sulfur should not use Epsom salt. Another excellent way to detoxify the body is a colon cleanse. Waste materials can often become trapped in the body causing illness and weakened immunity. Using a gentle colon cleanse every three to six months is a great way to enhance the immune system and overall health. Those who are trying a colon cleanse for the first time should consult a naturopath or natural health expert before use. Those with a serious medical condition should consult their healthcare providers before using a colon cleanse.

Rare Office Space with Parking in Heart of Del Ray

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NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER

Beloved Friends,

In this wondrous and chaotic time may all of humanity awaken and know the magnificent invisible, spacious, timeless, unlimited power and love who we already are in our true nature.

May all of the events and happenings shared about in this column assist in our experiencing that we are ONE. Moment by moment, let's choose Love!

Blessings, love, peace and joy to everyone everywhere,

Lakshmi Barbara Carpenter, Founder, Network of Light

Heart To Heart Holiday Celebration

You're invited to the Network of Light (NOL) annual Heart to Heart Holiday Celebration December 12th! Share! Care! Feast! Serve! Dance and Receive Love!

We shall begin earlier this year—5:30pm is the arrival time—to allow time to meet and greet new and old friends. At 6pm sharp we'll sit down and meditate. We have an opportunity to speak our soul/heart yearnings and offerings in a safe place, led by Lakshmi Barbara Carpenter. Often we notice that someone in the circle has exactly what another person needs. Dinner follows at 7:30pm. Please bring lots of your favorite food to share.

After dinner Wynne Paris and his band will play their wonderful music and Deletta Gillespie, a gifted soul sister singer, will delight us. They will inspire everyone to dance, sing and experience joy! The NOL is so grateful to Wynne, the band, and Deletta. Please bring socks or slippers to wear, as the NOL is "shoeless."

To remember our homeless brothers and sisters, please bring a gift such as warm scarves, gloves, blankets—new or in good shape. On the third Sunday of every month at Franklin Park in Washington, DC, we feed our homeless friends and can take the gifts then. If interest is strong we can also continue our 20+ year tradition on another evening of visiting the grates, going under the bridges, etc., and giving goods to people in need.

Feeding the Homeless with Essene Church of Peace

The NOL will be serving food alive and vibrant biodynamic and organic food at Franklin Park (corner of 14th St. and K St.) on the third Sundays of December, January, and February (12/20, 1/17, and 2/21). Indeed, we are blessed also to make and serve this food with our Essene Church of Peace friends. The heart to heart connection with our homeless friends is powerful and touches us to the depths of our being.

Preparation of food begins at 7:30am; food is served at 11am. If you are interested in doing either or both, or if you are a healer who wants to share your gift, please call Lakshmi at 202-363-9343.

Satsangs With the Beloved—Who Am I?

Answering the question "Who am I?" can take away our suffering. In

these free happenings with Lakshmi, we can relax, meditate, inquire within, and find some answers. Lakshmi provides a loving space for magical happenings to occur. I have spent my life finding the truth within the Self, I am. Anything I give to you is a gift and blessing to me, and I am appreciative! What I know is that giving is receiving and receiving is giving. We, indeed, are light, consciousness, creative intelligence, energy—ONE.

Tuesday, December 22, starting at 7:30pm at Network of Light, 6304 30th Street, NW, Washington, DC 20015. Call Lakshmi for more information at 202-363-9343. Dates for January and February Satsangs to be announced.

The Meditation Museum Opens Second Branch In Tysons Corner, Virginia

The Meditation Museum recently opened its second branch in the Metropolitan Washington D.C. area in less than 6 months after successfully thriving in Downtown Silver Spring, Maryland for six years!

The new Meditation Museum II is located in Tysons Corner, Virginia, within walking distance from the Tysons Corner and Greensboro metro stations. The Museum had full capacity for its Grand Opening on October 14, 2015, and within two weeks, it offered free screenings of the Oprah Winfrey Network's (OWN) new BELIEF TV Series. The Meditation Museum has been an active partner with OWN, Values Partnerships and other grassroots organizations as a part of a global coalition formed to promote interfaith dialogue and understanding.

Both Museums feature exhibits such as the Universal Light, 8 Inner Powers, 5 Senses, Cycle of Time, Soul vs. Body Awareness, and a beautiful Quiet Room. Courses are offered in Raja Yoga Meditation, Morning & Lunch Time Meditations, Positive Thinking, Cooking for Peace Demos, Self-Esteem, Stress Management, Effective Relationships, and other aspects of Personal Development. Special tailor-made workshops are also offered for businesses, senior organizations and schools and youth groups to develop self-esteem, empowerment and leadership skills.

Sister Jenna, Director and Founder of both Museums observes that, "Washington, D.C. has so many Museums but none that truly help us to explore the power of thoughts, relationships, and our soul's process on this journey we call life. The Meditation Museums are specifically designed to bring us back to a natural knowledge of our true selves and our responsibility to humanity."

The first Meditation Museum opened six years ago in Silver Spring, Maryland. There, over 30,000 visitors have been welcomed to approximately 200 free events per year. As a non-profit organization, the Meditation Museums are funded by tax-deductible contributions from its patrons and students.

The syndicated America Meditating Radio Show, which is now global, was also launched from the Silver Spring

continued on page 98

A Space to Learn, Network, Celebrate and Hold Your Workshops

Pathways Magazine offers their Rivendell Center in Silver Spring. Workshop and celebration rental space.

Seats for up to 40 people.

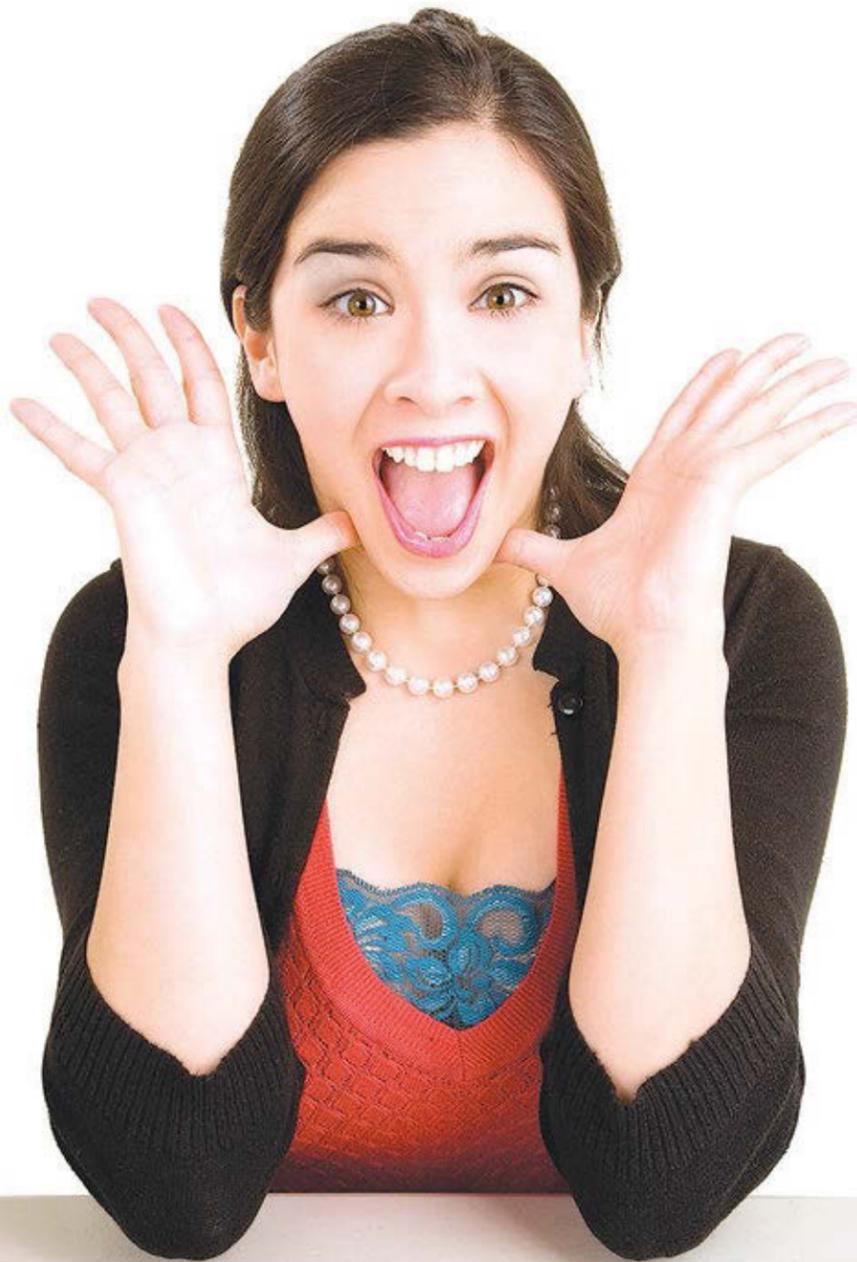
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NETWORK OF LIGHT NEWS

The Meditation Museum Opens Second Branch In Tysons Corner, Virginia

...continued from page 97

location and the Museum has earned awards as an exemplary non-profit organization. The Meditation Museum also supports a free App that is available for Android and Apple phones and computer called "Pause for Peace." The App features the America Meditating Radio Show, tips on how to meditate, guided commentaries, events, and articles from *The Huffington Post* written by Sister Jenna, and much more.

"We are very enthused by the support that we have received in the Silver Spring community and to expand our service in Virginia, a community that we have been serving for 10 years. We invite the residents in the area to join us at our new facility in Tysons Corner for a tour and upcoming events," welcomed Sister Jenna.

For more info, visit www.MeditationMuseum.org; FB/MeditationMuseum and @MeditMuseum; or call (301) 588-0144 for the Meditation Museum in Silver Spring, or (703) 992-6887 for Tysons Corner.

The Healing Hour: Fueled by Crowd Prayer

If you have a phone and/or a computer you can join The Healing Hour every third Sunday of the month without leaving the comfort of your home or wherever you happen to be at 8pm (ET) to:

- Request healing for yourself and loved ones.
- Request prayers for a troubled world
- Pray for the healing of the planet
- Be a part of the field of consciousness that ushers in the Golden Age

The Healing Hour is born of love for each other and the belief that prayer works and group prayer works even better. By gathering together with a single intention we create a field of consciousness exponentially more powerful than each of us by ourselves can create. This power fuels The Healing Hour. I call this power "crowd prayer."

Having a single intention does not mean we all pray the same way or to the same God. The Healing Hour welcomes all prayers and healing modalities. Furthermore, healing can be for physical healing, emotional or psychological healing or spiritual healing:

"Please pray for my aunt. She is fighting a debilitating disease highly resistant to antibiotics..."

"My brother has been depressed and suffers from constant and recurring headaches since he was a child. The doctors have not found a cause—please pray for him."

"I feel all alone in the world, abandoned by everyone too busy to have time for me. My Divine does not respond to me and I do not feel the Divine Presence that I used to feel."

Healing requests can be submitted ahead of time with or without a photo. Or you can simply call in and speak during the call. If those praying for healing can see or hear the person needing healing, the prayer can be more powerful because of the heart connection. The Healing Hour is FREE and OPEN to everyone!

How to join The Healing Hour:

Call 559-726-1200;
Access Code 526 343#

If you want to see the healing requests during the call: 1) Download the software at www.freeconferencing.com/; 2) When prompted, enter the Meeting Number 184542813. If you need help downloading the software, you can call Technical Support 24/7 at 877-482-5838.

To request healing for yourself or a loved one, fill out a Healing Request Form found at www.jotform.us/form/51147848441155; or simply join the call and share your healing request LIVE. To join the mailing list for The Healing Hour, visit:

www.eventbrite.com/e/the-healing-hour-every-third-sunday-8pm-to-9pm-eastern-time-tickets-17185819248.

FlexAware® at the Network for Light

This January and February, the Network of Light will be hosting classes with Steven Shafarman, the creator of FlexAware®, a fitness/healing/exercise practice for people of all ages and health conditions. In the words of Lakshmi Barbara Carpenter, NOL's founder, "I love FlexAware®! It is truly mindful spiritual physical fitness, and produces a deep experience of emotional release. I feel wonderful after every class."

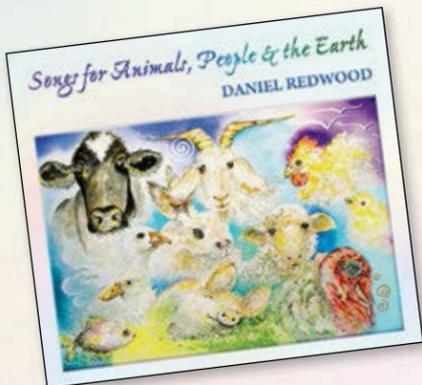
FlexAware® is a fitness practice that strengthens weak muscles while relaxing tight ones, as well as a mindfulness practice that facilitates awareness and skill in our everyday activities, sitting and walking especially.

Steven created FlexAware® by studying the way young children naturally learn and move, and applying recent discoveries in anatomy, physiology, and neuroscience. Young children are extremely flexible and remarkably strong, with great stamina and resilience. They move efficiently, aligning with gravity instead of fighting against it, muscles everywhere working harmoniously. Steven is also a leading Feldenkrais Method practitioner, and studied with Dr. Moshe Feldenkrais, author of *Awareness Heals: the Feldenkrais Method for Dynamic Health*.

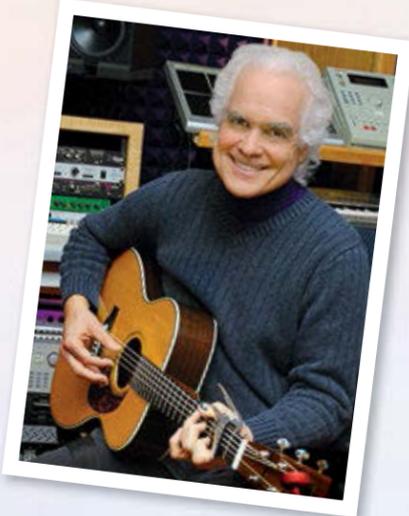
We will be offering a series of one-hour classes for friends of the Network of Light. Our tradition is to welcome everyone, and classes will be on a donation basis, with no one turned away. The dates and times will be in our regular email announcements, and you can join the list by contacting the Network of Light.

Steven will also be conducting a FlexAware Teacher Education Program. More information is available at www.FlexAware.com; or contact Steven at 202-557-8384, or steve@FlexAware.com.

"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



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"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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PATHWAYS GUIDE TO NATURAL FOOD STORES

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

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PATHWAYS GUIDE TO NATURAL FOOD STORES

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ROCKVILLE

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SEVERNA PARK, MD



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OLNEY, MD



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PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CONT'D



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DC NATURAL FOODS



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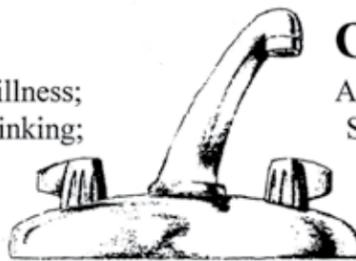


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PATHWAYS INTERVIEW

Warm Nights for the Homeless: Interview with Donny Phillips, Warm Nights Shelter Manager

...continued from page 9

You mentioned that part of your job is to visit homeless campsites throughout Prince George's County. How many sites do you routinely visit during a winter? Do they move around or are they pretty established? How do you find them?

An outreach team visits about 15 campsites year round. They don't move—they are in fixed places, like near railroad tracks, or unpopulated wooded areas. You can ask other homeless people where a site might be. Many times I have them take me there and give an introduction. The hardest homeless populations to reach are the ones that are living in cars. Folks that are living in cars don't generally reach out for help. The shame associated with homelessness can be overwhelming and get in the way of finding help.

How many people are included in an outreach team? Do you bring along medical personnel?

The outreach team has at least two members and as many as four. You don't want to overwhelm the people at the campsites with too many people. We normally don't take anyone like a mental health professional or medi-

cal personnel unless asked. The visits are primarily about engagement, assessing the needs they may have, and giving them the option of the Warm Nights facilities. Mainly, we meet basic needs and build a trusting relationship to do the work that is necessary for long-term or permanent shelter.

The Warm Nights program gives us a chance to work on that trust while homeless individuals get their immediate needs met. If you're warm, comfortable and fed, aren't you more open?

Describe for me a typical night visiting homeless camps.

Campsites come in all sizes, from the individual to groups as big as ten. The large groups act much like a family in that there are roles each member takes—the cook, the cleaner, the protector, but most members have a role. As I head into the campsite, I always ask if it's okay to come in. We need to remember we are entering someone's

house or living space and need to be respectful of that.

After they say I can come in, I can bring in supplies like coffee, food, clothing, tents, and hygiene items including toilet paper. We sit and talk about what's going on much like you would talk with a neighbor. We chat about the weather or sports. It's about taking the time to build a relationship and not forcing change or being judgmental. It's about meeting them where they are, and trying to meet their needs

at that time. We are also making clear the different services that are offered, and if they are ready, to help them access these services.

When you're visiting with the camps, what issues do you encounter most frequently? Drug abuse? Domestic violence?

Honestly, in my 20+ years of experience working in the shelter system in some capacity, the biggest issue is

being able to invest the time to build a rapport with people and establish trust. There's a lot of fear and mistrust. It can take months or years to build the kind of relationship that people will be encouraged to take the next step away from being homeless. Sure. Mental health and addiction issues are present, but they are secondary to basic survival. Immediate needs. Food. Shelter. Just toilet paper! And in the winter it's long johns, hat, scarves, sleeping bags. And socks. Socks are huge!

The Warm Nights program gives us a chance to work on that trust while homeless individuals get their immediate needs met. If you're warm, comfortable and fed, aren't you more open? Warm Nights is just one of the many services CCSI offers, but our goal is short-term assistance that will move individuals forward to other shelters and permanent housing situations so they can then do the long-term work, tackle the long-term issues.

What are the biggest obstacles to overcome when trying to transition out of homelessness?

Many of the people in campsites do have either a mental health concern or addictions issues, but that is not necessarily true of all homeless people. Part of the challenge is building a trusting

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PATHWAYS INTERVIEW

Warm Nights for the Homeless: Interview with Donny Phillips, Warm Nights Shelter Manager

...continued from page 103

relationship with the individuals and families. If we can get them to come into one of the Warm Nights shelters, we can get a full assessment done and start working on their individual plan of action. But that takes trust to get them through the door.

Part of it is not judging. Believe it or not, some of these families have jobs, but they are still homeless. And I can't count the number of times that I have shown up at a camp in the morning and been offered a shot of liquor or a sip of a beer because that's what they have to offer. You just have to stifle any criticism and just say, 'Sorry, I don't drink,' or whatever you need to say.

The other issue is not having enough places for people when they are ready. Specifically, there is a lack of affordable housing for folks to access. Adding affordable housing in communities would do the most to reduce homeless populations.

Another big hurdle we totally take for granted is getting identification. IDs are tough because many of the people have lost everything and are starting from scratch. Then there is the issue of not having the documentation, patience, or the transportation, to go and sit at the MVA or the Social

Security Administration. Or they don't have the funds to pay for new IDs.

One of the ways CCSI helps with the ID issue is by participating with the local Veterans Stand Down and Homeless Resource Day. It's an annual coordinated effort with the VA, other agencies like the Social Security Administration, and groups like CCSI to

pressure screening and diabetes testing, and dental check ups. We served breakfast and lunch. There was clothing and food to get. In addition, they could get free birth records, state IDs, and much more. It's a massive undertaking, and so unfortunately, it's done only once a year. Can you imagine if you, and everyone else, could only renew a driver's license on one day of the year? Last year we had over 600 people show up. We're still determining numbers for this year.

some of the changes are in programs and guests. The changes in me are learning to meet people where they are geographically right now, and working with them there. If all they want is a sleeping bag and food and I provide that, I have done my job. I have provided a service and kept the door open for continued involvement.

I'm also learning to accept how long it can take to build a trusting relationship with the guests. At one time I thought it would be easy, but it can take months to years to build that kind of relationship. That was a hard lesson to learn—meeting people where they are.

Each year at the shelter there are going to be different dynamics with the guests. Last year as the shelter ended, we had more single women than we had ever had. Right now at the shelter we have 5 single parent households with one child and we have never had that may at one time.

One of the biggest improvements over the last couple of years is we are making a change at the county level to a Housing First Model. We are prioritizing the most vulnerable to get into housing even if they are not being treated for substance abuse or mental health. This is a big shift and it's based on this best-practice approach that's had a lot of success where put in place in other cities and counties across the country.

One of the biggest improvements over the last couple of years is we are making a change at the county level to a Housing First Model. We are prioritizing the most vulnerable to get into housing even if they are not being treated for substance abuse or mental health. This is a big shift and it's based on this best-practice approach that's had a lot of success where put in place in other cities and counties across the country.

provide a kind of one-stop shopping for a broad range of services.

We just held the event for Prince George's County on November 7th. Apparently, Anne Arundel County holds a similar event at some point during the year. At our event, we had basic medical services like blood

As someone who's worked on the front-lines of homelessness and crisis management for many years, what changes have you seen over time? Are there any areas of improvement? Or do you see signs of decline?

Some of the changes are in me, and



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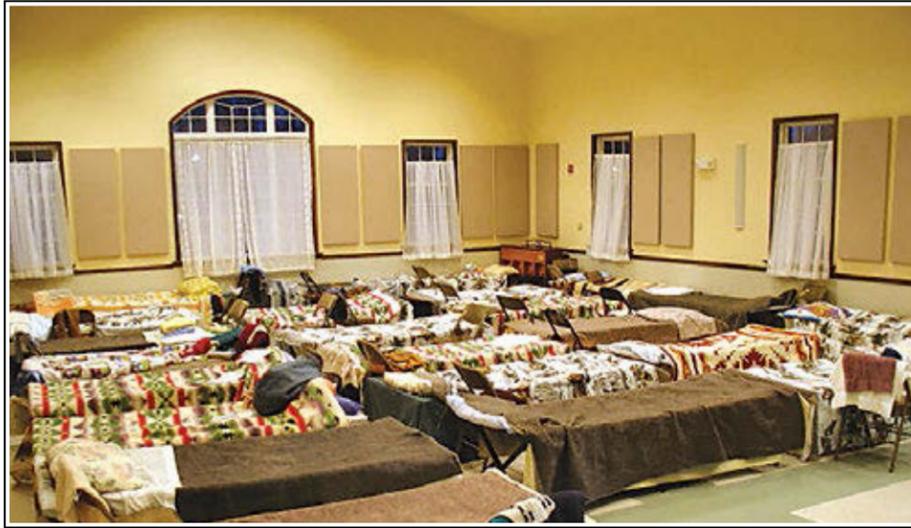
PATHWAYS INTERVIEW

Please elaborate on the Housing First Model. Why is it making a difference?

The Housing First Model embodies the idea of meeting people where they are and housing them whether or not they are in treatment for addictions or mental health issues. Previously, we would want people to go into treatment or counseling, and they would have to have a certain amount of clean time, and then we move them into housing. The Housing First strategy is get people experiencing homelessness into housing as quickly as possible—without conditions like treatment compliance or time limits—and then provide them the other services they need. It makes a difference in part because it takes away people's two biggest concerns, shelter and food, so they can concentrate on other things—employment, treatment, family issues, etc. It's been working, and it saves the system considerable costs.

The Warm Nights program. The Homeless Resource Day. The Housing First Model. These are all great examples of what CCSI is doing to support its mission of "treating every individual with respect and every crisis and need with compassion." What other services does CCSI provide?

CCSI provides 24/7 hotline services.



Preparations are in place for the Warm Nights Hypothermia Shelter at the Village Baptist Church in Bowie, MD.

It's a single point of access for all manner of crises, be it domestic violence, drug addiction, or suicide, in addition to what we've already talked about here. And although we are based and operating primarily in P.G. County, the crises hotlines, including the 2-1-1 Maryland line, refer callers to health and human service resources throughout the state and assist vulnerable individuals here, nationally and from all over the world. We answer both local

and national suicide lines. We answer the Trevor line for gay, lesbian, transgender and questioning youth. We do safeTALK, which stands for Suicide Alertness For Everyone(Talk), training in the community to build a suicide safer community, meaning you are trained to recognize and ensure that persons with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions.

As part of my job I also assist with

the suicide hotline. Just last week I took a call from a teenager in the Philippines who didn't know how to come out as gay and was suicidal. This is just one example of the tens of thousands of calls we get a year. So we provide support services for an entire range of crises from all over, as well as deliver community outreach and education. All you need to do is make the call.

Additional Resources

To learn more about Community Crisis Services, Inc. (CCSI), and the Warm Nights Hypothermia Program, visit www.communitycrisis.org; on Facebook at www.facebook.com/CCSITalks.

The 2-1-1 Hotline connects individuals in every state to health and human service resources in their communities 24 hours a day, 7 days a week, in over 180 languages. For more information, start your search at www.211md.org.

To learn more about the Housing First Model, Rapid Rehousing, and other proposed strategies to end homelessness, visit the National Alliance to End Homelessness at www.endhomelessness.org.

Michelle Alonso is Associate Editor at Pathways Magazine. She grew up in P.G. County, but currently resides with her family in Montgomery County.

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THE HERB CORNER

Herbal Habits for Balanced Energy and Herbal Healing

...continued from page 11

are deemed sanative, or health-giving herbs, and are completely safe. There is no excuse to not jump in, try them, and find out how they will balance the big four. Pay attention to what your body tells you about them and how best to use them. Try making a ceremony of these 6 herbal allies, preferably at the same time each day, and the 60 percent of you that is water will thank you and carry the molecules to right place.

The second habit of clearing the digestive tract from time to time basically shows respect for the gut and its hard work of digesting all the stuff we bring to it to break down. Every hard-working system or person needs a rest. Even the Creator took a break after six days and rested for a day. The best combination to affect a clearing of the gut is the herbal combination Triphala, which is a combination of three fruits. Gentle enough for children, Triphala is the go-to herb to give your gut a rest so that it may improve its functioning. Most folks in the West will only take off one day a month to rest their digestive system by fasting. However, Mahatma Gandhi took off one day weekly to rest

his digestive system by only drinking liquids. It is up to you, and one day a month is a fine start. Take the Triphala first up to 500 mg per 50 pounds of body weight and then rest your gut for a day.

Our third herbal habit is to tone your gut on a regular basis with herbs. The best time to do this is right after you clear and rest your digestive system as discussed before. Toning the digestive tract is primarily done with herbs that are astringent. Grape seed extract is my first choice for this duty, and grape seed extract has the added benefit of being really inexpensive. Astringency balances out the excess of the sweet taste showing up as diabetes. To me God's placing of the astringent grape seed in the very middle of the ever-popular grape is one of the finest examples of Infinite Intelligence we have been shown.

Our fourth herbal habit is to clear the hard working nose daily. We do this with what is called *Neti*, and then place a small amount of oil in each nostril to keep the breathing soft and nourishing. It is not a Western concept



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Sage tea can be a part of a daily ceremonial habit of constitutionally based herbal tea for healthy respiration.

to be nourished by the breath; however, once you learn to manage your breathing with practice and herbs, there is no doubt the breath nourishes both the energy and the mind.

There are numerous herbal preparations to use for both clearing and oiling the nose. A very mild saline solution

is all that is needed to clear the nose, which will be a big positive change if you have never done it before. I just had dinner with a friend who sold over a million pots designed for Neti when Oprah discussed Neti on her show. Any good health food store or herb store will have Neti pots. Although it

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THE HERB CORNER

takes a bit of getting used to, you will find it simple and easy once you overcome the awkwardness of beginning the habit. To oil the nose afterward, uncooked sesame oil is all that is needed. Start with two drops per nostril rubbed in each morning.

Finally, take advantage of the herbalists who have devoted their lives to teaching people how to heal with plant-based medicines. Check in with an herbalist annually or seasonally through herbal classes, herbal clinical appointments, or herbal organizations run by professional herbalists. In this area there are quite a few graduates of the Maryland University of Integrative Health, which grants a Masters degree in Herbalism; and there are a few herbalists with the RH degree granted by the American Herbalist Guild. Either of these credentials are a good place to start, but do not ignore the many very talented herbalists who know what they know and are degree free. Just find an herbalist you trust and that soul will help you begin to become your own person who knows how plants have healed them (which is what an herbalist is after all).

We need to find out all we can about plant-based remedies for the various chronic epidemics in our land. The percentages of Hypertension/High Blood Pressure, Diabetes, Depression, Anxiety, Cholesterol, Dementia and Osteoporosis do seem overwhelming. Does

it not make sense to do all we can to investigate simple time-proven remedies to balance the effects of these chronic imbalances? To the physicians I say, "Work with us." The church did not lose its role when it was determined the Sun was at the center of the solar system. You will not lose your role when we inevitably give herbal remedies a fair and scientific trial in the treatment and prevention of these and other chronic illnesses. A relationship with the plant allies that surround us is a big piece of self-care and learning how to heal yourself.

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom teaches classes at Smile Herb Shop throughout the year (except for the months of May, August and December; in May he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with herbs. Visit Smile's website, www.smileherb.com, for a list and description of classes, and each individual herb mentioned in this article is linked to a much more detailed description. See the ad for Smile Herb Shop on page 44.

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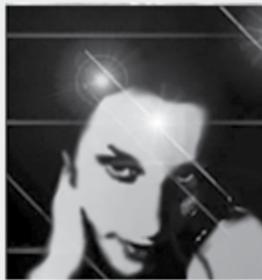
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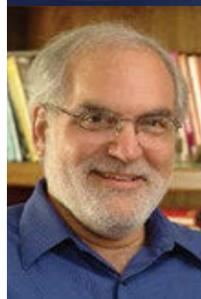
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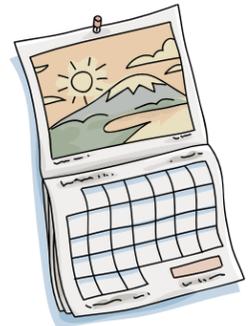
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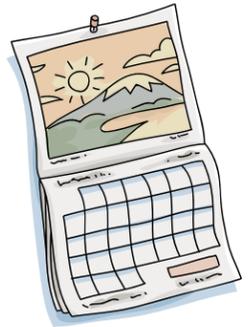
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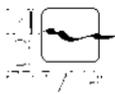


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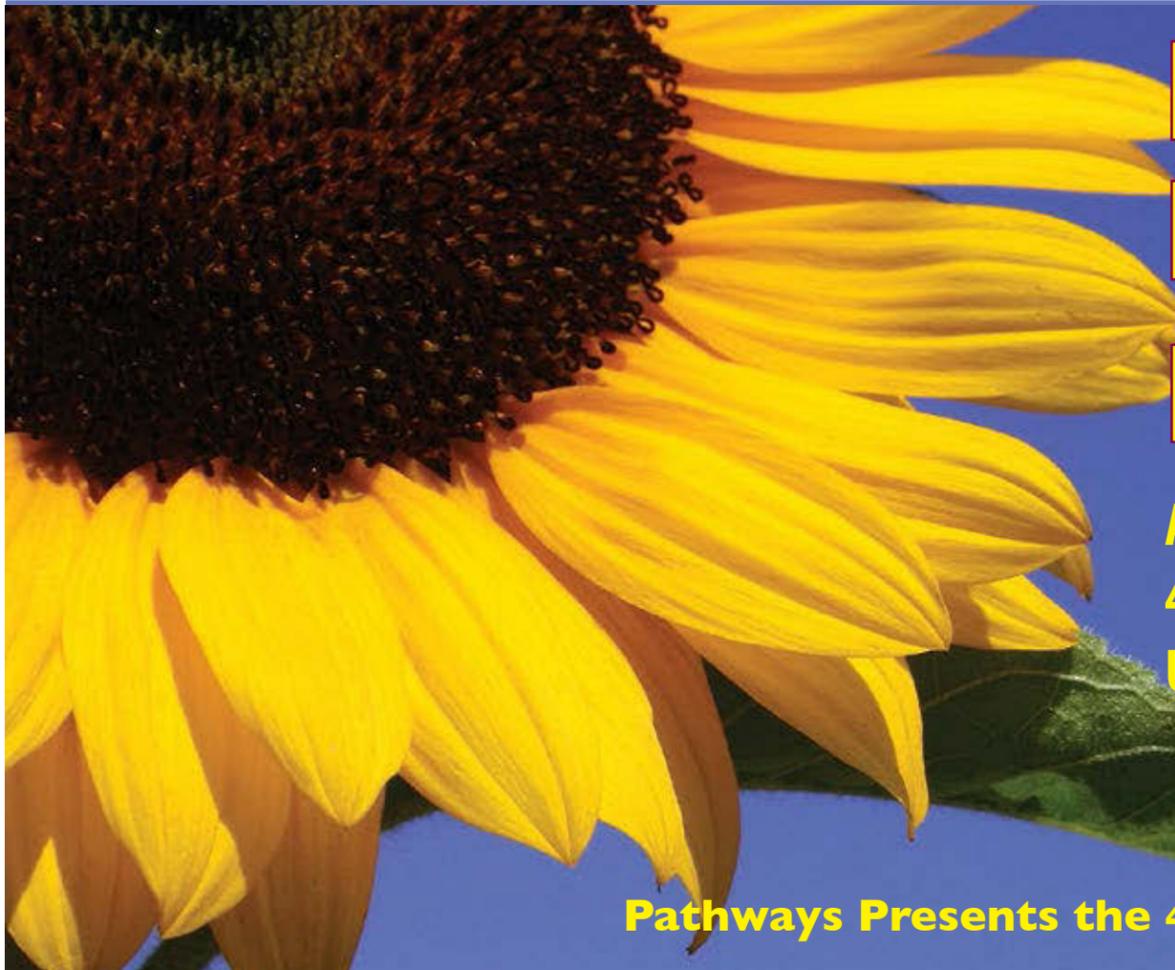


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