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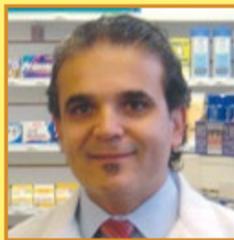


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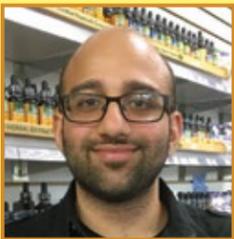
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## WHAT WE'RE ABOUT

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

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

—R. Buckminster Fuller

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

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

## MAKING CONNECTIONS

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

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

## FINDING PATHWAYS

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

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

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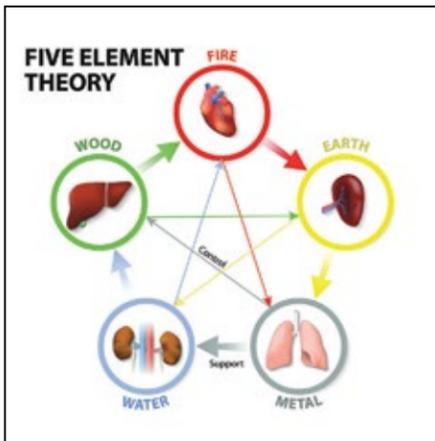
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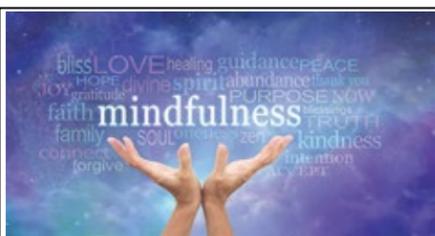
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**YOUR HEALTH IN WINTER:  
 THE FIVE ELEMENT THEORY &  
 THE SEASON OF BEING STILL**  
 BY HELENA AMOS  
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The temperatures are dropping and the days are darkening—signals that winter is coming soon. We are using the seasons to continue exploring the Five Element Theory of acupuncture, which maps how each element corresponds to an internal organ system, and each organ system is associated with specific emotions and physical conditions.



**THE SCIENCE OF MINDFULNESS**  
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We're in the middle of a paradigm shift in the way meditation is viewed in the west, and we have our mediator-scientists to thank for it. These intelligent people who experienced the benefits of meditation themselves began testing it in controlled environments and finding ways to measure its effects. The results have been instrumental in validating ages-old teachings and creating a modern context and language for this way of working with our minds.

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**AN INVITATION FROM LOU DESABLA, THE PUBLISHER OF PATHWAYS MAGAZINE**

Please set aside Sunday, April 19 on your calendar to share our joy at our 51st Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. I have been blessed with the honor of hosting this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.  
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# EVOLUTION

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# Your Health in Winter: The Five Element Theory & the Season of Being Still

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

The temperatures are dropping and the days are darkening—signals that winter is coming soon. We are using the seasons to continue exploring the Five Element Theory of acupuncture, which maps how each element corresponds to an internal organ system, and each organ system is associated with specific emotions and physical conditions. By giving you a brief overview of the physical and psychological conditions & imbalances that can occur (and how to spot the indicators on your face), and reviewing what East-West treatment approaches can be used for healing, you'll have a better understanding how this theory supports your health and how to prevent conditions most likely to arise in each particular season. The season for discussion now is winter.

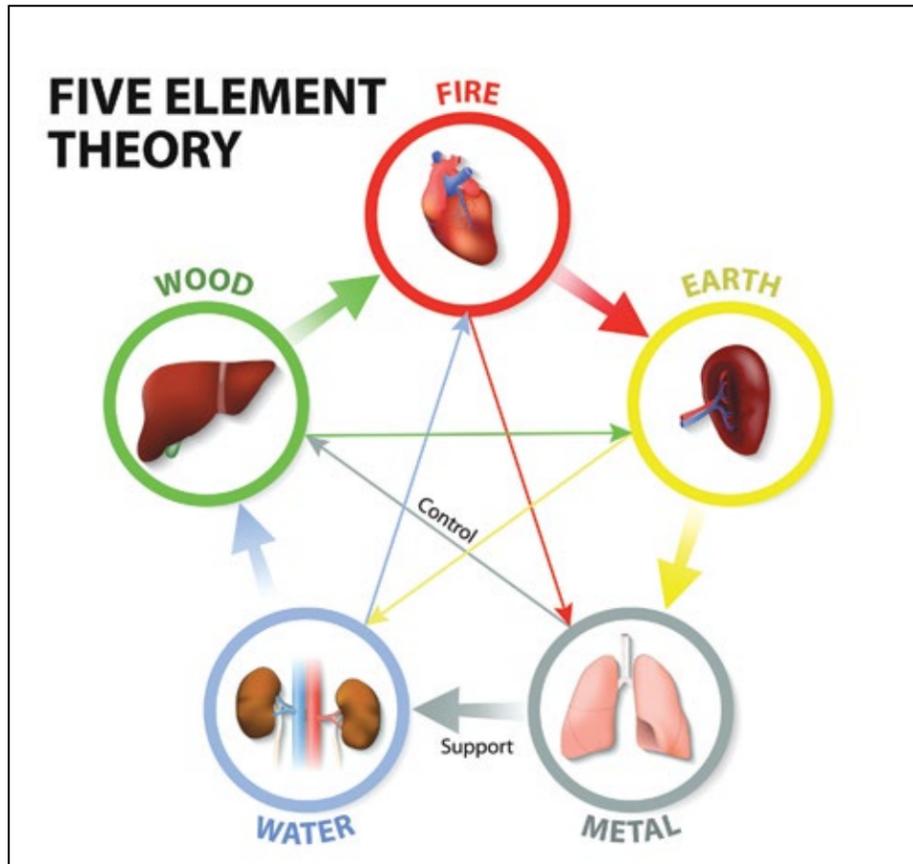
## Winter: The Season of Being Still

In *The Yellow Emperor's Classic of Internal Medicine*, an ancient text considered by many to be the highest authority on Traditional Chinese Medicine (TCM), it is mentioned that all deep energy, so called yin reserves, must be re-established within you; winter is made for this time. The earth lies fallow in winter. Nature appears frozen in place, as it has completed its fall retreat. During this time of profound stillness and natural dormancy, winter calls us to look inward, to reflect deeply. The atmosphere of the season begs that we preserve and eventually replenish our energy.

In the Five Element Theory, winter is associated with the Water element. The urinary bladder and the kidneys are the two meridian organ systems related to the water element in this season. The bladder meridian runs through the whole body, twice along the back as well as the neck and back of the legs. In TCM, the bladder meridian has extended functions including not only urine storage and production, but also associated with pain along the meridian like back, neck and leg pain. The emotion associated with the bladder meridian is being overwhelmed and having unclear boundaries.

The kidney meridian begins under the little toe, rises up along the inner aspect of the leg, along the base of the spine, and ascends to the upper chest area. Like the bladder meridian, the kidney meridian is much more than only the function of the kidneys. Branches of that meridian go into the heart, pericardium, chest, joints, lungs and throat. Often disorders of those organs are related to it. The emotion connected to the kidney meridian is fear, anxiety or depression.

Conditions linked to the water element during the winter season naturally affect the health of the kidneys and



bladder as well as the ancillary systems along the meridians. These include:

- Kidney and/or bladder stones
- Urinary tract disorders
- Adrenal fatigue
- Lumbar back and neck pain
- Tinnitus and hearing problems
- Occipital headaches
- Teeth, bone and bone marrow disorders
- Arthritis and connective tissue disorders
- Hair loss
- Immune system disorders
- Poor libido and fertility issues
- Hypertension
- Chronic fatigue syndrome

Given that winter calls for energy withdrawal and inward-looking reflection, it should come as no surprise there are both positive and unbalanced psycho-emotional aspects in this season. The affirmative emotions include:

- Contemplation
- Wisdom
- Self-understanding and preservation
- Clear perceptions
- Empowerment
- Intelligence

The unbalanced emotional attributes are:

- Depression and anxiety
- Fear and insecurity
- Loneliness
- Non-rational obsessive thinking and paranoia

- Feeling overwhelmed and depleted
- Social withdrawal and isolation

## Facial Signs of Kidney and Bladder Deficiency

Initial indicators of problems in the kidneys and bladder can often be seen on your face. Because the kidney meridian is water element related, it manages fluids in the body. Signs of changes in your body's fluids—dehydration, water retention, and/or oedema (excessive fluid retention)—show on the face in the form of under-eye bags, dark circles, puffiness, and /or inflammation/puffiness around the eye brow ridge. Additionally, sparse and lightened eyebrows often indicate endocrine disorders associated with the adrenal glands or thyroid. Finally, pale ears can indicate nutritional insufficiency and absorption issues.

## Adrenal Fatigue Syndrome

While there are many conditions associated with kidney and bladder meridians, one of the most common is Adrenal Fatigue Syndrome. The adrenal glands are two small glands atop each kidney. They produce and control cortisol, the stress hormone. Cortisol is designed to increase in a fight or flight situation and decrease in amount once you are relaxed. This is how it functions in a healthy body. However, adrenal fatigue comes from the chronic stress that results when your mind and/or body pushes too hard and exhausts the adrenals. As a consequence, cortisol production happens at inappropriate times and at inappropriate levels.

For example, if cortisol is produced at night, rather than in the morning, this can create insomnia since the body literally cannot shut off cortisol production.

Here are some common causes of adrenal fatigue:

- Poor diet
- Lack of sleep
- Working too hard
- Emotional trauma
- Lack of (or too much) exercise
- Mold exposure
- Gastrointestinal issues

Signs of adrenal fatigue include low energy, mood swings, weight gain, depression, anxiety, brain fog, muscle heaviness and aches, and dull headaches. If you experience any of these symptoms chronically, an adrenal fatigue test can be used to explore causality. Additionally recommended testing can check for any food or environmental sensitivities such as mold, candida, dairy, gluten, pollen and other possibilities that can draw down adrenal function. Further options available to diagnose adrenal fatigue include micro-nutrient testing, other hormonal glands tests, and GI tests.

Keeping the adrenal glands balanced can prevent many of the problems listed here. Balancing adrenals also helps the functioning of other hormones such as testosterone, estrogen, progesterone and sometimes the thyroid gland. Once testing has identified the issue(s), you can treat the condition in a number of ways:

- Establish an individual protocol of anti-stress supplements, adaptogens and nutrients chosen specifically for your condition
- Use acupuncture, craniosacral zero balancing, electroacupuncture and more to treat any presenting anxiety, depression, headache or (back) pain
- Provide advice on lifestyle adjustments related to diet, sleep, breathing and meditation.

## Low Back Pain

Low back pain occurs in approximately 80% of the US population at some time in their lives. It is the largest complaint brought to acupuncturists for their services. As mentioned previously, there are several back acupuncture points associated with bladder and kidney meridians, so imbalances in either of these areas often result in back pain.

Fortunately, there are several effective treatment methods to assist with pain management and relief. Here is just a brief look at what's available, but consult your holistic health practitioner and/or acupuncturist for more information:

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## *Uma Alexandra Beepat*

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METAPHYSICAL CENTER

# Herbs For Anxiety

BY TOM WOLFE

One of the greatest obstacles hindering this spiritual preparation of the aspirant is worry. When, with supreme effort, this obstacle of worry is overcome, a way is paved for the cultivation of the divine attributes that constitute the spiritual preparation of the disciple.

Meher Baba, *Discourses*. 7th edition, p. 114.

And Elohim said, "Behold, I have given you all herbage yielding seed that is on the face of the entire Earth, and every tree that has seed yielding fruit; it shall be yours for food. And to every beast of the Earth, to every bird of the sky, and to everything that moves on the Earth, within which there is a living soul, every green herb is for food".  
Genesis I:29

Anxiety is part of life in our modern world. So when Meher Baba says it takes a "supreme effort" not to worry, each day and week (especially in this election year) that passes seems to bear this out. We live in troubling times, being chronically over-stimulated, and very few of us getting enough sleep. The herbal and life suggestions here are meant for helping with everyday stress and anxiety, the feeling of being overworked, overwhelmed, frazzled, and exhausted. These herbs are soothing to the nervous system, nourishing, and calming. There is a way out of the cycle of stress and worry and herbs are arguably our best ally in fighting every day stress. The first page of the Bible asks a simple question "Who should use herbs?" and the answer is pretty obvious: everyone! The answer to the question posed in the 29<sup>th</sup> verse of Genesis is "every beast of the earth, and everything that moves on the earth, every being that has a living soul, every green herb is for food." Friends, this is by no means a comprehensive list, but it is a great start to let your physical body know you care and that the stress is being addressed and not denied or ignored. Nature provides many wonderful options for support and encouragement.

If you have been diagnosed with chronic anxiety disorder or depression, if you are living with mental illness, PTSD, or the after-effects of trauma, these herbs may not be the right ones for you. Try talking with a clinical herbalist for more information. If you are currently taking medication or are in a doctor's care for these or other health conditions, please consult a health care practitioner and your own common sense before changing your regimen.

The majority of these herbs are tonics, and should be taken daily for optimum effect. They can be taken in capsule, tincture, powder, or tea. The average dose for a tonic herb is 400-500mg twice daily (of a non-standardized herbal powder, tablet or capsule), 3-5ml of tincture, or 4 cups of (strong)



tea daily. You will usually feel some effect within the first day, but some can take a few weeks to do their best for you. Be patient.

Herbs are amazing, but not miracle workers if you're not addressing the lifestyle issues that contribute to chronic stress and anxiety. Consider the following:

- The average adult requires an average of 7-9 hours of sleep every day. This is best if it is at the same time every day.
- Meals should be nourishing, eaten in a peaceful setting, and enjoyable.
- Exercise, meditation, hobbies, and community activities are all incredibly helpful for reducing anxiety and stress. Try to make time for these things in your life. You are worth it.

Okay, here are the herbs!

**Valerian, *Valeriana officinalis***

Nervine, sedative, antispasmodic, Used for sleeplessness, muscle pain and cramping, digestive discomfort, nervousness and anxiety

\*can be stimulating for some individuals

Valerian is probably the best known North American herb for sleep. The

aromatic root of this plant is the part used for its medicinal value. Some say it smells like dirty socks, but it's easy to get used to its earthy taste when you find out how well it works for stress, anxiety, poor sleep, and the aches and pains that can result. This wonderful herb can be taken just before bed to encourage deep, restful sleep, or in small quantities during the day for anxiety and muscle pain. It's also helpful for the achiness and moodiness associated with pre-menstrual tension and perimenopause.

**Skullcap, *Scutellaria lateriflora***

Nervine, sedative, antispasmodic Used to treat nervousness, sleeplessness, headaches, pre-menstrual tension

Skullcap is an unassuming little green plant with pretty purple flowers and lots of great benefits. It can be taken daily and for long term, helping to ease stress, nervousness, poor sleep, and PMT. It is especially good for headaches due to stress and muscle tension, and can be taken for the chronic neck and shoulder pain due to working on a computer. It blends well with St. John's Wort for headaches and nerves.

**Hops, *Humulus lupulus***

Nervine, sedative Used for insomnia, nervous tension, restlessness, headache, indigestion

This gorgeous vine is best known for its role in brewing beer, but hops is a powerful herb for the nervous system too. It's great for pain, anxiety, sleeplessness, and upset stomachs. This plant can be strong, and isn't usually recommended for children, but for adults it can be great help when nothing else seems to do. It is often added to pain remedies and sleep formulas to enhance the activity of other herbs.

**California Poppy, *Eschscholzia californica***

Nervine, sedative, antispasmodic, analgesic

Used for nervous tension, anxiety, insomnia, pain

The leaf and flower of the California poppy are used medicinally for anxiety, chronic stress, and pain. Its relaxing effects can be helpful when stress is agitating the heart. For panic symptoms and migraine headaches, when speed of absorption is important, this plant can be taken in tincture form. Mild dosages used as needed are usually preferable to tonic use, and it is best not to mix this herb with alcohol or other sedative herbs. The California poppy's effects are similar to the pain and stress relieving poppy of the east, but it is not addictive or disorienting.

**Passionflower, *Passiflora incarnata***

Passionflower is one of the best, and I am going to get a bit more scientific for this plant, which is a nervine, sedative, and sleep aid.

Used to treat insomnia, chronic anxiety, nervousness, restlessness, and headache

A traditional remedy backed up by good modern research is *Passiflora incarnata*, or passionflower. This beautiful tropical vine has a rich tradition of use as an anxiolytic and mild sedative, and is listed in one classic eclectic material medica (Ellingwood & Lloyd, 1919) under "agents promoting sleep" where it is associated with the specific symptoms of "wakefulness, disturbed sleep from mental worry" (p. 107). Felter (1922) listed among the specific indications for *Passiflora* "insomnia from worry or overwork" (p. 515). Passionflower can be employed in a tea along with other herbs that promote relaxation and provide support for needed processes. For example: chamomile can be added for associated indigestion and, if there are heart problems associated, hawthorn and linden can be nice additions to the tea blend as well. Taste is important here because we want this to be a pleasant relaxing ritual, not a chore!

While no clinical trials in humans were found, the scientific literature reviewed does support the use of *Passiflora* in anxiety and insomnia. Trials testing passionflower extracts on rats have demonstrated anti-anxiety effects (Dhawan, Kumar, Sharma, 2001

continued on page 53

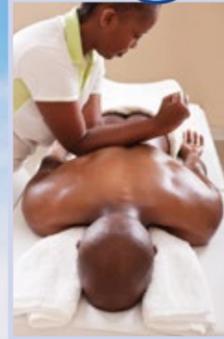


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Visceral Manipulation (Gastrointestinal): Jan 3-5

Oncology Massage: Feb 7-9

Functional Bowen™ Therapy: Concepts I©: Mar 6-8

YogAnatomy (Upper Body): Mar 15

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- Helps the body heal more quickly from injuries, surgical trauma, chronic conditions, and edema.
- Helps to minimize scar formation.

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**The Science of Mindfulness**  
**...continued from page 13**

*pain or just a very stressful life, its energies can be of great value to you.* (Full Catastrophe Living (2013), p. lxi)

Although Kabat-Zinn studied meditation with several Buddhist teachers, his interest has always been more focused on understanding and applying those principles in a western secular context. In 1979 he founded the Stress Reduction Clinic at the University of Massachusetts Medical School, where he adapted the Buddhist teachings on mindfulness and developed the Stress Reduction and Relaxation Program, an eight-week course that later came to be well-known as Mindfulness-Based Stress Reduction (MBSR). One of the important practices he developed is called the Body Scan (see below). Dr. Kabat-Zinn continues to be a leading teacher and voice in the mindfulness movement.

Interest in the interface between science and Buddhism was given a more international forum by the Dalai Lama, the exiled spiritual and political leader of Tibet. His life-long interest in science led him to connect with some western scientists who had been studying with Buddhist teachers, and who shared the view that science and Buddhism are not contradictory, but are based on a common principle of observation, in-depth inquiry, and analysis. The first

Mind and Life Conference was held in Daramsala, India in 1987, and it became the seed for a transformative inter-disciplinary, cross-cultural dialogue that has inspired more than two dozen subsequent conferences and countless books, papers, and related dialogues. The Mind & Life Institute was founded in 1991 to provide a context within which scholars and scientists from different disciplines around the world can incorporate contemplative practices into various fields of study. Mind & Life unifies and catalyzes this community by funding research projects and think tanks, and by convening academic conferences and dialogues with the Dalai Lama. This is how the Mind & Life Institute website describes its mission:

*Mind & Life emerged in 1987 from a meeting of three visionaries: Tenzin Gyatso, the 14th Dalai Lama — the spiritual leader of the Tibetan people and a global advocate for compassion; Adam Engle, a lawyer and entrepreneur; and Francisco Varela, a neuroscientist. While the trio understood that science had become the dominant framework for investigating the nature of reality — and the modern source for knowledge that could help improve the lives of humans and the planet — the three regarded this approach as incomplete. Whereas science relies on empiricism, technology, “objective” observation, and analysis, the Dalai Lama, Engle, and Varela were convinced that well-refined contem-*

*plative practices and introspective methods could, and should, be used as equal instruments of investigation — instruments that would not only make science itself more humane but also ensure its conclusions were far-reaching. The Mind & Life Institute was formed to bridge this divide and advance progress in human well-being.*

~Dr. Sara Lazar reluctantly started practicing yoga and meditation when she was having trouble recovering from a running injury. She was only interested in healing her physical injuries, so after a couple of weeks of yoga classes, she was surprised to find herself feeling calmer, better able to handle difficult situations, and more open-hearted and able to see things from another person’s point of view. She was so interested in what was causing this unexpected shift that she switched disciplines from microbiology to neuroscience research and began studying changes in the brain caused by meditation. This concept is called *neuroplasticity*, the ability of our brains to change when we engage in different behaviors. These changes can be detected using MRI technology.

In one of her most well known studies, Dr. Lazar used an MRI to measure changes in her subjects after they meditated 30-40 minutes every day for eight weeks. It’s important to point out that they were doing mindfulness meditation, not just a relaxation technique,

because it’s the repetitive behavior repeatedly bringing your attention back to a specific focus that so powerfully affects the structure of the brain. In a wonderful TED talk you can find on YouTube, Lazar concludes by saying, “So the idea I’d like to share with you today is that meditation can literally change your brain.”

What she found in this and other studies is that meditators have more gray matter in their pre-frontal cortex, specifically in the areas responsible for memory and decision-making. One especially striking finding was that the brains of 50-year-old meditators had the same amount of gray matter in these areas as in 25-year-olds, unlike the brains of non-meditators whose brains naturally lose mass over time. A related study at UCLA found similar significant differences between the brains of meditators and non-meditators. In this UCLA study, the brains of long-term meditators were found to be 7.5 years younger at age 50, on average, than the brains of non-meditators, suggesting that meditation may slow the aging process of the brain.

Another of Lazar and others’ findings is that the gray matter in the amygdala is reduced as a result of mindfulness meditation, corresponding with subjects’ experience of a reduction in stress. The amygdala is responsible for our fight, flight, or freeze response and

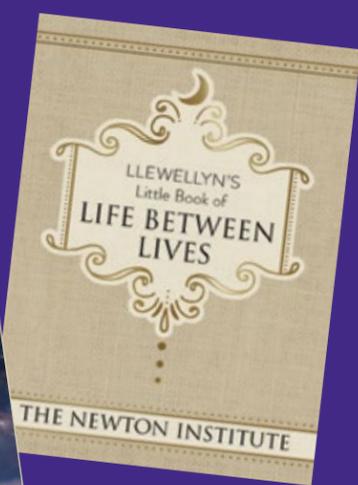
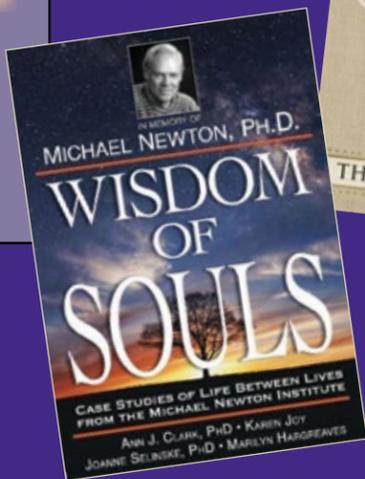
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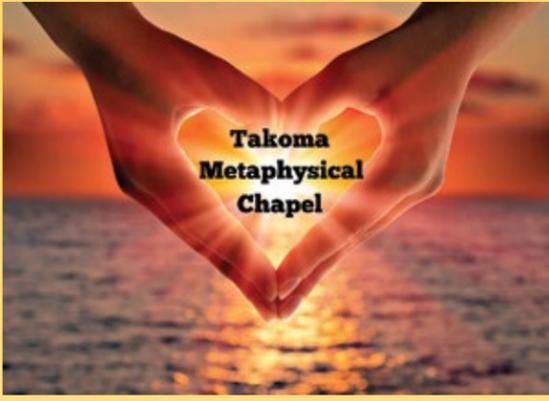


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## BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR



**reduce, reuse, reimagine... sorting out the recycling system**

by Beth Porter  
2018; 217 pages (HB); \$34. 00;  
Rowman & Littlefield (Lanham)  
ISBN 978-1-5381-0539-9

*Ecosystems must cycle through materials with methods like decomposition to stay balanced. Decomposition is the end of a life and the beginning of another life. This cyclical process is what perpetuates growth and sustains life from the forest floor to the backyard compost pile.*

—Excerpted from *Reduce, Reuse, Reimagine* by Beth Porter

Throughout the United States, recycling has removed hundreds of millions of tons of greenhouse gases from the atmosphere by keeping recyclable and compostable materials out of landfills, and by reducing the need to extract more raw materials to manufacture new products. Author Beth Porter, who works for Green America ([www.greenamerica.org](http://www.greenamerica.org)), emphasizes that the success of any recycling system is predicated on a crucial need to reduce overall consumption—including the amount of trash individuals and communities discard. That means rather than purchase all-new replacements for what we already possess, we should repair and reuse items such as small appliances and clothing over a long period of time. Only then should we be able to recycle or toss what cannot be repaired or repurposed for other uses.

**CLIMATE FRIENDLY PRACTICES**

In this era of climate change, Porter also laments that our natural resources cannot survive the rampant throwaway society we have become. Her comprehensive and extensively researched findings of how we got to where we are—and how unsustainable our consumer-oriented lifestyles are—apply to all of us. This informative and in-depth guide to recycling stresses the importance of generating a demand for high-quality products made from

recycled materials, in order to close the recycling loop. Porter’s guide raises and then resolves many important questions and dilemmas and should accompany every shopper.

**REPURPOSED PRODUCTS**

Porter explains how definitive criteria for repurposed products can generate “a functional recycling system.” The goal is to “boost our economy by providing manufacturers with the means to generate new products” that benefit rather than harm the environment. In other words, recycling does not end with the recycling bin at the curb. It is in part the beginning of a process that also relies on those same residents to create a demand for and to seek out and purchase products made from recycled materials, which further bolster our economy. It is possible, for example, to make a T-shirt using ten plastic bottles. There are also attractive coats made from plastic bottles; and plastic lids can become a new picnic table.

**PREVENTING CONTAMINATION AND OTHER HARMS**

Contamination “decreases the value and usability of recyclables.” Retaining their integrity and usability thus relies on preventing contamination from food and other pollutants such as oil. Porter discusses how the Deepwater Horizon rig explosion devastated

the regional economy when hundreds of millions of barrels of oil poured into the ocean for months. The explosion caused human deaths and injuries, despoiled the water, and killed plants and animals. Porter’s precautionary discussion provides evidence that the incident itself and the extensive damage were avoidable. Companies had deliberately cut corners and disregarded the need for “necessary safeguards.” She notes that the oil itself represents an unsustainable form of energy and impresses upon us not to forget these lessons and their preventable harms.

Porter also encourages us to ensure that our purchases do not subsidize child labor practices or end up in our already overburdened landfills, which ideally should not exist. Her compelling discussion of incineration includes externalized health and environmental costs from the mercury emissions. She documents that the estimated cost “of \$8, 232 per kilowatt for a new facility” is “the most expensive source of electricity.”

Her recycling instructions include emptying and cleaning recyclables before placing them in a bin. She cautions that contamination is significantly higher in single-stream systems that place all recyclables in the same bin. In addition, she strongly states NOT to place plastic or garbage bags in the

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## BOOK REVIEWS

reduce, reuse, reimagine...  
 sorting out the recycling system  
 ...continued from page 17

bins; those should only be recycled at grocery stores and preferably not used at all. Markets such as MOMs only use compostable bags in their produce departments, which are far the best model. Plastic straws are also not recyclable and harm wildlife; she encourages the use of metal or paper straws while rejecting all others. Do not place old shoes, garden hoses, Styrofoam products, light bulbs, or Pyrex in curbside bins.

Porter includes many Web sites and suggestions for additional information and beneficial alternatives. Her best practices highlight recycling as "managing materials to extend their usefulness and reduce our environmental impact." Refer to this excellent book before every purchase, and share it widely. We are all in this together.

### MORE POSSIBILITIES-

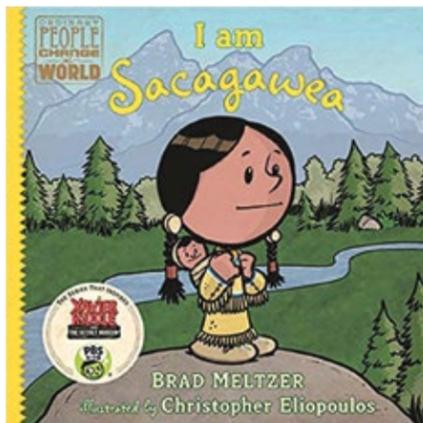
Food scraps are the best fertilizers for our yards. The scraps attract and feed earthworms that then generate additional beneficial microorganisms. Dig deep holes and cover with a lot of dirt; paper napkins, preferably unbleached, can also be added. Similar to ecological farms, the soil in these well-fed yards can become sponges that capture and store carbon and stormwater. Those who do not have yards can take their food scraps in convenient and tightly closed yogurt containers (that can then be cleaned and kept under the sink) to MOMS and Whole Foods for composting. MOMS sometimes recycles old shoes, eye glasses, empty body care products such as used up toothpaste tubes, candy wrappers (free of food residues), batteries, and jeans. For small appliance repairs, try calling the recently opened UBREAK I FIX in Rockville (301.836.6260).

### HEMP IS PART OF AMERICAN HISTORY

Although hemp products are not part of Porter's discussion, they are great alternatives and have helpful online Web sites. Hemp has always played a major role in our economic history as pesticide- and fertilizer-free options for a variety of paper sources, rope, clothing, and even mattresses.

Online sites inform us that "Hemp can be harvested in 120 days, requiring little water, and having the ability to renew the soil. George Washington himself was a fan of the plant and pressured the people around him to plant it. He not only bred the plant for the fibers but even sampled some of his strains in an attempt to find a solution to his toothache."

Thomas Jefferson was "also a proponent of the hemp plant," which was considered "a very lucrative cash crop." Hemp (cannabis) also has a long history as a medical remedy. When the U.S. government criminalized growing and using cannabis in 1937, the American Medical Association went on record opposing that law and characterized cannabis as "medicine in good standing."



**Ordinary People Who Changed the World and Made It a Better Place: Inspiration for Children Everywhere**

Written by Brad Meltzer and Illustrated by Christopher Eliopoulos

The Library of Congress recently highlighted this "I Am" series of books to a packed audience of children and their parents. These beautifully written and illustrated books currently number eighteen in this series of heroes and heroines. The intent is to inspire and encourage children to do good deeds and to aim high. The books make engaging gifts; but local libraries also have copies.

### I Am Sacagawea

2017; 40 pages (HB); Penguin Random House: New York  
 ISBN 978-0-525-42853-4; \$15.99  
 Serving as a translator, Sacagawea was the only Native American to join Lewis and Clark's Corps of Discovery. They explored the United States from the Mississippi River to the Pacific Ocean in the early 1800s. The book includes photographs of an 1870 a Shoshoni camp and of replicas of the canoes the expedition used. "I will blaze my own trail."

### I Am Rosa Parks

2014; Penguin Random house: New York; 40 pages (HB)  
 \$15.99; ISBN 978-0-8037-4085-3  
 Rosa Parks is admired for her leadership in the Civil Rights Movement and her ultimate refusal to abide by the unequal treatment of Blacks on public buses and in other public spaces. "I will always stand up for what's right."

### I Am Amelia Earhart

2014; Penguin Random house: New York; 40 pages (HB)  
 \$15.99; ISBN 978-0-8037-4082-2  
 The first woman to fly across the Atlantic Ocean, Amelia Earhart also broke flying records. "I know no bounds."

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# the soul shepherd

Eileen Strange

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

### CURRENT OFFERINGS

**One-on-One Readings** ~ These are two-hour readings for an in-person session. These readings are done looking into your eyes or the eyes of someone you would like me to drop into. If the person is someone who has passed, I would need to see a picture where I can see that person's eyes. For a distant session, one hour of the session would be for doing automatic writing using pictures forwarded ahead of time and one hour would be on the phone. Clients will have time to ask questions. Price varies based on the type of reading selected and time over two hours.

**Crystal Bed Healing Sessions** ~ 15 minutes of energy work often working on shadowed areas and one hour on the heated crystal bed. This is all tailored to each client and their needs.

**Empath and Highly Sensitive People (HSP) Coaching Sessions** ~ One-hour sessions helping Empaths and HSP journey through the challenges of being an Empath or HSP. This is not a reading but rather a session where I am open to the client driving the session. This can be done in-person or over the phone.

**Group Readings** ~ For Groups of 6 people where I come to them (within a 50-mile radius with no extra charge) and each person gets a reading and will have time to ask questions. This is a 5 hour block of time unless it is arranged to be longer.\*

\*A longer session would incur a extra charge person. (Six people is one flat fee and 5 hours).

**Guest Reader** ~ If you are a promoter or have a location where you would like to have a reader or sponsor a workshop, I can work with you or a promoter.

### Galley Readings

*In most cases, prices are shown on the website under "offerings" unless it is an individualized offering that we need to discuss.*

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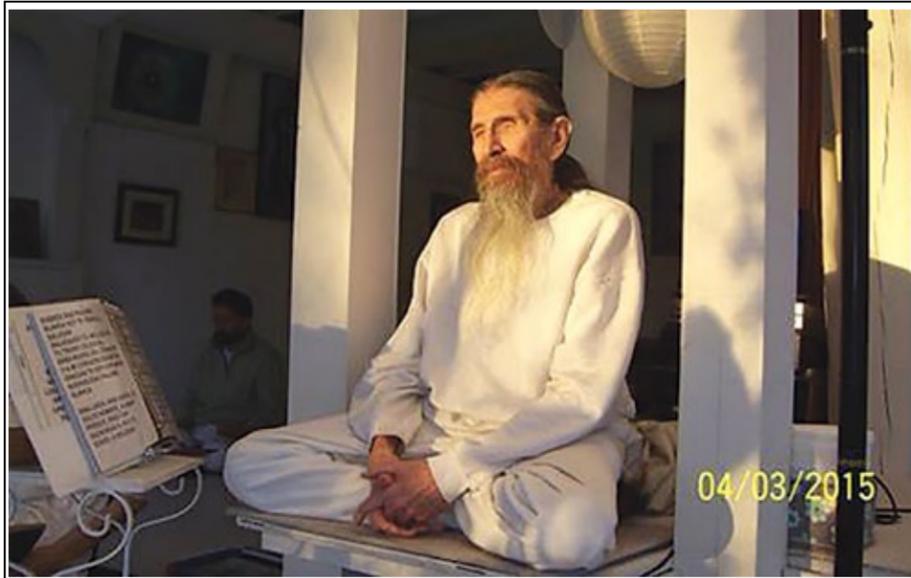
## A Master in Our Midst The life and teachings of Victor (Vyasa) Landa

*“I believe that my most precious possession is life.”*

This is the opening line of a prayer said daily at the School of Life in Bethesda, MD founded by Victor (Vyasa) Landa. *“Peace is the most desirable condition for man as an entity and for the world as a whole. It is very difficult to achieve global peace, no matter how many treaties or covenants are signed, especially if those who are supposed to abide by them or sign them do not have peace themselves.”*

This statement has been on the brochure of Shanti Yoga Ashram since it first began in the 1980’s.

Life, peace, love, purification, the spiritual world, surrender to God, are among the favorite topics expounded by Vyasa not only during his life on this plane, but now as his presence and the authentic yoga teaching lives on in the community he led as well as in the hearts of all those whose lives he touched. Since he left his body one year ago, messages and visitors have been streaming in and out of the Ashram with teachings and stories span-



Victor (Vyasa) Landa

ning his 35 years as a yoga teacher and spiritual leader in the Washington D.C. area. This article shares some of the principle concepts of yoga tradition that he upheld, practiced and taught to pay tribute to one of the great and true masters that lived in our midst during this time of great transition in the world.

After sustaining a successful career in his native Peru, Victor Landa came to the USA to visit his spiritual teacher, affectionately known as Maestro, in the early 1980’s and stayed, thus embarking on a full-time path of living and spreading the spiritual teachings. He made his way to Washington DC and began teaching Hatha Yoga classes at

a time that yoga was little known and anything beyond asana and pranayama was ripe for suspicion of cultish practices. Vyasa settled in Bethesda after being asked to leave the first 2 houses he occupied as a yoga teacher, by the landlords concerned about worried neighbors. Approached by one of those neighbors one day, Vyasa offered a friendly talk and the neighbor slapped a bible on the table between them saying, OK, now we can talk. At the same time, Vyasa was asked by fledgling yoga teachers in the area how he managed to maintain a yoga center full-time; his life example was the answer – work hard, live frugally, serve others, trust in God. He held daily 6:00 a.m. yoga and meditation, went out to teach 6 classes per day, had a home-based bodywork practice and hosted guests from India and elsewhere.

In 1992 the School of Life was created to foster ethical and healthy lifestyles to prepare students physically, mentally and spiritually to realize the Spirit that is within and in the world. For active members, it was a support community to make spiritual development the most important part of their

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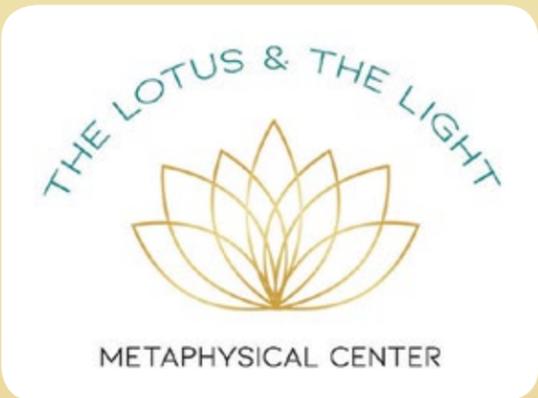
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## A Master in Our Midst ...continued from page 21

lives. Yoga teaches that our true nature is pure consciousness, a divine spark that all life shares. This means faith in the value of every person and every sentient being. Putting this into practice means many things such as giving meaningful work to all rather than rejecting one who doesn't fit into the picture. It means respect for the person and for harmony in relationship over the desired result of the project at hand. Vyasa would set things up so as to face one's anger and shortcomings to be able to see them -- and people loved him anyway! In fact they love him for it because he saw you as you were, without judgement and with unconditional love, the mark of a true master. He exemplified interrupting one's own work to attend to another's needs, rather than interrupting a conversation due to impatience or having something else to do. He never ever complained even in times of serious personal hardship. The teacher exemplified the high yoga practice of putting ego and desire in its rightful place, and taught his students the dictum: change no circumstances in my life, change me.

One of the basic principles of yoga is proper diet and early on a garden was begun, expanding to a mini farm on a student's land, then to taking on

a service of offering spiritually infused food (from Biodynamic agriculture) to the community. An article Victor wrote in the early 1990's describes how what one brings into one's body is taken up by the cells that are then affected not only by the material qualities of the food but the energy of the plant or animal or persons who handle it from farm to table. Just as with food, the mental impressions one is exposed to -- what one reads, hears, sees - must be digested as well. With this knowledge, right living takes on new dimensions including Hatha yoga practice that serves to work with all systems of the body including the nervous and endocrine system to help process all the things one exposes oneself to in daily life. For this reason, Vyasa's main teaching concerning Hatha yoga was that the regular practice of a basic and balanced routine is most important. Therefore, careful restraint of what one brings in and purification practices keep oneself tuned for the inner work.

The quality of food being key to the teaching and life of a yogi, programs were developed to provide a partnership between farmers and consumers (CSA), to teach organic square meter gardening to impoverished women and others, and to provide healthy home-cooked food for the homeless i.e. programs to feed the haves and the have nots. Vyasa firmly believed that no one on earth need go hungry. While

hunger is a complicated problem of the world as we know it, it is simple fact that mother earth provides abundance of what is needed for all. Looking at all the fruit on a tree and all the seeds in a single fruit tells of the nature of creation: bounty, growth, expansion. With the right intention and right use of intelligence, human beings can fulfill the role of stewards of the earth and her inhabitants.

This intention - to give and to serve - is love in its greatest expression. Love was another of Victor's favorite topics. A Hindu book describes 5 kinds of love: parent/child, friendship, teacher/student, master/servant, romantic. Love is so much more than we see in the movies! Given that the word Yoga means to join and unity, the basic yoga practices of yamas and niyamas (ethical principles on how to relate to others, and duties or observances) are about putting into action love for life, for creation, for oneself. For the first yama, ahimsa (non-violence), Vyasa prescribed higher and higher practices beyond not physically harming another to speaking only kind words, to compassion with others' weaknesses, to not even having a negative thought. Practices of love embrace forgiveness, not offending, not taking offense, trust, mercy, and gratitude; all contributing to harmony, another of his most often spoken of topics. He said: *What is important is to try to develop love, first*

*for those who are around us, then to extend it, little by little, to all people. That's the best work we can do for the world and to serve God. Our main responsibility is to generate love. When you live a spiritual life, especially in surrendering to God's will, and see things with this attitude, life becomes a beautiful experience. Even though there may be many challenges, they lose their importance when you are in such a state of grace from maintaining your mind on these things. Bring to the world the omnipresent love of God, the love that you receive, pass it on. Pass it on to the world. It is so much needed. Love unconditionally, love intensely, feel that love; work on feeling that love, make it real - make it have expression in the world. He gave a practice: when you are alone, repeat to yourself the word "love" trying to make it a reality within you. You will receive that grace, that presence, that state of love without any image or attachment surrounding it. Suddenly you find yourself loving everything!*

Vyasa spoke of God. He was never reticent to speak out on what needed to be said -- always with great respect, an open mind and a willingness for healthy debate. In the introduction of his Shanti Marga (Road to Peace) course he said: *"We are going to base our work on a belief system which will be a temporary tool; i.e. it will give us a frame of reference. We don't have to ascribe to it*

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**A Master in Our Midst**  
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heart and soul since after the course is finished you can drop it if you prefer and just benefit from the experience it has provided and whatever you have learned." He goes on to talk about accepting that there is a creator, a giver of life who has given rise to the whole universe, the concept of duality, that in our pure state we share the same qualities of omnipotence, omniscience and omnipresence, that our pure state is enveloped by a physical body, that matter is the farthest vibrational rate from the creator and our efforts should be directed to raise our level of vibration to be part of the creator – then harmony is attained, we become one, and our journey is over. He encouraged his students, but never insisted, to ascribe to an anthropomorphic image of God, Divine Father or Divine Mother as this is more accessible to the human mind and emotions. He honored all religions as teachings and traditions for the culture and people they serve and to this day, the School of Life members recite interfaith prayers. Studying the holy books of various religions was a wonderful experience of seeing how the founders and mystics brought forth one and the same truths; and this Perennial Truth is part and parcel of the Vedas - the oldest

scriptures of Hinduism and considered to have not come from man.

Vyasa presented as the 4 pillars of yoga: viveka, vairya, the law of karma and reincarnation. Viveka translates as discrimination but not in the ordinary sense of the word, rather discriminating between the real (spiritual) world and the unreal (material) world. Vairya is dispassion or detachment, not suppression or repulsion but to rise above the instinctual nature (of the lower 3 chakras) to selfless, unconditional, universal love and unity of all. The law of karma was always emphasized as a teaching law not a punishing law going hand in hand with reincarnation. The School of Life was important, he said, because we are not taught in regular school about returning to the spiritual world and having to work at our evolution. Without this logical explanation of karma and reincarnation, it is very difficult to see why we must face the things we do in life, to improve ourselves and to evolve. In the Ashrams and Gurukulams of India, these things are traditionally taught.

On this note, purification was another often spoken of topic referring to removing the different elements that have been attached to us in the process of evolution. Bad habits, wrong food, wrong thinking, improper actions, all the heavy things that tie us down. We need to be willing, by good actions, by

right living, to remove the ballast. He said it can take years of inner work before discipline is really developed and mental and emotional problems are worked through, but one should not be discouraged. Instead be glad you are working on it! Meditate, make resolutions, do your sadhana (spiritual practice), get up again when you fall. Humility is a key practice. It is key to attain harmony within oneself and with others and the world. And yes, another of Vyasa's favorite topics which he modeled daily with his own life.

Victor Landa's life, work and words were as practical as they were profound. Live for an ideal. Meditate and pray. Chew food 50 times. Go to bed early (9:30). Practice silence. See God in all. To uplift and unify the planet in these challenging times, he said purify your thoughts and feelings to clean the psychic environment that affects the whole planet -- this is the power of thought.

Though sacrifice is defined as a loss or offering for a higher purpose, Vyasa always said sacrifice means to make sacred. On the yoga path, the highest of the 5 niyamas is Ishwara Pranidhana, surrender to God – a full sacrifice of oneself. Then comes gratitude and joy, he said, knowing and experiencing that there is an order in the universe, that everything happens for the better;

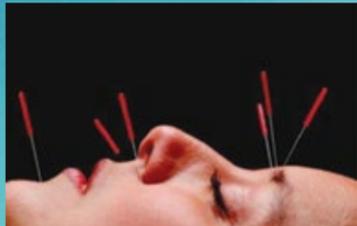
then, worry, wanting to control, suffering, etc. dissolve and the most precious possession life is experienced in all its fullness.

While saints in the west are often viewed as flawless superhumans, in the east, a saint is one who wholly dedicates his or her Self and life to God, as Vyasa did. It *does* matter how we live our lives, treat our family, earn our money, what we eat, what we say, how we handle our successes and our failures. Vyasa showed the way.

The most frequent thing said by those who came to pay respects after Victor's transition was: "He changed my life". Those who knew and lived with Victor Landa know there was a master in their midst, and by all accounts he still is. May he continue the precious possession of life on the other side with even greater expansion of love, service, and devotion to God.

*Vyasa taught that when a student speaks, credit must always be given to the teacher. Thank you Maestro for being with Victor. Thank you Guruji (Victor Vyasa Landa) for sharing your life. We bow to you.*

*By Lakshmi, on behalf of the School of Life; [www.schooloflife.org](http://www.schooloflife.org)*



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# What Really Happened to American Socialism?

BY HARVEY WASSERMAN

Despite the corporate hype, Democratic Socialism and Social Democracy are deeply rooted in the mainstream of our nation's history. The lie that they're "foreign ideologies" starts with the fascist assault Woodrow Wilson waged against them during and after World War 1. Their marginalization today by corporate Democrats and Trump Republicans is itself profoundly unAmerican.

Here's the reality (as explained in greater length in my new *People's Spiral of US History*):

In the decades after the Civil War, Robber Baron corporations captured the core of the American economy. Led by JP Morgan and John Rockefeller, they pushed family farmers and urban workers deep into the depths of poverty. In the west and south, agrarian activists formed the People's (Populist) Party to demand public control over the monopoly capitalist forces that were destroying their lives. Their socialistic platforms demanded democratic rule over the money supply, banks, railroads, telecommunications and much more. They wanted female suffrage, direct election of Senators, referendum and recall.

But in 1896 the Populists were sabotaged by wimp Democrat William Jennings Bryan, who begged their support, then back-stabbed them in a presidential election he lost (of course) to the corporate Republican, William McKinley. Soon thereafter the great labor leader Eugene V. Debs became an outspoken socialist. Debs had formed the American Railway Union and led a great 1895 national rail strike that shut the nation. He was jailed by President Grover Cleveland, a Democrat he'd previously supported.

While imprisoned in Woodstock, Illinois, Debs renounced corporate capitalism. He called instead for an economic system owned and operated by America's working people. The means of production would be socialized for the good of the public, he said. All citizens would be guaranteed a decent living, including food, housing, education, medical care and more. "I am for Socialism," he said, "because I am for humanity."

Amiable, charismatic and incorruptible, the tall, slim Indiana-born Debs gathered a huge national following. Tens of millions of Americans accepted Debsian Socialism as a legitimate part of the national dialogue. The party elected hundreds of local officials

throughout the country, including many mayors and two US Representatives. Millions—including many conservatives—assumed (especially while Gene was around) the US might someday have a Socialist president.

Thousands flocked to Debs's speeches on a moment's notice. Dubbed "the American Saint," he demanded an egalitarian grassroots democracy that extended deep into the realm of material well being. Gene's American Socialist Party renounced dictatorship of any kind and sustained a far deeper commitment to the Bill of Rights than either the Republicans or the Democrats.

The American Socialist Party strongly opposed American Empire. It fought all-out against Woodrow Wilson's plunge into World War 1. In 1916 Wilson had run for re-election as a "peace candidate". Then he jumped in to save the British and French, who owed Morgan and Rockefeller huge sums of money.

To defend his hugely unpopular imperial war, Wilson shredded the Constitution. He jailed thousands of Socialists and peace activists merely for speaking out. He imprisoned Debs for demanding peace in a legendary speech at Canton, Ohio. Wilson's

Attorney-General A. Mitchell Palmer then ran gestapo-style Red Scare raids that killed, maimed and jailed the leadership of the Socialist and radical labor movements. Federal marshals trashed Socialist headquarters, burned union offices, broke warrantless into private homes, terrorized, beat and imprisoned anyone suspected of a trace of leftism. Not until Mussolini and Hitler's storm troopers took Italy and Germany was there a more brutal putsch anywhere in the west.

Wilson's assault thrilled Samuel Gompers, head of the American Federation of Labor. Gompers saw Debs as his chief rival for leadership of the union movement. His AFOFL embraced capitalism and empire, and banned blacks, women, immigrants and the unskilled. In concert with Gompers and the Robber Barons, Wilson destroyed the American Socialist Party and what had been the mainstream acceptance of sharing the wealth as a legitimate alternative to corporate domination. His ruling elite chose instead a form of what Theodore Roosevelt called "national socialism." Dominant corporations claimed to love a capitalist free market, but were always on the take for public handouts

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## ASTROLOGICAL INSIGHTS

### Building Your Foundations

BY MISTY KUCERIS ©2019

Throughout the winter quarter and into early spring, no matter what is going on astrologically, Capricorn energy will be the underlying theme. From the start of December 2019 to March 30, 2020, you will experience this energy keenly, because so many astrological points are in that sign.

What is Capricorn energy? On a mundane level, Capricorn represents the governing body and administrators of a country, its regulations and laws. In the business world, Capricorn represents the corporate memory that many companies use when making decisions for their future growth, as well as the financial structure corporations want in place to assure that commerce is safe and growing. For entrepreneurs, it represents the personal memories associated with developing and building a business.

On a personal level, Capricorn represents the type of structure you believe you need in order to function in society, the rules you are willing to follow and those you believe may need to be broken. In practice, Capricorn indicates the conservative side of your nature, where you feel the status quo is important to maintain and new innovations might interfere with your societal growth.

In esoteric (spiritual) astrology, Capricorn represents personal ambition that is tempered with the desire to create a spiritual world. This is where your soul finds a way to balance your material needs with your spiritual growth. Some esoteric astrologers call this the path to understanding your karma and improving the human condition here on earth.

So throughout the next several months, you'll find yourself questioning the governance of your society, or perhaps even the rules you follow in your life. You'll try to find ways to increase your sense of security. You'll want to approach life from a spiritual perspective, as long as that approach doesn't create an imbalance with your ambitions. You may feel your belief system is tested at times, and there's some truth to that feeling. This is a period of change when it comes to anything Capricorn-related.

And the feelings of change begin on December 2, 2019 when Jupiter enters the sign of Capricorn. When this occurs, there will be six energy points in Capricorn: Jupiter, Ceres, Venus, Moon's South Node, Saturn, and Pluto. Some of these energy points, such as Venus and Ceres, are personal while others, such as Saturn and Pluto, are more societal in nature. That means that when Jupiter enters the sign of Capricorn, you'll feel this ingress on a personal level as well as a societal level.

Jupiter represents a twelve-year cycle and last just a little over a year. When Jupiter enters the sign of Capri-

corn on December 2<sup>nd</sup>, it will remain in this sign until December 19, 2020. The last time that Jupiter was in Capricorn was from December 18, 2007 to January 5, 2009. At that time, the United States went through a major recession with the Dow Jones down by 34% and Standard & Poor's 500 down by 38%. The Federal Reserve Board made \$540 billion in loans to bail out money market funds, and Goldman Sachs and Morgan Stanley changed from being investment banks to becoming commercial banks. At the end of 2008, Barack Obama was elected President of the United States and the leadership went from Republican to Democratic.

While things were not going that well monetarily at the time, there were tremendous strides that were made in the consumer market as it relates to technology. Cell phones, especially the iPhone, came with 3G and GPS, and the Android was introducing the ability to surf the internet from anywhere. Blu-ray became affordable and you could have a home theater system of higher quality. Stem cell research advanced. Suddenly a new level of social interaction was open to you.

With Jupiter entering the sign of Capricorn, you'll continue to see monetary changes that deal with electronic transfer of funds on a more personal level. You'll see more people unable to write checks, as those become less used in our society. Cryptocurrency will become more important as Facebook finds a way to introduce its Libra cryptocurrency. And banks will make greater use of block chain technology in the transfer of funds.

In your personal life, you'll continue to strive and focus on goals that create a stronger foundation. You may even decide to take more leadership roles as you want more control over your life. And, you'll be able to build on your past successes, so you can focus on your future goals.

When the full Moon occurs on December 12<sup>th</sup>, you want to do more to increase your success. With the Sun in Sagittarius and the Moon in Gemini, you may feel the need to discuss your plans with others. On one hand that's not a bad idea, because this full Moon is forming a square to Neptune, and you may not have all the facts. On the other hand, make certain that you listen to what other people are saying. Sometimes when there is a square to Neptune you only seek information that supports your point of view. If someone brings up a different point of view, take the time to hear what is being said so you can make the right decisions.

When Jupiter forms a trine to Uranus retrograde on December 15<sup>th</sup>, you're open to new ideas. Both Jupiter and Uranus represent the desire to push boundaries and try new things. Just assess the potential risks before you take any action.

While the energy of Capricorn continues to be strong, you may want to focus on job opportunities. Or, if you own your own business, you may want

## ASTROLOGICAL INSIGHTS



to consider new marketing approaches. On the mundane side of things, you will see changes with rules and regulations and hear announcements of major technological advances, especially in the areas that involve AI. With the holidays approaching, you'll find that most of the products promoted are in the technological field.

As the Sun enters the sign of Capricorn on December 21<sup>st</sup> the winter solstice occurs in the Northern Hemisphere. The winter solstice represents the time of the year where you start to pull back from external activities and prepare to protect yourself against cold weather. Metaphysically it's time to retreat into your intimate space for meditation and reflection. It's also a time to celebrate your relationships with your loved ones.

The winter solstice normally stimulates Capricorn energy, meaning that during this time period you are normally concerned with your security and place in society. With all the energy points in Capricorn (at this time the Sun, Jupiter, Moon's South Node, Ceres, Saturn, and Pluto) you want to do more than just reflect on your life. You want to plan for the future. You want to find a way to secure your foundation so you can move on with your life in success. You want to be able to provide for your family. This is also the time to consider your personal ambitions and decide whether they support your family life or interfere with your relationships.

The last eclipse of 2019 occurs on December 26<sup>th</sup>. It is an annular solar eclipse that occurs with the Sun and Moon in Capricorn. Although you won't see it here, you'll still feel the energies. This eclipse will continue to emphasize the Capricorn energy, especially since the Moon is in Capricorn and there are now seven energy points in the sign of Capricorn: Moon, Sun, Jupiter, Moon's South Node, Ceres, Saturn, and Pluto.

Eclipses tend to obscure matters, especially when the eclipse occurs at the time of a new Moon, as it does now. You need to pay attention to current events, especially with the government, since Capricorn rules the administration of the government.

As with the Winter Solstice chart, you find yourself focusing on your work and the security that it can provide for you and your loved ones. You don't want to take any risks which could upset your life. You feel responsible for people you love and you don't want anything to upset or injure them.

This eclipse chart forms a trine to Uranus retrograde and a square to Chiron, indicating that some new ideas or concepts may present themselves but you're not quite ready to take action. Or, you may find that some of your ideas aren't working out as well as you wanted them to. As much as you want to have a solid foundation in your life, you also need to be open to any new concepts that present themselves because they could help you solve your problems.

The first eclipse of the year 2020 occurs on January 10<sup>th</sup> at the time of the full Moon with the Sun in Capricorn and the Moon in Cancer. This is a penumbral lunar eclipse and the first of six eclipses that occur during this year. The Moon may be larger during this eclipse because it occurs three days before perigee. This eclipse will not be visible in either North or South America.

Again the strong stellium continues with this eclipse. There are still seven energy points in Capricorn: Moon's South Node, Jupiter, the Sun, Mercury, Ceres, Saturn, and Pluto. These energy points are opposed by the Moon in Cancer since the eclipse occurs during the time of a full Moon. Because of this, you'll find that many structures you thought were safe start dissolving. Yet, because eclipses tend to obscure matters, some of the changes that start occurring during this time will not be noticed until later. It's as if there's a silent revolt going on. You feel it, but you aren't certain because you're not seeing all the changes yet.

Once again you want to assess various aspects of your life that help you feel safe and secure. You want to both protect your loved ones and be in a position where you feel the steps you're taking help you be a better part of society. If you don't feel that your rights are being honored, you may feel marginalized and take action to change that feeling. This will also be a time where you need to address any financial matters. There could be a disruption in the financial market, so you may want to prepare yourself. And, with Uranus turning direct a few hours after the eclipse occurs, you may receive some information regarding your finances that need to be addressed as soon as possible.

On January 12<sup>th</sup>, Saturn in Capricorn forms a conjunction to Pluto in Capricorn. This conjunction is very important because the Sun, Ceres, Saturn, Pluto, and Mercury are only 1°17" apart from each other in the sign of Capricorn.

Saturn rules Capricorn and represents foundations as well as the status quo. Pluto represents the need to understand other people. During this time period you may feel a power struggle between these two influences, wanting to maintain your foundations and wanting to understand the needs of others, especially those you love. You may find that other people are ignoring your needs while fighting for their own, but this isn't necessarily true. Pluto also represents the ability to delve into your subconscious mind so that you are able to understand your

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## ASTROLOGICAL INSIGHTS

### Building Your Foundations ...continued from page 29

own motivations. This can help you relate to others when they discuss their needs with you even if their needs are different.

When the new Moon with Sun and Moon in Aquarius occurs on January 24<sup>th</sup> you will start to feel a shift. There are still five energy points in Capricorn: Moon's South Node, Jupiter, Pluto, Saturn, and Ceres. But the new Moon is a time for new beginnings. In the sign of Aquarius, you will reach out to friends and ask for their help. You may also be open to new ways to approach old situations. This is especially true with the new Moon forming a square to Uranus, which is the ruler of Aquarius.

Since the Capricorn energy indicates the desire to maintain the status quo and the Aquarius energy indicates the desire to move into new situations, you may be able to find a balance between using the lessons you've learned from the past and applying them to the goals you set for your future.

Mercury in Pisces turns retrograde on February 16<sup>th</sup>. It will re-enter the sign of Aquarius in retrograde motion on March 4<sup>th</sup> and turn direct in Aquarius on March 9<sup>th</sup>.

When Mercury is in Pisces, there is a tendency not to listen as well, especially when Mercury is retrograde. You sometimes hear what you want, not what is being said. During this retro-

grade period you'll need to be careful with any information. You may not get the truth from other people. You also need to be careful with your computer and anything that deals with cloud computing. There could be more hacks revealed, if not now, than around March 9<sup>th</sup> when Mercury goes direct.

The best way to protect yourself is to make certain that you review facts before you take any actions. Also, make certain that all your virus protection programs are up to date on all your devices.

On February 20<sup>th</sup>, Jupiter forms its first sextile to Neptune in this triad sequence. The next time it will occur is on July 27, 2020 when both Jupiter and Neptune are retrograde. The final time it occurs is on October 12, 2020 when Jupiter is direct and Neptune is still retrograde.

In many ways, Jupiter and Neptune have a symbiotic relationship. They both rule the sign of Pisces. But there are also some important differences between them. Jupiter represents where you want to push the boundaries of society because you want to learn more than is currently being offered. Neptune represents where boundaries are dissolved because you feel as if it's time to leave a situation and you no longer want anything to stand in your way.

When Jupiter and Neptune form a

continued on bottom of next page

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# ENERGETIC LITERACY

## Staying Positive, Authentically Positive

BY ROSE ROSETREE

Have you ever wished that you could feel more positive? Then this article is for you. Granted, positivity is hardly an original topic. It's been a popular self-help technique for a very long time (ever hear of "positivism"? So popular, in the 19<sup>th</sup> century!). However, I'll bring a contemporary, even Age of Awakening, perspective, all made possible thanks to... you guessed it... Energetic Literacy.

In today's article, I'll call you "Truth Seeker." Notice the difference? Not "Positivity Seeker", but "Truth Seeker." Here's why:

### Seeking a Positive Outlook Can Be Challenging.

Here's a story to illustrate; years ago I went to a party with my friend "Gladys." We had plenty of fun, except for one guy who annoyed both of us. Why did he annoy us? This guy, "Joe," was like WTOP news radio here in D.C.: *all news, all the time*. Only this guy's version was more like: *all positivity, all the time*.

Instead of impressing us, he was distressing us. Only Gladys and I couldn't put our finger on what was wrong. It wasn't until we were driving home that Gladys figured it out. She said:

*You know that guy, Joe, at the party? Here's the deal with him. Joe was like a birthday cake made out of poop. But decorated with beautiful frosting.*

Poor guy, he was trying so hard to be positive. But he wasn't *feeling* it, he was *performing* it.

### Building Your Foundations ...continued from page 30

sextile, you actually have the opportunity to understand how to rid your life of unnecessary structures so you can move forward and leap into new experiences, learning more about the world around you. As great as this is, there can also be a danger. As you get ready to move into new experiences, it's important that you don't leave everything behind. While you may no longer want to maintain any responsibilities, you may need to do just that because Jupiter is in Capricorn.

Since this is the first time this sextile occurs, you may just want to let go of things and move on, but you can't quite yet. Either your responsibilities are too great or you feel hampered by what other people are asking from you. It's all right to consider where you want to make changes and remove some obstacles in your life. You don't need to act on that until either around July 27<sup>th</sup> or October 12<sup>th</sup> when you have a better understanding.

In the greater world, you may see some structures just dissolve before your eyes. Rules that you thought governed society may no longer apply. You may even see greater technological advances, especially in the areas of wave technology, cloud computing,

### When People Frequently Lie to Themselves, It Shows in Their Auras

One lie won't affect an entire aura, Truth Seeker. But patterns due to lying emerge over time, patterns that can show quite unmistakably when you've got Stage 3 Energetic Literacy.

Before I go further, here's a summary for you who are newbies at this Energetic Literacy column. Many ideas about auras are popular, but sadly, some of what you've heard is probably quite outdated. These next 10 points should sum up current state-of-the-art aura reading:

1. What is your aura? It's a set of energy bodies around your physical body, layered like an onion.

2. Why does your aura matter? Because it's full of information, and interpreting that information is called "aura reading" or "Energetic Literacy."

3. At **Stage 1** Energetic Literacy, people get just a vibe, some colors, or maybe an overall sense of somebody's aura, for example "This guy's good" versus "That guy's bad."

4. Although a promising start to aura reading, Stage 1 Energetic Literacy is notoriously unreliable.

5. Everybody can gain more skill than that Stage 1, because aura reading definitely is a skill, not just some mysterious gift.

6. With some training, people can

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and quantum physics. Just keep an open mind.

When the new Moon with Sun and Moon in Pisces occurs on February 23<sup>rd</sup>, you want to continue withdrawing from the world, especially since this new Moon forms a conjunction to Mercury retrograde. You want to understand your spiritual nature and not get caught up in the problems of the world. You want to resolve your own problems. It helps if you start looking towards your future to see what you need to release from your past to move on.

While the Capricorn energy won't fully dissipate until March 30, 2020, you'll find that it's becoming easier to balance your own personal ambitions with your spiritual life. More importantly, you'll realize how the strength of your foundation can help you achieve your goals.

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

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## ENERGETIC LITERACY

### Staying Positive, Authentically Positive...continued from page 31

reach **Stage 2 Energetic Literacy**. Consequently, they can do chakra readings, which are concentrated centers of information, like the Third Eye Chakra in front of your forehead.

7. Although more informative than Stage 1, Stage 2 Energetic Literacy involves a lot of generalities; even worse, it's incomplete, like reading sentences without the verbs.

8. But here's the good news; all of us can do far better than that. We can learn **Stage 3 Energetic Literacy**, which allows us to accurately read chakra databanks. We can research them from somebody right in the room... and do this just as effectively from regular photographs.

9. Chakra databanks are loaded with information. Not only lifelong gifts of your soul, but also how you happen to be doing in the moment, or when the aura reader is using a photo, how you're doing at the time of that particular photo being researched.

10. Most people don't know about chakra databanks yet. But research it and you'll find some fascinating information. Personally, I read chakra databanks just about every day of my life, between my professional work

and what I do to help myself. Reading chakra databanks is fascinating.

### How Does Authentic Positivity Show in Your Chakra Databanks?

Truth Seeker, let me tell you about the seven most important chakra databanks to research for positivity. By my calculation, you've got 1,300 chakra databanks, but just seven relate to positivity.

**Positivity #1. Root Chakra Databank for Connection to Physical Reality**  
 It's about making contact with life around you, objective reality.

**Positivity #2. Root Chakra Databank for Presence in the Room**  
 You might compare this to a first impression. The only info in this chakra databank is about a person's subconscious presence, it's not necessarily conscious at all.

**Positivity #3. Belly Chakra Databank for Sexual Integrity**  
 Simply put, authentically positive people don't cheat on their lover.

**Positivity #4. Solar Plexus Chakra Databank for Sharing Power**  
 You can discover a lot about positivity -- real versus fake -- by researching somebody's power sharing. Some adults share like toddlers.

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## ENERGETIC LITERACY

Positivity #5. Heart Chakra Databank for Emotional Self-Honesty  
Telling *yourself* the truth. That's the purpose of being hardwired with this chakra databank. But is that emotional gift working right now, in human reality?

Positivity #6. Throat Chakra Databank for Verbal Integrity  
Telling *other* people the truth.

Positivity #7. Third Eye Chakra Databank for Connection to Spiritual Source  
Is the current spiritual path working, or is their struggle? Whatever's happening at the level of chakra databanks, you can find out, using good skills at Energetic Literacy, because only a world-class actor can fake things at the level of auras.

### How Can You Avoid Fake Positivity?

First of all, it can help to know there really is such a thing. For instance, I think of Joe at that party, straining to only say positive things. He smiled so hard, maybe his teeth hurt. If Joe felt anywhere near as uncomfortable as he looked, he ignored it. Or maybe, as some folks do, Joe was trying to push himself into positivity, trying even harder than usual to be upbeat whenever he felt bad.

Truth Seeker, you and I can do better than that. What's the use of faking

positivity? Who wants to seem like a phony? Seems to me, people don't become extra-positive by having it become a schtick, or a smirk, or any other kind of act.

### Sometimes Fake Positivity Is an Inside Job

Meaning, that nothing is projected outward. Let's call **that fake positivity not done on purpose**. Here's a somewhat embarrassing teaching tale as an example:

I used to do weekly sessions as the client of a fabulous energy healer, "Ms. Gladys", who helped me so much. Especially helpful was one particular session that I'll probably remember it until the day I die. We were having a regular session when, in that caring way she had, Ms. Gladys said:

*May I tell you something that you won't like? Still, I'd like to tell you, because I think it would be helpful. You're such an idealist, sometimes it's like you're wearing rose-colored glasses. As if you want everyone and everything to be pretty-pretty. I know you're a sweet person and definitely don't mean anyone harm by doing this, but you shade things toward the positive until it's kind of like lying to yourself.*

Oh, Lordy, Ms. Gladys was totally right! I understood right away, particularly since, like you Truth Seeker, I'd rather learn how to improve myself than to always be right.

Much as the truth hurt, I started to

change. Once Ms. Gladys pointed out this problem, I stopped. And it was pretty easy. For me, the trick was to stop forcing my ideals on reality. Why engage in an inauthentic version of positivity, however pastel perfect?

And you know what? I wouldn't be an enlightenment coach today if Ms. Gladys hadn't helped me to get past that blind spot.

### How Else Can We Develop Authentic Positivity?

Truth Seeker, I've given this question a lot of thought. Here's a list of five tips, so that you can easily choose what appeals to you.

Authentic Positivity Tip #1: Your Personal Thoughts and Feelings Are Private

I first learned this concept while I was reading a book by the great spiritual teacher, Paramahansa Yogananda. I can't give you the exact quote, but the gist was this: "Even Almighty God doesn't enter into a human mind without permission."

Sure seems right to *this* Truth Seeker! How about you? It sure removes positivity pressure. Like the words of a friend of mine: "You can't avoid the luxury of a negative thought."

Here's a positivity tale worth pondering: Peter McWilliams died about 20 years ago, but I still remember the

friendship we had. Not a close friendship, but sweet. The last time I saw him was at an expo where he was promoting his latest self-help book. As it happened, seconds before getting to the front of the line in front of Peter's booth, I learned about something recently done to me, something that qualified, from my perspective, as an act of betrayal.

Spontaneously, when I got to the front of the line and had somebody to talk to (somebody who happened to be Peter), I blurted out my personal thoughts on this betrayal. Peter said nothing in response. He just autographed my gift book about "You Can't Afford the Luxury of a Negative Thought." Then he gave a tired-looking smile. This was a sign that not every personal thought or feeling needs to be shared.

Authentic Positivity Tip #2: Don't Attempt to Inwardly Feel "All Positive."

Contrary to what you may have been told, humans have a constant range of emotions. During our waking hours we'll experience happiness, sadness, fear, and anger, continually cycling through these emotions in random order. So, whatever you do in pursuit of positivity, you can quit one thing right now: stop trying to force a kind of positivity that's quite unrealis-

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Dr. Vikram Raya, MD, FACC

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## ENERGETIC LITERACY

### Staying Positive, Authentically Positive...continued from page 33

tic. You're human, accept this range of emotions.

Authentic Positivity Tip #3. NEVER "Turn that Frown Upside Down."

Are you inwardly trying to feel all positive, all the time? Might you have tried the following cute-sounding technique to be positive: *Giggle. Then, just turn that frown upside down.*

Sure, a person can put on a happy smile, but it looks fake, because it is. Moreover, somebody who does a lot of fake smiling, like Joe at that party, isn't improving his aura one bit. In fact, quite the opposite is true.

Authentic Positivity Tip #4. Speak the Sweet Truth, When Possible

We don't get karma for what we think and feel; it's private, remember? But we sure get karma back for what we say and do. Therefore, I'd recommend saying a relatively kind version of the truth, at least, whenever possible.

See, Truth Seeker, you have an advantage for living a positive life, and for having authentic relationships. It's good that you care about the truth, good to share it by doing your reasonable, human best. Pursuing the truth in your life and relationships? That's nothing close to the so-called "brutally

honest" method that some people use to proudly inflict cruelty.

Authentic Positivity Tip #5. Above All, Seek Truth and Live with Integrity

Exactly the opposite of a performed positivity! It can become just as easy to pursue your goals, live your life, and keep the friends who are really friends. Not only is life simpler that way, your aura will be in better shape too.

And you know what? On top of its other disadvantages, fake positivity is also a way to generate pretty bad karma. Joe, at that party, isn't the only person on earth to have done some well intended lying. How much fun do you think it would be having lying like that come back to you?

Funny thing about the "fake it 'till you make it" school of positivity, is that it's a sure way to mess up your aura for a while and get icky consequences. By contrast, you can have a fine life. Avoid lying or straining. You'll wind up with chakra databanks that reveal, "Here's a person of honor and integrity. Beautiful."

\*\*\*Your columnist, Rose Rosetree, has been busy since her last article for *Pathways*. What's new about Energy Spirituality? First, she's published a new online workshop for self-healing: **Cut Cords of Attachment WISELY**. Through Rose's online workshops you can learn many of her 10 trademarked

systems of Energy Spirituality, like Empath Empowerment® and Spiritually Sparkling® skills for self-healing. Other news: Just three months ago Rosetree's blog had 50,000 comments. Now it's above 55,000. You're invited to come to her blog and join the fun!

Rose's 1,000+ media interviews include the *Washington Post*, the *Los Angeles Times*, *USA Today*, and "The View." Learn more at [www.rose-rosetree.com](http://www.rose-rosetree.com). \* [mitch@rose-rosetree.com](mailto:mitch@rose-rosetree.com). \* See Rose's listing under *Classes & Learning Centers* on page 68.

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## 2020: The End and The Beginning of a Decade 5 Lessons from The Engineer and The Mystic

BY UMA ALEXANDRA BEEPAT

Most of us are gearing up for 2020, the end of a decade and the beginning of another. A time of hope and change, a time to get it right and move on from the past. But sometimes the past comes with us, and we can be thankful for that, too.

Recently, a very dear client of mine passed away. I was one of the family healers for him and his wife, who also passed last year. The family asked that I write about my memories, as they are putting together a memoirs journal. It was a bittersweet moment for me as I began to write, because I realized this wasn't just a recount of a healer-client story, this was a teachable moment, because the lessons are eternal. It can benefit everyone.

To protect the privacy of the family, I am using pseudonyms for this story. It is the story of my client Thomas (The Engineer) and myself (The Mystic), both coming from different worlds, but uniting in love and wisdom. It is my hope you will carry this story into the new decade.

Thomas breezed into my life like a magician, full of whirlwind energy,

questions, jokes, and always ready to debate. I first met Thomas in 2014 when he brought his wife Luann to me for massages. I began a journey of spiritual growth and emotional maturity with this couple. I started by seeing Luann once a month to once every two weeks and then to once a week.

I started with massages, but eventually moved into spiritual healing, which she thoroughly enjoyed. For many years, I was her weekly healer and our visits were like a visit to the salon. Luann would take every opportunity to "bash talk" Thomas, and he would just smile and wait patiently in the waiting room for her. He never got upset, he took it all in stride and his eyes always glistened with love for her. She could do no wrong by him and I was in awe of that.

That was my first lesson- a lesson about love. From this couple I learned about the true nature of long term relationships. I learned you could love someone, faults and all. I could tell that Thomas was a handful, and from the wrinkles in her brow, I could tell that Luann had to put up with a lot, as did Thomas. Luann was passionate and opinionated. I could see their beauti-

ful, passionate marriage, but I could also see lonely nights, tears on pillows and broken crystals thrown across the room.

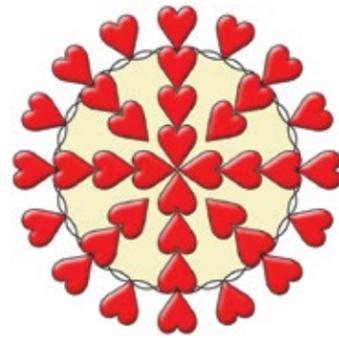
I also learned that love never dies. When Luann passed last year, Thomas still talked about her with a smile on his face as if she was still there. Truthfully, she was. She visited him every chance she could get and it proved

to me that love truly never dies.

Thomas knew about the metaphysical side of life and he kept trying to convince Luann about it, but she wouldn't have it! He would try to convince me to convince her, and I would laugh. That woman is strong willed like you Tom! He would laugh at me and say, "But Uma, if anyone could get her to see this

continued on page 36

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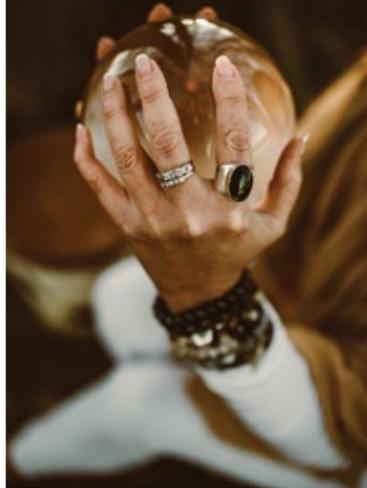
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**5 Lessons from The Engineer and The Mystic**

...continued from page 35

side of life, it would be you. She loves you and listens to you."

The funny thing is, Luann did come around but not because of me. One day while I was doing her energy work, her father (who is in Spirit) came into the room. He told me details that Luann could verify, and as I relayed all the messages, she got very quiet. Tears rolled out her eyes and we never spoke about it again. I couldn't tell if she was moved or thought I was an idiot! Well thankfully, it was the prior. Her father had told her he was concerned about her strength and wanted her to use small dumbbells. Apparently as soon as she left my center, she related it to Thomas and demanded he go to the store right now and buy dumbbells. She was a believer from there on out.

This was my second lesson- we don't have to impose our will on someone else about the spiritual side of life. Leave it to God, He will reach them in a way that is meaningful and special and that they can understand and handle. Ever since that visit, Luann's mother and sister started coming through towards the end of our sessions. Spirit never lets us down.

After that session, Thomas wanted a reading with me. I was hesitant because I knew all about his skepticism. But I also knew his determination to get what he wanted, so I didn't fight him too much. I planned the appointment for the following week. Once in session, one of Thomas's old friends came through, his friend Bill, who talked about the old days and the bars they went to and where they worked.

Tom loved it! He cried in his session too, but these were tears of joy! He said it felt like a visit with an old friend, and he was grateful. The only thing he couldn't verify was the red convertible that Bill kept showing me. He said I was mistaken, I said I wasn't, and we entered into one of our weekly fights. We never missed a chance to exchange our heated views!

When he left, he received a call from Bill's nephew- someone he hadn't spoken to for many years. Tom thought, what a coincidence! He told the nephew about our visit and all the things I had said. He mentioned that I only got one thing wrong- the red convertible. Bill's nephew said, "Oh Uncle Thomas, you wouldn't know about the red convertible, that was before he met you but man he loved that car!"

Thomas was shocked. He later wrote me an email and apologized. "Uma, I always thought mediums were really psychics reading people's memories. What you and Bill did has made me understand that we can communicate with the other side. Uma, you are truly a medium."

This was my third lesson- Spirit is intelligent. Bill knew that Tom was a skeptic, and he wanted to use his visit as a teachable moment both for Thomas and me! As a medium, I have learned (thanks to Bill) to trust Spirit and follow the messages. They will take care of the rest.

After awhile, with Luann under my care, Thomas decided to see me for sessions too. He would schedule two sessions a week, one for Luann and one for him. His sessions were metaphysical in nature, as he loved healing and readings.

Without fail, every session would include a debate! He would question my technique, logic and knowledge. He would bring books for me to read (to educate me) and tell me about all the events he went to and press me to go them. I would resist and argue with him because I felt I knew better than him!

One time he brought me a photo that shocked me to my core! He went to see a physical medium, who can

manifest photos on blank paper. The medium told Thomas that this photo was of the eyes of his spiritual guide. We both knew it was my eyes and to this day I still have it in my office.

This was my fourth lesson- as much as I am the teacher, I am also the student. Thomas and I interchanged the student-teacher role many times, as we both learned and taught each other. This lesson has humbled me tremendously and allowed me to learn more from the people that I am teaching.

When Luann's health started declining, I knew it was time for her to rest. There was one session that I knew I would not see her again. I went to lay hands on her and she gently moved my hands away. I sat there with tears in my eyes. We knew it was time. So I talked to her for the rest of the session and later on that week, I told Thomas that I could not see Luann anymore, she was ready to move on. True to form, he at first argued with me, then accepted it. He asked me a difficult question, about the timing of her passing, and I was hesitant to respond because I don't do readings like this, but all I could see in that moment was a frightened man who for the first time didn't know what his future held.

I told him to skip the idea of the adult nursing home, she would pass within the year, and she did. Our twice a week sessions went down to one- just

Tom and me. It felt so strange, and in this timeline I was able to see a range of emotions from him. Tom was always pleasant and cracking jokes but then he became tired, weary, sad, and even angry. He tried at first to lie to me but then he gave in and let out a whirlwind of expletives. I matched him. We cursed back and forth with anger and passion- we were letting it out that we missed her and were angry we couldn't save her. After awhile we both broke out laughing until we cried. We were in the belly of the beast now, seeing a loved one slip away and standing helplessly on the sidelines, unable to do anything.

After her passing, I saw less of Thomas. He came in one time for a free session I offered him and in that session, he was different. He was tired and sad, but peaceful. He moved out of the area and began traveling and attending all the events he possibly could. This was his second wind, and I was so happy for him. For five years I had only really seen him as the caretaker. Now I was able to see him as he was- a man full of life, love and a desire to grow.

The last time I saw Thomas was the summer of 2019. He came to our tent at the Manassas First Fridays in Old Town, and it was such a beautiful surprise. Rob and I hugged him and chatted with him for awhile. He was full of life and joy.

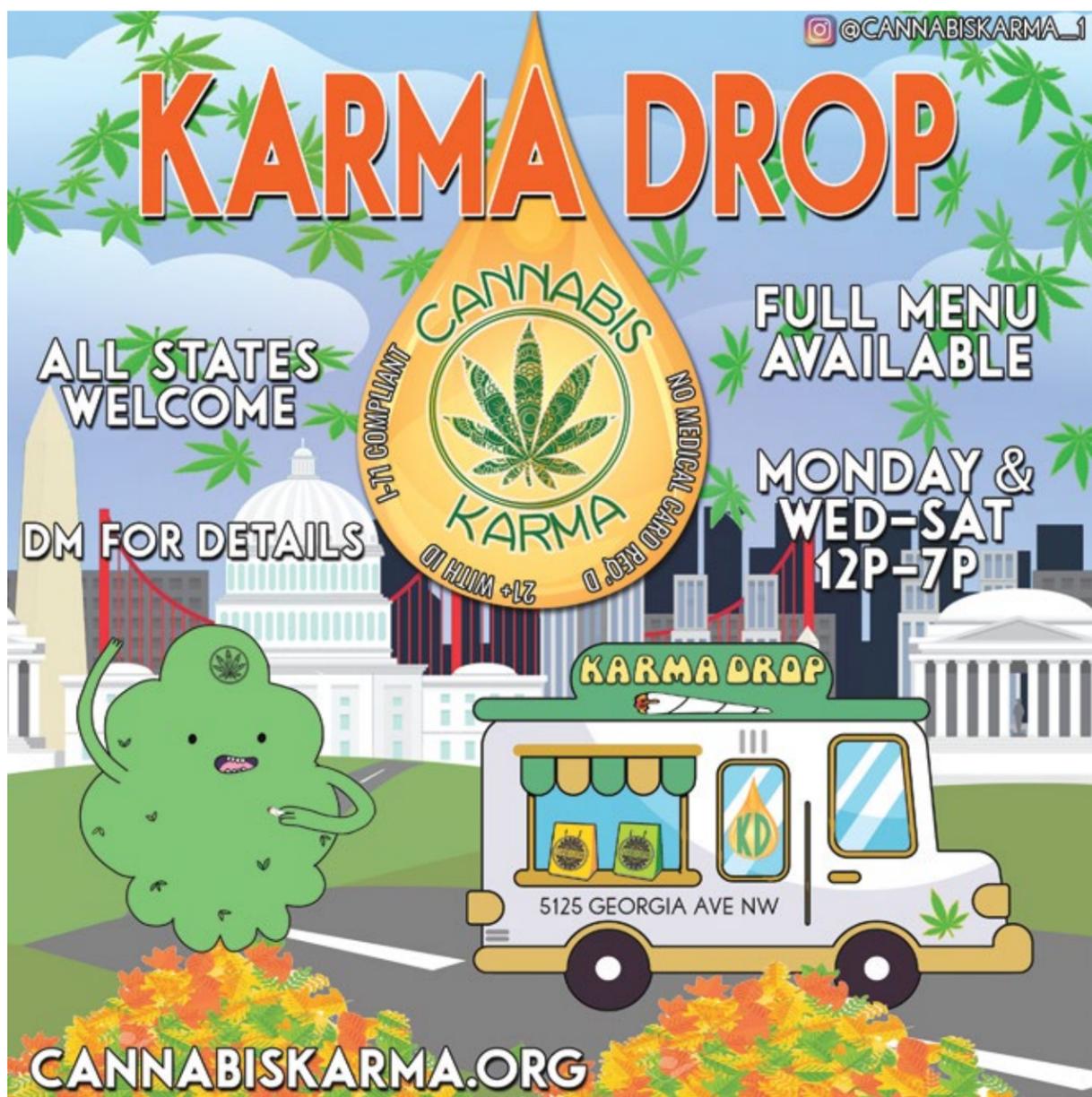
That is the memory I will hold on to of him. It's funny because after that day, Rob and I said to each other, "This is the last time we will see him. This is our goodbye." At the time we thought it was because of his move to Maryland, we did not know it was to be his final goodbye.

This was my fifth and final lesson- you never know when it will be the last time you see someone, so make every moment count. I am glad that my last farewell with Thomas was true to our form- him laughing and having a good time (at my expense) and me working and doing what I love. It was a beautiful sunny day and Rob was eating an ice cream with Thomas. It couldn't have been a more perfect day.

These people, Thomas and Luann became more than clients to me. They were friends. They came to my house, to my parties and more. I knew about their children and grandchildren. Life is precious and death is an opportunity to celebrate someone one last time. I plan to celebrate the engineer and all the lessons we learned together. Thank you for blessing me.

As I head into 2020 now, I take these lessons with me and I hope that you can take some of it with you too. Love is all around us. We just need to know it is there and we will see it.

XO, Uma



Here are three native plants that are also great performers in a home garden setting. Despite the misguided advice that *all* native plants are low-care, many are not appropriate for a yard in the city or suburbs. Some need constantly wet feet, while others grow way too tall, and still others seed themselves around like crazy. The three native plants listed here are all low-maintenance and look great in more than one season. I urge you to try one or more in your garden today.

**Heuchera**

Whether you pronounce it “hoy-ker-uh” or “hue-krah” or “hew-ker-a”, this terrific perennial species, with the common names of Coral Bells or Alumroot, has seen an explosion of new introductions in the last decade or so.

Heuchera are native to North America and do well in woodland garden beds, rock gardens, containers, borders, and as ground covers. They are drought-tolerant and prefer soil to be a little more alkaline than acidic. If you have heavy clay soil, then it is necessary to add some lighter gardening soil when transplanting them into the ground.

To get more plants, carefully dig and divide the clumps in early spring — make sure that each piece you re-plant has some good roots attached. For those gardening where there are hot and humid summers, select those with heuchera villosa in their lineage. H. villosa is a species native to the southern Appalachian Mountains. Villosa means “hairy leaf” and those fine hairs make it not only heat tolerant, but also deer resistant.

The hybrids that have been developed

**Native Plant Picks for a Truly Low-Maintenance Landscape**  
by Kathy Jentz

in recent years have an extensive array of colors, shapes, foliage types, and blossom sizes. Heuchera will bloom from early June until the end of summer, but the foliage is the most eye-catching aspect of these perennials. Most varieties do best in part-shade with some morning sun, but there are recent introductions that flourish from full-sun to full-shade.

Heuchera have also been hybridized with another native shade perennial called tiarella to produce the heucherella, which has added even more fantastic colors and textures to this extraordinary line of perennials. Some of my favorite Heuchera cultivars include ‘Midnight Rose’, ‘Silver Gumdrop’, ‘Plum Cascade’, ‘Berry Smoothie’, and ‘Lime Rickey’.

**Echinacea**

The Coneflower (Echinacea purpurea) is a perennial flower native to the open wooded areas in eastern and central North America. It is a favorite plant for pollinators from bees to butterflies. They are wonderful as cut flowers for arrangements and are a great low-maintenance choice for the landscape.

Due to new breeding programs, coneflowers have exploded in popularity with a diversity of flower colors, shapes, and sizes. The straight species is a rose-purple, but new cultivars now come in a wide choice of colors ranging from bright shades of orange and yellow, soft whites and greens, and brilliant hues of pinks and purples. The new selections also have unique flower forms such as double-

petaled flowers and more dwarf, compact plants suitable for container gardens.

A few selections I especially like include ‘Green Envy’, ‘Cheyenne Spirit’, and ‘Pixie Meadowbrite’.

Echinacea prefer full sun and well-draining soil, but can tolerate part-sun and clay soils. They will bloom from early summer through frost. Frequent deadheading (removing the spent flowers) will promote re-blooming for your coneflowers.

**Amsonia**

Amsonia hubrichtii grows well outside of its limited native range (the mountains of western Arkansas) and is proven to be hardy in USDA Zones 4–9. This herbaceous perennial takes about three growing seasons to reach maturity and is long-lived. A mature plant will have about 50 stems and grows three feet high and wide. This species is also commonly called thread-leaf blue star or Arkansas blue star — or, simply, Amsonia.

It dies down in the winter and starts to re-sprout in April. It is deer-resistant and noted for providing three seasons of interest. In spring, there are clusters of pale-blue flowers. Then, in summer, it has copious amounts of feathery, apple-green foliage. Finally, it has brilliant, clear-yellow foliage for at least a month in autumn. It is most often planted because of this colorful display it provides from October into November. You can prune the plant to about 12 inches high immediately after the bloom cycle has ended to encourage a fuller growth habit

for the summer. The sap is sticky; so wear gloves when pruning.

It produces its best color when grown in full sun. However, it will tolerate morning sun and afternoon shade. Amsonia prefers moist, well-drained soil, but it can adapt to somewhat drier conditions once it has become established. The best method for propagating Amsonia hubrichtii is by dividing the crown in spring. Softwood cuttings are also possible. Starting this species by seed has mixed results, because the seeds sprout erratically.

Amsonia hubrichtii is known for its effectiveness in mass plantings, informal borders, and naturalistic landscapes. I love seeing it planted along roadsides throughout the Mid-Atlantic states. One famous landscape setting is by the Capitol Columns at the U.S. National Arboretum in Washington, DC. It is a show stopping display in mid-autumn with the purple aster blooms setting off the golden amsonia foliage.

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

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

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## NETWORK OF LIGHT NEWS

Beloved Friends,  
Thank you for BEING YOU! We love and appreciate you. We are blessed in the next three months to have many wonderful opportunities to come together and play with amazing souls. We are especially thrilled that Bruce McBarnette has arranged an outdoor inter-faith service before we enter the White House for our December 7th Holiday Tour.

Do come to our Network of Light Heart to Heart Holiday Celebration on Saturday, December 21, starting at 5:30pm for a meet and greet. We will share, care, feast, dance, give and receive love all night. Meditation, led by AJ Victoria with his singing crystal bowls and vibrating metals, allowing us to hear higher dimensions, begins at 6pm.

Then I will lead Heart to Heart Sharing—a time to speak your heart's truth and express your SELF in a safe space. There is always magic in the circle as we often find what we need there. Dinner will be served around 7:30pm.

Bring your favorite dish to serve eight people and possibly a gift for the homeless. After dinner, we will be blessed by amazing live music and dancing courtesy of Rufus Achyut Justus and his Full Lotus Jam band and by the inspiration and dance provoking sounds of Wynn Paris. Throughout the evening, members of Sukyo Mahikari will provide free energy sessions.

Among the events planned for January and February are an evening with Brendan Feeley, a favorite astrologer, and Conscious Light, a film that offers a penetrating glimpse into the teachings of Avatar Adi Da Samraj.

Let's merge into the ONENESS that we already are and receive the opportunities to grow together. Send love, light and joy to everyone everywhere.

Love and hugs to you,  
Lakshmi Barbara Carpenter

*PS: If you would like to be added to the Network of Light email list, please send your contact information to [networkoflight@hotmail.com](mailto:networkoflight@hotmail.com).*

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### Native Plant Picks for a Truly Low-Maintenance Landscape

...cont. from page 37

*Washington Gardener* magazine!

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**The Science of Mindfulness**  
**...continued from page 15**

emotions associated with fear. With no change in environmental factors, the reduced stress response reported by meditators was reflected in the neurobiological alteration of the amygdala.

Lazar has done many studies over the years that show that the changes observed in areas of the brain corresponded with subjective reports of meditators, like decreased stress, lessening of symptoms associated with depression, anxiety, pain, and insomnia, an enhanced ability to pay attention, and many others.

~The final scientist I'll mention is Richie Davidson, who is a doctor of Psychology, Psychopathology, and Psychophysiology, best known for his important work studying emotions and the brain. In one well known experiment, he studied the brain of Matthieu Ricard, a French scientist, photographer, and writer who became a Tibetan Buddhist monk many years ago and lives in Nepal. Davidson wanted to see how meditation, and in particular compassion meditation, effected the brain of someone who had spent many thousands of hours meditating.

You can find pictures of Matthieu Ricard meditating with 256 sensors stuck to his head, dressed as always in his monk's robes. The scans showed

that Ricard's brain produced a level of gamma waves—those linked to consciousness, attention, learning, and memory—never before reported in the neuroscience literature, according to Davidson. The scans also showed above-normal activity in Ricard's left prefrontal cortex compared to the right, giving him what Davidson called an abnormally large capacity for happiness and a reduced tendency toward negativity. Ricard thus gained the sensationalized title of "happiest man in the world."

Davidson has published many studies and books related to what he calls the "science of the mind." He has studied the brains of many meditators and found striking results, not only in long-term practitioners, but in subjects engaging in a three-week, 20-minute-a-day program. In comparing the effect of mindfulness meditation on the brain to the way physical exercise alters our muscle structure, Davidson says, "It's a wonderful area of research because it shows that meditation is not just blissing out under a mango tree but it completely changes your brain and therefore changes what you are."

~While there are still skeptics and deniers on both sides, great advances are being made toward understanding the "science of meditation." Many fields are developing which emphasize

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—Marilyn Morris, Silver Spring, Maryland

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

- \* EMDR
- \* ETT™, Emotional Transformation Therapy
- \* NMT, Neuromodulation Technique
- \* Regression Therapy
- \* Clinical Hypnosis
- \* Ancestral Family Constellations
- \* Somatic Integration Therapy
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Developed by Dr. Kam Yuen, The YUEN method is a non-invasive energetic method that produces fast results in transformation of vibrational causes for any imbalance resulting in the manifestation of emotional, mental, physical, and spiritual symptoms. In this method, there is no need to re-live any traumatic incident. Clients often report instantaneous relief and loss of any charge associated with traumatic memories.

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

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

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

**Healing Light Center, LLC**  
1313 Vincent Place, McLean, VA 22101  
**Phone: 703-288-1566**  
www.healinglc.com

## WINTER CALENDAR

### DECEMBER

-1-

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

12/1-22 **Mindful Pause** with Robin Williams. Four Sundays, 3-4pm. Take time for yourself to stop amidst the busyness and pressures of the season and join us for an hour of mindfulness. Mindfulness meditation, breathing practices, mindful walking and listening, poetic contemplations, and brief sharing will settle our thoughts and emotions as we open and refresh heart and mind. Church of the Redeemer, 5603 N. Charles St. www.innerharborwellness.com 443-801-0841. Free /\$5 Suggested Donation

-2-

**Meditation and Being, (all levels) 3-week series 1 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia www.MediumAnnieLarson.com

-3-

**Avoiding Holiday Inflammation: Free Seminar** Dr. Raya is committed to the idea that patients have the ability to reverse disease, foster health, and achieve ultimate wellness, even during the holidays! To register for our event and free gourmet dinner at Columbia Firehouse immediately following our seminar call 703-506-1113. www.VInstitute.com

-4-

**Stress, Hormones And Holiday Health: Free Seminar** Dr. Raya is committed to the idea that patients have the ability to reverse disease, foster health, and achieve ultimate wellness, even during the holidays! To register for our event and free gourmet dinner at Columbia Firehouse immediately following our seminar call 703-506-1113. Visit: www.VInstitute.com

**Usui Reiki Level II Certification, Reiki Level II** will focus on an extensive opening of the energy channels while practicing Reiki on others. Students will receive an attunement along with Reiki symbols that allow the practitioner to connect more deeply to draw on the benefits that the symbols represent. This includes the ability to send distance Reiki, clear energy blockages across time, and unblock physical objects and locations. 10am-3pm, Dulles, Virginia, \$195 using discount code, Annie Lar-

son, www.MediumAnnieLarson.com

-6-

**Blue Christmas Service.** This service provides a sacred container for the loss and sadness many feel around the holidays. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. www.unityoffairfax.org/events.

**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training.** 6:30-7:30pm. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: www.blueheronwellness.com

**Immerse Yourself in Crystals!** In this workshop we will learn: a brief history of crystals, folklore around various crystals, how to pick crystals using various methods, how to clear crystals, crystal frequencies, the Mohs hardness scale, differences and uses of different shapes, and important inclusions in crystals. Annie, a fourth-generation rock-hound, will have some crystals for sale from her private collection at the event for cash only please (no checks or credit card). You will receive a 20% discount code to shop at Healing Crystals Showroom. 10am-12pm, Dulles, Virginia www.MediumAnnieLarson.com

-7-

**Mindful 365 Sitting Group.** Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10. www.sittinggroup-2019.eventbrite.com.

**Spiritual Hygiene and Psychic Protection Workshop.** Do you feel like a psychic sponge who absorbs the emotions and feelings of others around you? Do you feel like you are a target of negativity or other people's manipulations? This hands-on workshop provides a plethora of techniques to shield and protect yourself from undue psychic influences. Silver Spring, MD.

www.mediumshamandc.com/evidential-mediumship

-9-

**Enlightened Rest: The Effortless Path of Yoga. Yoga Nidra** (the Yoga of Sleep) repairs the body and mind at the deepest levels. No previous yoga experience needed. Come in and lie down and be guided through a deeply rejuvenating practice. Flourish Counseling and Wellness Center, 3430 N. High St. Olney, MD 20832. Visit: flourishcounselingandwellness.com, www.alignwithgrace.com

**Low Tech Paper and Book Making with Robin Williams.** 5-8pm. Play with water, pulp, paper and book making. Bring "bits and pieces" of any fibrous objects such as hand torn pictures from magazines, napkins, tissue, and other lightweight fabric, ribbon, leaves, feathers, pressed flowers, yarns, etc. We'll have a stash of

continued on page 42



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JEWELRY • LEARNING CENTERS • MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NUTRITION • PAIN MANAGEMENT  
PALM READING • PHARMACIES • POLARITY THERAPY • PSYCHICS • PSYCHOLOGY • QIGONG • REFLEXOLOGY • REIKI  
SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAI CHI • TAROT • WEIGHT LOSS • YOGA • MUCH MORE • SPEND THE DAY!**

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Please contact the church office to schedule appointments for private readings.

Email: [info@arlingtonmeta.org](mailto:info@arlingtonmeta.org)

For more information, see our website:

**[www.arlingtonmeta.org](http://www.arlingtonmeta.org)**

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Archived shows available anytime

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For info go to: [www.angeltalkinfo.com](http://www.angeltalkinfo.com) or [www.meetup.com/angeltalk](http://www.meetup.com/angeltalk)  
or email: [sandysangeltalk@aol.com](mailto:sandysangeltalk@aol.com)

## WINTER CALENDAR

DECEMBER 9, cont. from page 40

materials too and samples of what can be done. For those who want more, we'll make a variation on the flag book. \$30 includes a \$5 materials fee. To register and pay by credit card then go to: [www.innerharborwellness.com/adultregistration](http://www.innerharborwellness.com/adultregistration). To pay by check or cash, please submit a registration form and bring payment to the class, or call: 443-801-0841.

**Meditation and Being, (all levels) 3-week series 2 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

–11–

**Usui Reiki Master Certification, Reiki Master Level III Attunement.** The master symbol will open all energy centers, raise your vibration and access the highest levels of Reiki energy. You will be guided by a higher vibration energy and a master guide for your life work as a Reiki Master. You will receive a full Reiki session. 10am-3pm, Dulles, Virginia, \$195 using discount code, Annie Larson, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

–12–

**12/12-14 UMC Fundraiser.** Each person has a workshop, circle, and a private reading with each of the Mediums serving, + Meals & Private Room. \$500 weekend. Revs. F. Reen Brown, Rev. Sally Knuckles & Rev. Justin Terry, Facilitators. [www.unitedmeta.org](http://www.unitedmeta.org). 540-562-4889

–14–

**12/14-15 Integrated Energy Therapy (IET).** Basic and intermediate level class. Learn healing with the energy of angels. IET releases the pain of the past so you can manifest a beautiful future. Visit [www.heart-centeredhealing.com](http://www.heart-centeredhealing.com) to register.

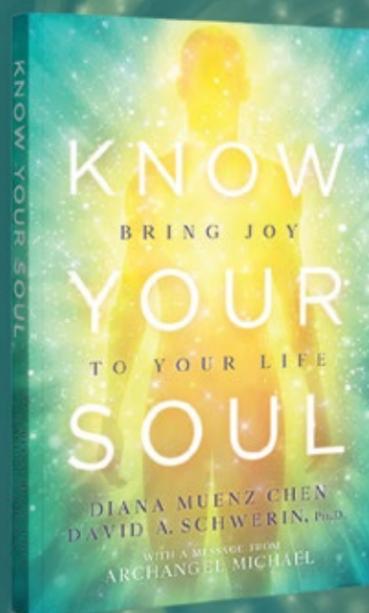
**FREE info/social for Blue Heron Wellness' 200 Hour Yoga Teacher Training.** 12:30-1:30pm. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

–15–

**Cleansing Toxic Relationships.** Don't get stuck in toxic cycles that repeat themselves. Join our workshop and let us share with you tips and techniques to cleanse yourself of toxic relationships and situations. [www.mysoulrenew.com](http://www.mysoulrenew.com)

**Taking applications for readers, healers, holistic and metaphysical retail vendors and businesses,** for May 3, 2020 Holistic Energy Expo held at the Embassy Suites hotel in

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- Naomi Serlen, LCSW

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# WINTER CALENDAR

Ashburn, Virginia, 10a-5p. To learn more and to apply for a vendor booth: [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com)

-16-

**Meditation and Being, (all levels) 3-week series 3 of 3.** Achieve a greater sense of awareness, inner knowing and deep sense of relaxation with meditation. Annie, a certified vinyasa yoga and yoga nidra teacher, will take you on a journey to explore many different types of meditation including pranayama (breath work), guided imagery, mindfulness, sound (singing bowls), japa meditation (mantra), asana (yoga poses), movement (walking meditation) and yoga nidra (stillness/sleep). 10am-12pm, Dulles, Virginia [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

**Save the date for another Metaphysical Monday** workshop, a safe space to question, learn, share, experience, and expand your spiritual tribe. [www.bodyandsoulshpherd.com](http://www.bodyandsoulshpherd.com)

-21-

**Winter Solstice Celebration:** All are welcome at the solstice celebration, which includes a bonfire, musicians, readings, singing, and native instruments. 5:00pm-7:00pm at Unity of Fairfax, 2854 Hunter Mill Road in Oakton, VA. Donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-22-

**Eckankar: The Path of Spiritual Freedom.** Learn how to experience the Light and Sound of God directly. HU—the universal word of Divine Love. [EckankarMaryland.org](http://EckankarMaryland.org)

-28-

**Reiki Meditation for Hope at Yogamour Yoga and Healing Arts Center,** Frederick, Maryland, 4-6 pm. \$25/ Signup online at MindBody. Benefits the Yogamour World Mission. Enjoy an evening of guided meditation in the beautiful energy of Reiki with Karuna Reiki Master Teacher Melissa Mullen. We will journey together with intention, while holding space in our hearts for others around the planet.

-31-

**Burning Bowl Ceremony: Release what you do not want to carry into the New Year** and set your intentions for what you desire to do, be, and have in the coming year. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**News Year Eve Psychic Fair at Sacred Circle in Alexandria.** 6-10pm. What's ahead for you in 2020? Walk-ins only. \$25 per 15-minute session. Visit: [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)

## JANUARY

-1-

**Enlightened Rest: New Year, New You.** In this celebration of our New Year we will combine Hatha Yoga (active), Yin Yoga (passive) and Yoga Nidra (sleep) into one wonderful class. This class is for all those who love yoga and is suitable for all levels of yoga practitioners. Cost \$40, \$30 early bird registration if you sign up by Dec. 15th. Visit: [www.blueheron-wellness.com](http://www.blueheron-wellness.com)

-4-

**New Year's Kundalini Yoga & Rejuvenating Sound Bath.** Enjoy an hour long kundalini yoga session followed by a deep relaxation sound bath as we set our intentions for the new year! 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. \$25. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**1/4-5 Usui Reiki Level 1.** Begin your journey with Reiki's life force energy. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

-5-

**Intuitive Wellness in Bethesda MD is offering Usui Reiki level One Certification,** 11-2:30pm. Level One includes an in-depth understanding of channeling energy, the Chakras, ethics and

how to protect yourself. Handouts, attunement and certification included. Visit [www.IntuitiveWellnessCenter.com](http://www.IntuitiveWellnessCenter.com) for more information.

**What's Your Mantra Meditation Workshop w/ Rev. Geraldine Amaral & James Hodson,** Chopra Center Certified Meditation Instructors. 1:30-4pm. Visit: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

-10-

**Mystical Movie Night – Better Angels:** Join Unity of Fairfax every month for mindful movies. "Better Angels: Reuniting America" is a documentary about the Better Angels workshops, which work to depolarize America by fostering discussion between Democrat and Republican voters. This movie is in preparation for a Better Angels workshop at a later date. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-11-

**Enlightened Rest: Yoga Modalities for a Total Reset** with Claudia Neuman. Yoga Nidra and Yin Yoga combo, Baltimore Yoga Village 2-4:30pm. \$25 in advance, \$50 day of. Visit: [www.baltimoreyogavillage.com](http://www.baltimoreyogavillage.com)

**Intuitive Wellness in Bethesda MD is offering Intuitive Development**

continued on page 44



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Breathe...  
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Self-nurture with nature, mindfulness, creativity

### ADULT PROGRAMS

#### SoulCollage® Journey Through The Elements

Sundays, January 19, March 15,  
May 24, June 14, 2020,  
12:00-4:00 pm

#### Mindful Pause

4 Sundays, Dec. 1-22, 3:00-4:00 pm

#### Doorways Art Installation Reception

Sunday, December 8, 1:00-3:00 pm  
Lake Roland Park

#### Low Tech Paper and Book Making

Monday, Dec. 9, 5:00-8:00 pm



Check our website for upcoming 2020 programs in Mindful Art, Create Anew U Self-Care, Guided Imagery and Music, Mandala Making, BodyMindHeart Connections, Yoga and Emotion, Flow: Mindful Moving, and the Inner Work of Being Human.

Held at the Church of the Redeemer, 5603 N. Charles St., Baltimore, MD 21218

For information and registration:

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240-490-5484



## WINTER CALENDAR

**JANUARY 11, cont. from page 43**

**Workshop**, 12-3pm. In this class you will learn the fundamentals of connecting with Spirit. Starting with balancing and grounding methods, meditations and steps. How to protect and shield yourself from unwanted energy, how to clear yourself and prepare to connect. You will learn to strengthen your Intuition, connect with your Guides and meet your Animal totem. Visit [www.IntuitiveWellnessCenter.com](http://www.IntuitiveWellnessCenter.com) for more information.

**Superhuman Skills Development Level I of IV**, 1-4pm at Integral Reiki Center for Healing in Frederick, MD taught by Karuna Reiki Master Teacher and Clear Channel Melissa Mullen. \$55/No prerequisites. Details and Registration at [INRCH.COM](http://INRCH.COM).

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

**Winter Renewal Retreat Journey** Dance, meditation, gentle yoga, reflection, Reiki, creative expression with Karen Tasto and Beth Charbonneau. [www.blueberrygardens.org](http://www.blueberrygardens.org)

-12-

FREE info/social for Blue Heron

**Wellness' 200 Hour Yoga Teacher Training**. 1:30-2:30pm. Join YTT Director Claudia Neuman and faculty and guest teachers for an Information Social. Attendees will receive one free yoga class taught by Claudia or one of our other faculty. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com)

-14-

**Auditions held for those interested in joining Dr. Sky**, a Nordic Master Teacher from Finland, in moving to the depths of spiritual stillness. Transcend procrastination, negativity and ego and get to know your true self as you go to the next level. Your training of Kihon No Kata, the basic dance patterns using fan, is offered free to those accepted. Reserve audition by emailing your information, (name, professional experience, interest address) to: [drsmisky@gmail.com](mailto:drsmisky@gmail.com) Location: 327 S St NE, Suite A, WDC 20002 (Cancelled in the case of snow). Auditions also held on: Jan. 17th at 6pm and Jan. 25th at 10am.

-15-

**Uncovering Your Soul Template.** Need help connecting with your true passion and purpose so you thrive in all areas of your life, work, relationships, health, and beyond? Uncover YOUR soul template, identify patterns, and activate a higher frequency to upgrade within. [www.mysoulrenity.com](http://www.mysoulrenity.com)

-16-

**2020 Interfusion Festival.** Evolution. Arlington VA. Visit: [www.interfusionfestival.com](http://www.interfusionfestival.com) to register and for more information.

**Mediumship development 1 series.** Tap into spirit and loved ones who have crossed over to deliver evidence of the continuation of life and messages. Boost your confidence with validation through lessons, observations, practice and lots of homework, to trust the impressions you receive through the major "Clairs." 10am-12pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com) Also held on 1/30 & 2/13.

-18-

**1/18-19 Usui Reiki First Degree Certification.** Learn how to channel spiritually guided life force energy to develop your intuition and to heal animals, friends, and family. Visit [www.heart-centeredhealing.com](http://www.heart-centeredhealing.com) to register

**Positive Words for Positive Outcomes** with Lori Nicholson, Well Awakened Living. [www.blueberrygardens.org](http://www.blueberrygardens.org)

**Usui Advance Reiki Training (Level 3A/Advanced Practitioner).** The highest level of Reiki before Master Teacher. Receive the Master at-

tunement. Learn aura clearing and healing attunements. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

**Winter Survival Skills for Adults:** Introduction to winter survival, navigation, fire-building, and survival stories. Travel the woods of Fox Haven and learn the essential techniques for fire building, navigation without a compass and shelter-building that could prepare you for an unexpected situation in nature. 1-3:30pm. 3630 Poffenberger Rd, Jefferson, MD. \$60 whole series (3 weeks), \$22 single class. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**1/18-19 Beginning Spirit Communication & Mediumship Workshop.** Open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, learn how to nurture your gift with Konstanza Morning Star, Certified Medium, Spiritualist Teacher and Author. Silver Spring. [www.mediumshamandc.com](http://www.mediumshamandc.com)

**1/18-19 Usui Holy Fire III Reiki I and II Certification Training Program** at Integral Reiki Center for Healing in Frederick, MD 10am-6pm each day. No Prerequisites. Details and Registration at [INRCH.COM](http://INRCH.COM).

## Explore the Wisdom Within You!



### Interactive Spiritual Presentations

#### "Unfolding Into the Divine" Saturday, January 11, 2020

Discussion: 11 am to 12:30 pm

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

#### "From Spiritual Experience to Spiritual Realization"

Saturday, February 8, 2020

Book Discussion: 2 to 3:30 pm

Past life recall, dream work, and conscious Soul Travel are valuable techniques for spiritual unfoldment – but where do these experiences ultimately lead? During a lively book discussion, we'll explore the value of these disciplines and the clues they offer about our true destiny. All guests will receive a free copy of the *Spiritual Experiences Guidebook*.

**All events are free and open to the public**

For more information about these presentations, as well as classes, and ECK Light and Sound Services, please call 703-916-0515 or visit our website at <http://www.eck-va.org>.



All events are held at the Northern Virginia ECK Center (Merrifield),  
2810 Old Lee Highway, Suite 301, Fairfax, VA 22031

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[www.newvisionstrategiesllc.com](http://www.newvisionstrategiesllc.com)  
240-828-9917

## WINTER CALENDAR

-19-

**22 Proven Processes:** Monthly class that focuses on abundance processes and based on the book *Ask and It Is Given* by Esther and Jerry Hicks. 1-3pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [unityoffairfax.org/events](http://unityoffairfax.org/events)

**SoulCollage®:** Journey Through The Elements with Annette Laugel. Sundays, 12-4pm SoulCollage® is a creative process using collage for self-expression, reflection, and exploration. Each class is an opportunity to create personal collage cards around one of the seasonal elemental energies of Fire, Earth, Metal, Water and Wood. Church of the Redeemer, 5603 N. Charles St. \$55 per class. To register and pay: [www.innerharborwellness.com/adultregistration](http://www.innerharborwellness.com/adultregistration), or call: 443-801-0841. Also held on: March 15th, May 24th & June 14th,

-21-

**Intuitive development 1 series.** Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com). Also held on 2/4.

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

-22-

**Wednesday Night Mediumship Development Circle.** 7:30-9:20pm: Spiritualist Medium and author Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. 8 weeks. Silver Spring, MD. [www.mediumshamandc.com](http://www.mediumshamandc.com)

-23-

**Psychic Development 1 series.** Begin to tap into your psychic abilities and read other people in your general life or in a professional capacity. Work with meditation, breathing, auras, chakras, objects, symbols, and guides to start the psychic flow of information. 10am-12pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com) Also held on 2/6 & 2/20.

-25-

**Botanical Illustration of Mushrooms (ALL AGES).** Learn the anatomy of mushrooms and what information is needed to make a correct identification. Then, practice drawing techniques to capture the information required for a true 'botanical' illustration. 110am-12pm. 3630 Poffenberger Rd, Jefferson, MD. \$25. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**Reiki Meditation for World Peace at Yogamour Yoga and Healing Arts Center,** Frederick, Maryland, 4-6 pm. \$25/ Signup online at MindBody. Ben-

efits the Yogamour World Mission. Enjoy an evening of guided meditation in the beautiful energy of Reiki with Karuna Reiki Master Teacher Melissa Mullen. We will journey together with intention, while holding space in our hearts for others around the planet.

**Yoga and Drumming with Heather Forsythe.** Start your weekend with a rhythm-filled yoga practice and discover the inner pulse of your body, breath, and energy. Then, make the shift to creative expression by exploring various drumming techniques. No drumming or yoga experience needed. All ages welcome. 1-3pm. 3630 Poffenberger Rd, Jefferson, MD. \$20. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-26-

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

-29-

**Usui Reiki Level II Certification,** Connecting to Reiki with symbols, sending distance Reiki, clearing energy blockages across time, and unblocking physical objects and locations. 10am-3pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-30-

**Mediumship Teleconferencing Circle 6-weeks.** This is your opportunity to practice spirit communication in a group from the comfort of your home. Join from anywhere via computer, phone, or webphone. Under the guidance of spiritualist medium and author Konstanza Morning Star. [www.mediumshamandc.com](http://www.mediumshamandc.com)

-31-

**SpiritMind is a quarterly mind-body-heart-spirit experience** involving chanting, singing, meditating, drumming, and mindful movement. 7-9pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$20. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

## FEBRUARY

-1-

**Intuitive Wellness in Bethesda MD is offering Usui Reiki level Two Certification,** 12-3:30pm. Level Two includes an in-depth understanding of distance Reiki and how to channel energy distally. Learn the level two symbols, how to incorporate crystals into your healing. Learn to sense energy of crystals and plant life. Handouts, attunement and certification included. Visit [www.IntuitiveWellnessCenter.com](http://www.IntuitiveWellnessCenter.com) for more information

-2-

**2/8-9 Usui Reiki Level 1.** Begin your journey with Reiki's life force energy. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

-8-

**"From Spiritual Experience to Spiritual Realization."** 1-2:30pm. What tantalizing clues can post life recall,

continued on page 46

## A DAVID BOWIE VALENTINE

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The Jennifers  
Marshall Keith  
Life on Mars  
Capital Offender  
The Tail Draggers  
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Usui Reiki Level 1 Class - January 18 and 19  
Usui Reiki Level 2 Class - February 22 and 23

[www.heart-centeredhealing.com](http://www.heart-centeredhealing.com)

## WINTER CALENDAR

### FEBRUARY 8, cont. from page 45

dream work, and conscious soul travel offer about our true destiny? Free guidebook provided. Eckankar of Northern Virginia: 703-916-0515

**Fox Haven Foragers Level 1:** Ethics of foraging. Join us for the fifth year of Fox Haven Foragers. In this Level 1 series, you'll learn the basics of plant ID, foraging and processing the season's bounty with local guides from diverse backgrounds and skill-sets. 2nd Saturdays, 9am-1pm. 3630 Poffenberger Rd, Jefferson, MD. \$380 whole series, \$40 drop-in. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**Intuitive Wellness in Bethesda MD is offering Reiki level One for Pets Certification,** 10am-1pm. Level One includes an in-depth understanding of channeling energy, animal Chakras, and how to work with a variety of animals to aide in stress, anxiety, healing and overall well-being. You will have the opportunity to practice on a dog in class. Handouts, Attunement and Certification included. Visit [www.IntuitiveWellnessCenter.com](http://www.IntuitiveWellnessCenter.com) for more information

-9-

**Divine Soul Connections.** Speak with Twin Flames and discover your soul lessons, karmic themes, and potential partnership patterns. Let's discuss awakening an inner sense to help you perceive higher self. Honor your sacred connections! [www.mysoulrenity.com](http://www.mysoulrenity.com)

**The Origins of Yoga Part One with Claudia Neuman.** The Origins of the Bhagavad Gita. This specialty class will track the origins and evolution in history that led to the epic texts of the Yoga and Hindu Tradition. We will go over the main story lines in the *Mahabharata*

as well as the themes that emerge toward the Bhagavad Gita. This is a great class for those who wish to have a better foundation about the history of the yoga tradition. Continuing education hours for RYT's available. Held at Blue Heron Wellness, Silver Spring MD. Visit: [www.blueheronwellness.com](http://www.blueheronwellness.com), [www.alignwithgrace.com](http://www.alignwithgrace.com)

**Winter Herb Study.** Dive into a hands-on study session that will include winter plant ID and harvesting, kitchen and apothecary experimentation, formula making and group research to develop relationships with local plants. Sundays, February 9th to March 1st. 1-4pm. 3630 Poffenberger Rd, Jefferson, MD. \$200 whole series, \$55 single class. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-12-

**Ask and It Is Given: Come explore the Teachings of Abraham** in the classic book, *Ask and It Is Given*, written by Esther and Jerry Hicks. This seven week series will discuss the major topics from the 21 chapters in the PART 1 portion of this timeless treasure. This class will be offered both in person and streaming, 7pm on the second

and fourth Wednesday through March at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$15 per session. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Usui Reiki Master Certification/Level III Attunement.** The master symbol opens all energy centers and raises your vibration to access the highest Reiki levels. 10am-3pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-14-

**Mystical Movie Night:** Join Unity of Fairfax every month for mindful movies. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. Find out what's playing at [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-15-

**A David Bowie Valentine Tribute Show.** Six awesome bands (Sister Ex, The Jennifers, Capitol Offender, The Tail Draggers, Life on Mars, and the amazing Marshall Keith of the Slickee Boys) perform Bowie covers. Bring your date, eat some pie! The Pie Shop, 7pm-1am. Visit: [www.facebook.com/events/471872570083982/](http://www.facebook.com/events/471872570083982/), or, for pre-ticket sales, visit: [www.pishopdc.com/events/](http://www.pishopdc.com/events/)

**Dream Workshop.** Dreams are the language of the soul. Crack the code on what your dreams are trying to tell you in this dynamic workshop. Silver Spring. [www.mediumshamandc.com](http://www.mediumshamandc.com)

**Superhuman Skills Development Level II of IV,** 1-4 PM at Integral Reiki Center for Healing (INRCH) in Frederick, MD taught by Karuna Reiki Master Teacher and Clear Channel Melissa Mullen. \$55/Prerequisite, Superhuman Skills Development Level I at INRCH. Details and Registration at [INRCH.COM](http://INRCH.COM).

-16-

**22 Proven Processes:** Monthly class that focuses on abundance processes and based on the book *Ask and It Is Given* by Esther and Jerry Hicks. 1-3pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events)

-18-

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

-22-

**2/22-23 Usui Reiki Second Degree Certification.** Completing this class makes you an official Reiki practitioner. Reiki 2 teaches you to send healing across time and distance. Visit [www.heart-centeredhealing.com](http://www.heart-centeredhealing.com) to register.

**Reiki Meditation for Love at Yoga-amour Yoga and Healing Arts Center,** Frederick, Maryland, 4-6 pm. \$25/ Signup online at MindBody. Benefits

## WINTER CALENDAR

the Yogamour World Mission. Enjoy an evening of guided meditation in the beautiful energy of Reiki with Karuna Reiki Master Teacher Melissa Mullen. We will journey together with intention, while holding space in our hearts for others around the planet.

**Winter Survival Skills for Adults:** Tracking, fire building, wild cordage making, survival stories.

Travel the woods of Fox Haven and learn the essential techniques for fire building, navigation without a compass and shelter building that could prepare you for an unexpected situation in nature. 1-3:30pm. 3630 Poffenberger Rd, Jefferson, MD. \$60 whole series (3 weeks), \$22 single class. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-23-

**Eckankar: Soul's purpose for being in the world is to find divine love.** As Soul, you have the God-knowledge within you. Maryland activities: EckankarMaryland.org

**Light of Oneness – Soul Image Ceremony®** Invoke healing energy for your life. Manifest the energy of a new beginning. Receive a Soul Image and a channeled message from Spirit. Join this special ceremony to harmonize the quantum field of our being, to heal, revitalize, and rebirth a new you. Visit: [www.DoniAmoris.com/Oneness](http://www.DoniAmoris.com/Oneness) - Contact: [doni@doniamoris.com](mailto:doni@doniamoris.com), also held on Feb 29th & March 7th.

-26-

**Usui Reiki Level 1 Certification, No prerequisites.** Learn Usui Reiki energy as taught in the tradition and lineage of Dr. Mikao Usui that uses the universal life force energy to activate natural healing processes. 10am-3pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

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**Mediumship development 2 series.** Continues to build upon strengthening your "clairs". You will have many in class, guided, practice readings and will be led through the arc and pace of a reading, holding spirit, and controlling the flow of information. 10am-12pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com) Also held on 3/12 & 3/26.

## MARCH

-5-

**Intuitive development 1 series.** Begin your journey tapping into your inner knowing through lessons, observations, practice, signs, and homework. No prerequisites, 10am-12pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com) Also held on 3/19.

-6-

**3/6-9 Hawaiian Energetics Initial Training class,** 9:30am-5pm. This class is the foundational base for Hawaiian Energetics. Begin to develop your relationship with the elemental energies – fire, water, air, earth – learning to generate and direct them for personal

healing, life changes and helping others. An optional fourth day, 10/28, is available for those interested in learning a diagnostic technique, treatment possibilities and additional experiential hands-on practice. For further details visit [www.tritouch.com/HawaiianEnergeticsClass](http://www.tritouch.com/HawaiianEnergeticsClass) or email [HEclass@tritouch.com](mailto:HEclass@tritouch.com)

-7-

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

**3/7-8 READER: The Great Mayan Medicine Wheel** (Clear Answers to Hard Questions). "Everything came true!" C.G. WORKSHOPS: Busting Beliefs (B.S. Removal), Mayan Medicine Wheel - Cellular Creation, The Power of One - Igniting Courage. Location: Rising Phoenix Holistic Center, Manassas, VA. Contact: [november1492@gmail.com](mailto:november1492@gmail.com)

**3/7-8 Usui Reiki Level II.** Three symbols amplify your Level I energy. Learn distance Reiki. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

-10-

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

-11-

**Usui Reiki Level II Certification,** Connecting to Reiki with symbols, sending distance Reiki, clearing energy blockages across time, and unblocking physical objects and locations. 10am-3pm, Dulles, Virginia, [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

-12-

**3/12-14 READER: The Great Mayan Medicine Wheel** (Clear Answers to Hard Questions). "Everything came true!" C.G. WORKSHOPS: Busting Beliefs (B.S. Removal), Mayan Medicine Wheel - Cellular Creation, The Power of One - Igniting Courage. Location: Alchemist, Richmond VA. Contact: [november1492@gmail.com](mailto:november1492@gmail.com)

-14-

**Fox Haven Foragers Level 1.** Join us for the fifth year of Fox Haven Foragers. In this Level 1 series, you'll learn the basics of plant ID, foraging and processing the season's bounty with local guides from diverse backgrounds and skill-sets. 2nd Saturdays, 9am-1pm. 3630 Poffenberger Rd, Jefferson, MD. \$380 whole series, \$40 drop-in.

continued on page 48



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## WINTER CALENDAR

MARCH 14, cont. from page 47

**Superhuman Skills Development Level III of IV, 1-4 PM** at Integral Reiki Center for Healing (INRCH) in Frederick, MD taught by Karuna Reiki Master Teacher and Clear Channel Melissa Mullen. \$55/Prerequisite, Superhuman Skills Development Level II at INRCH. Details and Registration at INRCH.COM.

-15-

**Ayurvedic Cooking for Spring with Susan Weis-Bohlen.** Join Susan Weis-Bohlen for a vegetarian cooking class, based on the ancient Indian healing system, Ayurveda. You'll learn to cook recipes, perfect for the Spring season. 1-4pm. 3630 Poffenberger Rd, Jefferson, MD. \$35. www.foxhavenfarm.org/events/

**22 Proven Processes:** Monthly group studying 22 proven processes that will improve your point of attraction from the book "Ask and It Is Given," by Esther and Jerry Hicks at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donations accepted. Unityoffairfax.org/events.

**Mindful Meditations for Beginners.** New to meditation? Journey with us mentally to better understand the nature of the mind and how to develop concentration and inner stability. Our aim is to help you to establish a daily

meditation practice. www.mysoulenity.com

-19-

**Spring Equinox Gathering with Tracy Blair.** Enjoy relaxing kundalini yoga followed by a community potluck as we honor the seasonal shift into spring. 6-9pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. www.foxhavenfarm.org/events/

-21-

**The Origins of Yoga Part One with Claudia Neuman.** The Origins of the Bhagavad Gita. This specialty class will track the origins and evolution in history that led to the epic texts of the Yoga and Hindu Tradition. We will go over the main story lines in the *Mahabharata* as well as the themes that emerge toward the Bhagavad Gita. This is a great class for those who wish to have a better foundation about the history of the yoga tradition. Continuing education hours for RYT's available. Held at Baltimore Yoga Village, Mt Washington. Visit: www.baltimoreyogavillage.com, www.alignwithgrace.com

**Winter Survival Skills for Adults:** Fire building, shelter making, review of winter skills, early spring wild edibles, survival stories. Travel the woods of Fox Haven and learn the essential techniques for fire building,

navigation without a compass and shelter building that could prepare you for an unexpected situation in nature. 1-3:30pm. 3630 Poffenberger Rd, Jefferson, MD. \$60 whole series (3 weeks), \$22 single class. www.foxhavenfarm.org/events/

3/21-22 **READER: The Great Mayan Medicine Wheel** (Clear Answers to Hard Questions). "Everything came true!" C.G. WORKSHOPS: Busting Beliefs (B.S. Removal), Mayan Medicine Wheel - Cellular Creation, The Power of One - Igniting Courage. Location: Nestled Inn Bluemont, VA. Contact: november1492@gmail.com

-22-

**Fundamentals of Herbalism:** Intro to the Respiratory System. Learn the basics of herbal medicine as it applies to each system of the human body and learn how to prepare basic herbal preparations including teas, tinctures, salves and more. 3rd Sundays, 12:15-4pm. 256 W Patrick St #4, Frederick, MD. \$40 drop-in. www.foxhavenfarm.org/events/

**Reiki and Soul Poetics by Karuna Reiki Master Teacher Melissa Mullen** of Integral Reiki Center for Healing at Illuminate Frederick, Maryland. 11am-6pm. Details TBA at INRCH.com.

-26-

**Usui Holy Fire Reiki Master & Teacher Certification.** A profoundly healing and activating class for personal awakening or stepping into your role as a Reiki teacher. Continues on March 28th and 29th. Aziza Doumani Reiki & Wellbeing. www.azizadoumanireiki.com

-27-

3/27-29 **Certified Integrative Reflexologist Training** with Tracey Moon and Sharon Nash. www.blueberrygardens.org

## UPCOMING

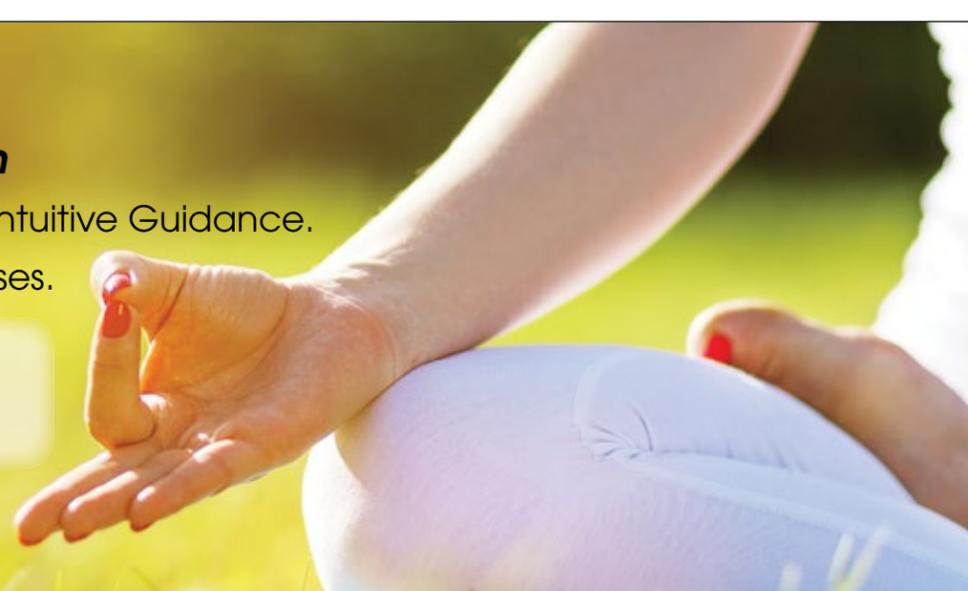
4/11 **The Origins of Yoga Part One with Claudia Neuman.** The Origins of the Bhagavad Gita. This specialty class will track the origins and evolution in history that led to the epic texts of the Yoga and Hindu Tradition. We will go over the main story lines in the *Mahabharata* as well as the themes that emerge toward the Bhagavad Gita. This is a great class for those who wish to have a better foundation about the history of the yoga tradition. Continuing education hours for RYT's available. Held at Samakara Yoga, Sterling VA. Visit: samskarayogava.com, www.alignwithgrace.com



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Rising Phoenix, Manassas  
Alchemist, Richmond, Virginia  
Nestled Inn, Bluemont, Virginia

Email for dates and booking info: [november1492@gmail.com](mailto:november1492@gmail.com)

## WINTER CALENDAR

5/3 **Holistic Energy Expo**, 10am-5pm, Embassy Suites, Ashburn, Virginia. A finalist in the Best of Loudoun for events. Our 4th year connecting like minded people in a supportive environment offering metaphysical, holistic, and wellness products, services, and hand-crafted items. [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com)

### ONGOING

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

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

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

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

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

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

**Community Yoga Classes at Unity Woods Yoga Center in Bethesda**. Ev-

ery Friday, 6-7pm. open to all levels \$10/cash drop-in fee. At Unity woods Yoga Center in Bethesda: 4853 Cordell Ave. (Triangle Towers), 16th floor, Suite PH7. Information at [www.unitywoods.com](http://www.unitywoods.com) or 301-656-8992.

**DMV Reiki Share Every 2nd Thursday of the month** 7:30pm-9:30pm at Spa Room near Tenleytown. Ample free on-street parking. Register at [www.Starchaser-HealingArts.com](http://www.Starchaser-HealingArts.com). Events Link or join DC/MD Reiki Share Meetup.

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

**Every last Saturday is Psychic Saturday**: affordable mini-readings. More info: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

**Every Wednesday evening Mediumship** classes. More info: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

**Free Meditation Class** Sunday's at 1pm. Visit: [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

**Free Learn to Meditate Workshop** every Saturday, 11am-12pm. Join us for this introductory class and learn the basics to begin incorporating meditation into your daily life. Meditation Museum, 9525 Georgia Ave., Suite

101, Silver Spring, MD. RSVP at [www.meditationmuseum.org](http://www.meditationmuseum.org).

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

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

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

continued on page 50

## INTEGRATIVE MEDICINE



### Anca Sisu, MD, RN

**Practice Philosophy**: Are you tired of being tired? Do chronic issues like headaches, abdominal pain, gas and bloating, or back and neck pain cause you to miss out on the enjoyable things in life? Functional medicine is how we get beneath those symptoms to discover the true underlying causes.

**Degrees, Training & Certifications**: Dr. Anca Sisu is a physician board certified in Family Medicine and Integrative Medicine. She has more than 17 years of experience in the medical field, having worked as a Medical Doctor and a Registered Nurse. She has training in Functional Medicine, Osteopathic medicine and Acupuncture. Prior to opening her practice she worked with Inova Steinmetz Integrative and Functional Medicine.

**Areas of Expertise**: Dr. Sisu's goal and mission is to bring people back in balance using a root cause medicine approach. She uses conventional testing and more in depth laboratory tests to discover the underlying causes for the patient's health issues. Her goal is to empower her patients to implement the changes that will restore their health. In order to achieve that she recommends targeted nutritional interventions, supplements, herbal medicines, stress management, as well as acupuncture and Osteopathic manipulation.

Some of the most common conditions Dr. Sisu treats include chronic fatigue, gastrointestinal disorders (irritable bowel syndrome and other digestive issues), thyroid disease, headaches, back & neck pain, and muscular & joint pain.

#### Practice Location:

20 S. Quaker Ln, #220, Alexandria, VA 22314

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## WINTER CALENDAR

### ONGOING EVENTS, cont. from page 49

**Learn to Meditate.** If you have ever wanted to meditate but did not know how to begin, this class is for you. Join us for this introductory class and learn the basics to begin incorporating meditation into your daily life. Every Saturday at the Meditation Museum II, 1984 Chain Bridge Road, McLean, VA. 9:30-10:30am OR 2-3pm. Free Event. RSVP at [www.meditationmuseum.org](http://www.meditationmuseum.org) or 703-992-6887.

**Looking for exhibitors** for May and November, 2020, Holistic Energy Expo, Embassy Suites, Ashburn, Virginia. Readers, healers, holistic & metaphysical businesses, and hand-crafted items. To learn more: [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com).

**March-September Monthly** Trainings in Family, Human and Natural Systems Constellation Facilitation with Francesca Mason Boring. [www.blueberrygardens.org](http://www.blueberrygardens.org)

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

**Messages from Spirit** with Rev. Carlos Alcocer the last Thursday evening of the Month at 7:30pm. \$20. [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

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

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

**Mindfulness Mondays.** Join Alexandria-based Four Directions Wellness for its ongoing mindfulness and meditation hour. Happens every 2nd and 4th Monday of the month. No RSVP required but important to check social media for updates at the Four Directions Wellness Facebook page.

**Moon Services,** Saturday evenings around the full and new moons.

Volunteer led services at Four Quarters InterFaith Sanctuary. Check the website or call for details. [www.4qr.org](http://www.4qr.org) Reiki Practitioner Mentoring & Internships. One-on-one, custom-tailored mentoring from general coaching to working with actual clients as an intern. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

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**Spiritual Awareness Group** offers open discussions to explore spirituality, including spiritual energy, psychic and intuitive abilities, and meditation techniques to enhance connection to the Divine. Every Tuesday from 7-9pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [unityoffairfax.org/events](http://unityoffairfax.org/events).

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

**Sunday Services, 11am, Takoma Metaphysical Chapel.** 10501 New Hampshire Ave., Silver Spring, MD 20903 Info at [www.takomaparkchapel.org](http://www.takomaparkchapel.org).

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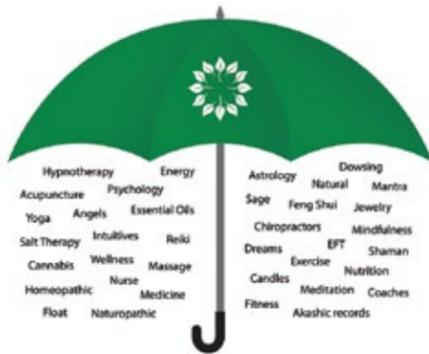
**Transmission Meditation:** Join us for meditation with the Masters of Wisdom, a potent form of spiritual growth and world service. Free admission. Please inquire at [skourangis@gmail.com](mailto:skourangis@gmail.com).

**World Peace Meditation Hour – Group Meditation.** Every 3rd Sunday of the month, more than half a million people in over 100 countries actively share thoughts of peace & calm with our troubled world. Whether or not you know how to meditate, you are invited to join us for an hour of music, silence and guided meditation. Every thought makes a difference. 6:30-7:30pm. Held at the Meditation Museum, 9525 Georgia Ave., Silver Spring, MD and Meditation Museum II, 1984 Chain Bridge Rd., McLean, VA. Free Event. [www.meditationmuseum.org](http://www.meditationmuseum.org).



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## MIND • BODY • SPIRIT

### The Science of Mindfulness ...continued from page 39

positive psychology, which has to do with analyzing, tending to and supporting mental health and well-being rather than just trying to deal with problems after they arise. Mindfulness is a natural and important component of this new, more holistic view of ourselves as human beings.

#### Meditation Instruction: BODY SCAN

In the body scan, we intentionally, mindfully bring our attention to all of the different parts of ourselves, one at a time. Mindfulness doesn't just mean a detached, clinical kind of observation, but it also involves qualities of interest, care, curiosity, and nonjudgment. So in doing this practice, we are, in effect, putting our minds into our bodies, or joining mind and body, rather than just thinking about or analyzing our bodies. We may notice pain that was previously in the background, we may feel pain more acutely, and we may feel pain without having to elaborate on and react to it emotionally. Overall, there is an increased ability to abide with the pain rather than being caught up in it. This contributes greatly to our overall sense of health, well-being, awareness, and appreciation of life.

The full version of the body scan is done lying down and can take 45 minutes or more. Jon Kabat-Zinn de-

veloped this method, and the MBSR course still requires participants to do this long version regularly for four weeks as a foundation for further training in mindfulness.

Other versions can be as short as a few seconds or anything in between, and while most often done lying down, body scans are important and effective in sitting meditation and in our everyday lives. I will offer a version here that I use in most of my 30-minute and hour-long guided mindfulness sessions, in which you are bringing your attention to different parts of your body and intentionally relaxing and letting go of tensions you may feel in each part. This can be done as quickly or as slowly as seems appropriate, adding or reducing the parts of the body mentioned. If you have more time, you can also add a breathing component, where you inhale into each part, imagining the good oxygen and energy coming to that part and helping it to heal and relax as you continue to breathe. You can also label the sensations you feel in each part, such as a dull ache, sharp pain, tingling sensation, pulsing, flexible, light, etc.

#### Simple Body Scan: (Pause after each instruction.)

Rest in an upright or lying down position, and feel where your body is making contact with your cushion, chair, or other support. Close your

eyes if you're comfortable doing that, or leave them slightly open with a soft downward gaze. Take a few slow, gentle breaths, feeling your whole body receive and exhale the air.

Now, bring your attention to your eyes, noticing how they feel. Let the muscles in and around your eyes relax, as well as your eyebrows, the space between your eyebrows, and your forehead. Now bring your attention to your mouth, noticing how it feels; relax your lips, your tongue, your jaw.

(Continue this pattern, through shoulders/shoulder blades, arms, hands/fingers, back, seat, abdomen, upper legs/lower legs/, ankles, feet/toes, stomach, and chest.) Feel your awareness filling your entire body, head to toe, front and back, and you sit here right now, breathing.

You can do this in whatever order makes sense to you, starting, for example, with the feet and coming up the body. If you are doing this in the context of a mindfulness meditation session (I do it near the beginning of a session), you can also check in briefly each time you notice that your mind has wandered and you come back to where you are. At that point, check over your body briefly to see if your posture has slumped in some way, or

continued on page 55

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## past life regression?

If you find that you keep repeating the same mistakes, over and over, then you may find that revisiting some of your past lives may help you identify the cause. Once you are aware of the patterns, then you can often release the Karmic lesson and move on to a happier life.

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### What Really Happened to American Socialism?

...continued from page 26

and massive bailouts. Conquering an empire came with the "patriotic" territory.

Through the next century, Socialist ideals were kept alive by the likes of Norman Thomas, Dorothy Day, Michael Harrington. Imperial Democrat/Republicans (and the corporate media) still relentlessly brand as "unAmerican" the view that our human community should be guaranteed the basics of life, and that our nation should not be conquering other countries. With an iron fist the two parties and their talking heads have smeared democratic socialism and social democracy to keep it

out of the mainstream dialogue.

Bernie Sanders has revived much of Debs's ideology and excitement. He generally stops short of calling for public ownership of the means of production. But Bernie embraces Gene's deep commitment to Social Democracy and a system based on human justice, grassroots equality and No Nukes ecological harmony.

In the 2016 primaries, despite underhanded sabotage from the corporate Democrat elite, Bernie got more than a dozen times as many votes as the (severely undercounted) million Gene officially got during his peak runs in 1912

and 1920 (when he ran from federal prison).

In the face of outright fascism and corporate corruption, it's time to reclaim the legitimate mainstream acceptance of American Socialism. The idea that our citizenry is entitled to ownership of our nation's core economic institutions is as American as apple pie. So is opposition to empire and a deep, abiding commitment to real grassroots social democracy.

Both Democratic Socialism and Social Democracy are American made. Accept no substitutes.

*See Harvey's Solartopia ad on page 55*

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## THE HERB CORNER

### Herbs For Anxiety

...continued from page 11

and others reviewed in Braun & Cohen, 2007) and at higher doses to have sedative effects (Braun & Cohen, 2007). Passionflower extract was shown to have high affinity to GABA-A and -B receptors, as well as others associated with cerebral inhibitory effects (Russo, 2001). This evidence is enough to give credence to the use of this herb in insomnia, especially when balanced with the long history of traditional use. The part used are the aerial parts, especially the leaves, and a dosage of about 2-4 grams (about 2-3 teaspoons) in infusion alone or in formula should be effective (Braun & Cohen, 2007).

#### Ashwagandha, *Withania somnifera*

Tonic, adaptogen, sedative  
Used for joint and nerve pain, poor sleep, weakness, nervousness, debilitation due to stress or overwork. Sometimes referred to as "Indian Ginseng", Ashwagandha is my personal favorite in the world of adaptogens. It tones and soothes the nervous system, improves quality of sleep, and reduces anxiety. Traditionally used by yogis to improve joint function and flexibility, it is believed to soothe dry cracking joints and achiness. I've taken it for years and find that it improves my sleep and my stamina, helps me deal with stressful situations, and reduces

anxiety. Do be aware that this plant is in the nightshade family, so you won't want to take it if you're allergic or if you have Solanaceae aggravated joint pain (some forms of arthritis).

I find a higher dose to be more effective with this herb, and it does take a few weeks at least to take full effect. I would start with around 500mg of the whole herb twice per day and increase slowly.

#### Tulsi or Holy Basil, *Ocimum tenuiflorum*

Nervine, antispasmodic  
Used for anxiety, stress, headaches, and to increase mental focus

Holy basil in capsules or herb is a must for stress. And if one desires or needs a more potent holy basil ally in the constant challenge New Chapter's Potency Assured™ is a supercharged concentrated form of the plant that offers the synergistic benefits found in the whole herb while simultaneously ensuring optimal strength for the greatest possible benefit.

Regarded as the most sacred plant in Ayurvedic medicine, Hindus believe that holy basil performs the indispensable spiritual function of balancing and toning the energetic chakra system. In Ayurvedic and western traditions, holy basil has also been used as an adaptogen tonic to support the body's response to physical and emotional stress. As is often the case, mod-

ern scientific studies confirm this traditional use.

Research demonstrates that holy basil safely increases physical and emotional endurance, improves the body's response to stress, and enhances adrenal function.

Given our fast-paced lifestyles, holy basil's unique health benefits can be a wonderfully invaluable addition to our health maintenance routines.

So Friends, here are a solid handful of herbs to use for stress and anxiety that are easy to grow in this area though California Poppy can be a bit tricky. The rest are all super easy to grow in the DC area, so lets get started to be the people who grow from the learning opportunity that next year will provide. That the stress will be there calling our name is a given. How we handle it will be our gift of grace, or our undoing.

#### Some Really Simple Things for Stress Relief

You're stressed.

Most people in our society are. We work too much, eat on the run, don't know how to relax, have too much going on, and are constantly at the beck and call of electronic devices that deliver worse and worse news each day.

You've probably tried plenty of things that are supposed to help:  
B12 supplements?  
Yoga classes?

continued on page 54



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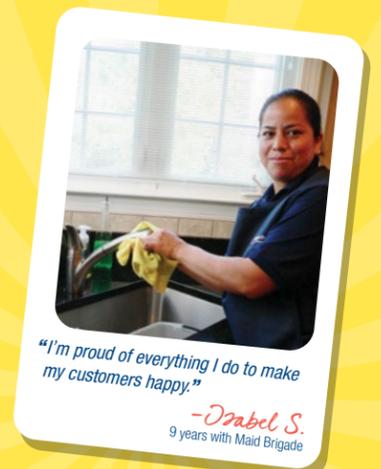
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## THE HERB CORNER

### Herbs For Anxiety

...continued from page 53

More trips to the gym?  
Giving up wheat?  
Vitamin D?  
Being more "balanced" (whatever that means)?  
Time management systems?  
Spa or meditation or spiritual/religious retreats?

#### These are all good things.

Has it helped? Do you feel better?  
If so, awesome!  
If not, are you worrying now about your lack of success? About the time and money you've spent on something that didn't work, or only worked for a little while?  
I understand. I really do.

#### And it's okay.

It really is.  
You're okay.

The world can be pretty crazy, and it can make you feel crazy too, but there are things you can do. Little things. Simple things. Pretty cheap things. And they really help. I use them, and I feel better. Why not give them a try?

#### Eat a Meal Without Multi-tasking

Just one meal a day, any meal that works best for you, without your phone, or computer, or TV, or even a book. Focus on your meal, chew slowly, savor the flavors and textures of your food. Talking to a companion is fine, as long as the conversation isn't about work or drama or things that stress you out. Better to share a little quiet time, or just enjoy your solitude. Your mood and your digestion will improve with this simple technique.

#### Keep a Plant in Your Workspace

Or wherever you spend the most time during the

day. Some people like cacti or succulents because they're very low-maintenance. I personally like spider plants. They can handle low light and infrequent watering, they're resistant to disease and mold, they're completely non-toxic (safe for kids and pets!) and they smell a little bit like grass, so they bring the outside indoors.

Having a green living plant exhaling oxygen, healthy humidity, and mood-lifting soil microbes in your general direction all day is very good for body and soul.

#### Spend 10-15 Minutes Each Day Venting (on paper)

This is a journaling exercise I find very helpful. Use a pen and paper, handwriting is much better than typing for this technique. Take at least 10 minutes, or longer if you want to, and write down whatever is on your mind. Whatever is circling around, distracting you, worrying you, write it down. Don't censor yourself, don't edit. Write down things you have to remember, things you want to do someday, things that aggravate you, things that bring you joy,

anything and everything. Write quickly, don't stop and think, don't worry about punctuation or grammar, and be honest. You can destroy the pages later if you need to. If you may find things coming up that you'll want to transfer to your to-do list or a gratitude journal, that's great, you can copy them later. For these 10-15 minutes, just let it all out, don't worry about what anyone would think. Just write. Once it's out of your head and on paper, stop and breathe for a minute. I'm sure you'll feel better.

#### Start, or End, Your Day with a Little Ritual

It doesn't have to be much. You can meditate or not, say a prayer or not, it's up to you. Here's mine: I come down to my writing space each morning with a fresh hot cup of tea, light a candle on my desk, and think of something I'm grateful for. Often I'm grateful for simple, everyday things like the fresh morning air, the hot cup of tea, or the happy, healthy cats who love nothing more than jumping up on the desk to sit on whatever I'm writing. The simpler your ritual, the easier it is to do every day. Just make sure it feels good, and comes from the heart. It's that easy.

#### Forgive Yourself for Not Being Perfect

It's okay. There's nothing wrong with you. There are going to be hard days, days when nothing seems to go right, days that make you feel incompetent or overwhelmed. Forgive yourself for not getting it all done, for not being everywhere at once, for not healing every hurt or solving every problem. The world will still need you tomorrow, and you'll do a better job of taking care of things if you let today go, rest, relax, and start again in the morning. If you're hurting, tired, frustrated, give the headlines a rest, just for today. It's okay, you're not letting anyone down. Come back to the problems fresh, tomorrow.

- Self Care is essential.
- Try these small things to add a little peace and happiness to your day.
- Ask for help if you need it.
- And remember, it's okay. You're okay.

Since 1975, Tom has co-owned the Smile Herb Shop in College Park, Maryland, and is a Registered Herbalist (American Herbalists Guild) who, along with the Smile staff, including wife Susan, teaches classes throughout the year about all aspects of growing herbs and healing with herbs. Visit Smile's website, [www.smileherb.com](http://www.smileherb.com), for a list and description of classes, information on individual herbs, and to read their blog on a variety of herbal topics. Volunteer opportunities are also available to assist with Smile's garden upkeep. See the ad for Smile Herb Shop on page 24.

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*God said, Let there be light.*

*Jesus said, I am the light of the world.*

*Put the armour (aura) of Light around you.*

*God is Light, and in Him is no darkness at all. On the mount of transfiguration, Jesus opened his aura to his 3 highest Apostles, Peter, James and John.*

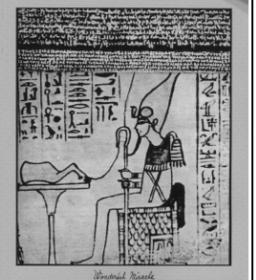
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## TO YOUR HEALTH

### Your Health in Winter: The Five Element Theory & the Season of Being Still ...continued from page 9

1. Acupuncture – helps to restore the flow of qi, which is the flow of energy to release pain
2. Acupuncture Trigger Point – helps to release muscle tension
3. Doctor Fu Myofascial Release – helps with fascia regional tension
4. Electrical Stimulation – has an anti-inflammatory effect
5. Shock Wave Therapy – to release deep muscle spasms
6. Cold Laser – for reducing inflammation and faster healing; restores and improves numbness, tingling.
7. Cupping – for pain management.

#### Nourishing Yourself In Winter

Just as nature sheds its leaves to conserve energy and as bears slumber in hibernation, so too must we slow

down, retreat inward, and take time to be still and reflect in winter. By doing so we preserve our energy and take steps to nourish the body and mind this season. Support the water element nutritionally with soups and stews; it is particularly important in the winter to avoid cold foods. As an exception, seaweed is especially nourishing for the water element and should be included when possible. And remember to drink plenty of fluids, but avoid ice and cold drinks.

For the mind and spirit, guard against becoming too isolated, too down, or too anxious. Be aware of obsessive thoughts, depressive moods, and feelings of overwhelm; stop and breathe when overwhelmed or out of energy, and seek help as appropriate.

Stay calm, and preserve your energy. Resist the urge to withdraw socially, and instead enjoy the company of your friends and loved ones. Increase rest and sleep hours when possible.

Remember, wintertime is here for restoring energy and getting ready for a new start and new growth in the spring.

*Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician, and natural medicine practitioner since 1986. She is the owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for complementary consultations. Call 301-881-2898, email her at doctorhelena@aol.com, and visit [rockvilleacupuncturemd.com/](http://rockvilleacupuncturemd.com/) for more information about acupuncture and pain management services. LIKE on Facebook @AmosAcupunctureAndNaturalMedicine. See also her ad on page 25.*

## MIND • BODY • SPIRIT

### The Science of Mindfulness...continued from page 51

if you've habitually tensed up somewhere. Then just gently sit up, relax, and start fresh.

© 2019 Patricia Ullman

You can read more about mindfulness meditation and related topics in *Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times* by Patricia Ullman (Archway Publishing 2018), available on amazon.com.

Contact Ms. Ullman for information on workshops, retreats, family meditation in your home, mindfulness sessions in your workplace, and individual or group mindfulness sessions. [www.PeaceOfOurMinds.org](http://www.PeaceOfOurMinds.org)



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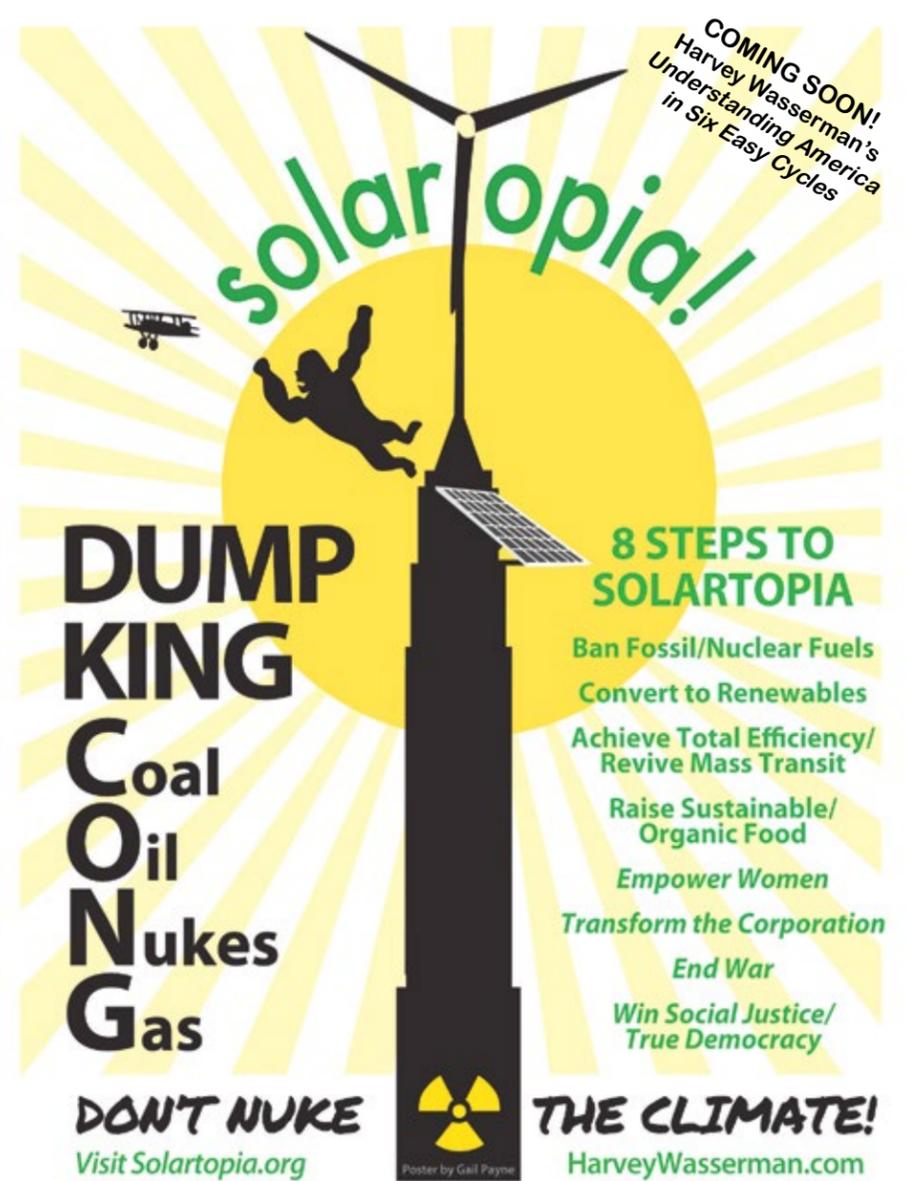
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Poster by Gail Payne



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*Understand your opportunities and challenges*

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**For NOVA Astrology Group & Jupiter Lunch Group, go to [www.NOVAastrologygroup.com](http://www.NOVAastrologygroup.com)**

# Classes & Learning Centers



Claudia's public group classes, specialty classes and trainings have inspired hundreds to pursue yoga as a life practice. Claudia Neuman, ERYT-500, YACEP, MSW was born in Los Angeles and began her formal yoga trainings in 1984 at Yoga Works in Santa Monica, CA. She is currently the director of the Yoga Teacher Training program at Blue Heron Wellness.

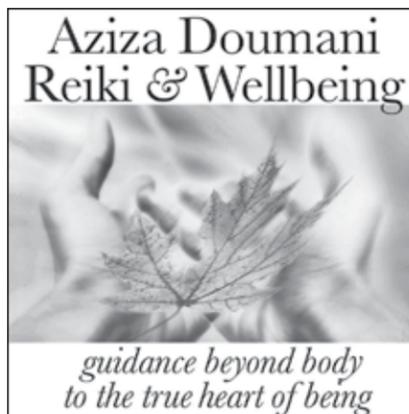
This comprehensive program satis-

fies the Yoga Alliance 200 Yoga Teacher Training requirements but also goes beyond the ordinary curriculum to give students a solid introduction to the historic and energetic underpinnings of the yoga tradition. Her own certification process in Para Yoga, and her many years of study with Yogarupa Rod Stryker informs this training. Trainees emerge with the skills they need to structure public group classes,

structure their own home practice, and respond to their lives with more compassion and insight.

To learn more about the 2020 Teacher Training with Claudia, and to find out about the next YTT information session, please visit:

[www.blueheronwellness.org](http://www.blueheronwellness.org). To learn more about Claudia, please visit: [www.alignwithgrace.com](http://www.alignwithgrace.com). Email: [Claudia\\_neuman@yahoo.com](mailto:Claudia_neuman@yahoo.com)



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Classes for all levels and intentions—

Usui Reiki Level I, January 4 & 5, February 8 & 9, 2-day format

Your Reiki journey begins here. Relaxed pace, expansive information, and abundant practice time. One of the most thorough Level 1 classes available.

Usui Reiki Level II, March 7 & 8

Deepen your Reiki commitment. Receive three symbols in your attunement. Send distance healing.

Usui Advanced Reiki Training

(Level 3A / Advanced Practitioner), January 18

The highest level of Reiki before Master Teacher. Receive the Master symbol in your attunement. Learn Aura Clearing and Healing Attunements.

Usui Holy Fire Reiki Master & Teacher Certification, March 26 (evening only), 28 & 29

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go of your ego and ground yourself in meditative presence and stillness through spiritual dance. Dr. Sky will hold auditions in January: Tuesday 14th at 6 pm, Friday 17th at 6 pm and Saturday 25th at 10 am at 327 S St, NE, Suite A, Washington DC 20002 (Cancelled in the case of snow). Your train-

ing of Kihon No Kata, the basic dance patterns using fan, is offered free for those accepted. Reserve audition by emailing your information (name, professional experience, interest, address) to [drsmsky@gmail.com](mailto:drsmsky@gmail.com)



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

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

Michael Ward teaches the Yang

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

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

and Sunday at the City Dance Center in the Music Center at Strathmore in North Bethesda. Thursday evenings on Wisconsin Avenue, N.W. across from the Tenleytown-AU Metro in Washington, DC is Advanced / Corrections level only. For more information on these, private, or workplace classes, please call **301-525-8266**. Email: [info@cloudhandstaichi.net](mailto:info@cloudhandstaichi.net)  
[www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)



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# Classes & Learning Centers

## ECKANKAR



Soul's purpose for being in this world is to find divine love. As Soul, you have the God-knowledge within you. Eckankar awakens this knowledge, and love for the divine things that are already in your heart.

For more information about Eckankar activities in Maryland: [www.eckankarmaryland.org](http://www.eckankarmaryland.org).

For more information about Eckankar: 1 800 LOVE GOD

Central Maryland Eckankar Center  
1738 Elton Rd. Suite 104  
Silver Spring, Md. 20903  
**310-439-2120**

All activities are from 11 am – 12 pm

- 1st + 3rd Saturday: Open House
- 1st Sunday: Roundtable Discussion
- 2nd Sunday: Book Discussion
- 3rd Sunday: ECK Light and Sound
- 4th Sunday: The Sound of Soul

Baltimore Eckankar Center  
2318 North Charles St.  
Baltimore, Md. 21218  
**410-235-0073**

- 1st Sunday: Sound of Soul Event
- 2nd Sunday: Video Presentation
- 3rd Sunday: Book Discussion
- 4th Sunday: ECK Light and Sound Service

## TAICHI

GLEN ECHO PARK



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

Additionally, they have studied with Benjamin Lo, Professor Cheng's senior student, and currently with Lenzie Williams, senior student of Mr. Lo.

Continuing Beginner Classes (second third of form) start Sundays, January 19 in the winter term for a smooth transition from Beginners. 11am.

Corrections classes Sundays at 9:30am, \$25 drop-in per 90-minute class.

Tuesday Review Class at 10:00 am, an intensive review with detailed

posture instruction for each of the 37 postures, with three postures each class to be covered in depth. Please see our website for which specific postures will be covered each week. This is a great re-entry point for those seeking to re-invigorate their study and practice. \$22 drop-in fee per class.

More information at [www.glenechotaichi.com](http://www.glenechotaichi.com), [www.glenechopark.org](http://www.glenechopark.org), or email to [emearskenn@aol.com](mailto:emearskenn@aol.com).



Holistic Moms Network is a national non-profit organization founded in 2003. Over 100 chapters around the country support families in their natural lifestyle choices. All chapters meet monthly for a public discussion, presentation or social, and may

also have playgroups, moms' nights out, journal clubs, preschool co-ops and other activities for members. See [www.membership.holisticmoms.org](http://www.membership.holisticmoms.org) for more benefits of membership.

Started in 2009, the Arlington/Alexandria chapter meets on Thursday evening, usually the 3rd week

of the month and has additional members-only events. Check blog for updates, evening meetings for first-time visitors and members.

<http://chapters.holisticmoms.org/chapters/va-arlington/>, or find us on Facebook.

Children welcome.



Each of us carries a core within, an "inner harbor" of refuge and restoration - our source for creativity and expression. Inner Harbor Wellness provides opportunities for people of all ages to journey inward to that place of reflection and inner wisdom with mindfulness, creativity, and communi-

ty. IHW programs offer ways to align body, mind, and spirit. In embracing our birthright of wholeness, we connect with others with kinship and compassion. Upcoming programs for adults include SoulCollage® Journey through the Elements, Mindful Art, Create Anew You Self-Care, Guided Imagery and

Music, Mandala Making, and Body-MindHeart Connections, Yoga and Emotion, Flow: Mindful Moving, and the Inner Work of Being Human. Programs are located in Baltimore, MD. Visit [www.innerharborwellness.com](http://www.innerharborwellness.com) or email [innerharborwellness@gmail.com](mailto:innerharborwellness@gmail.com), **443-801-0841**



Meditation Museum I & II (MD & VA)

The Meditation Museums I and II offer unique spaces of silence and wisdom. You will view exhibits that guide you on the journey within and be able to attend many workshops and events! You are invited to enhance the quality of your thoughts, your lives and the world around you!

The museums will bring you back to a knowledge of your true selves and how it impacts our world. You

will love the staff, the atmosphere, quiet room, and people who attend the various workshops. These are national treasures, where one can visit to experience peace, wisdom, power and love.

All events are free of charge, however, your generous tax-deductible contributions and good wishes are appreciated.

The Meditation Museum I is located at 9525 Georgia Avenue, Suite 101, Silver Spring, Maryland; the new

Meditation Museum II is located at 1984 Chain Bridge Rd., Suite 201, McLean, VA.

For info and workshop listings, please visit [meditationmuseum.org](http://meditationmuseum.org), or call **301-588-0144** (MD) or **703-992-6887** (VA). Like us at: [www.facebook.com/MeditationMuseum](http://www.facebook.com/MeditationMuseum). Tune in to the America Meditating Radio Show at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating), or on our free "Pause for Peace" app.



New Future Society Center is in residential Rockville. It is a special place where one's inner spark can be nourished to burn brighter. Experience a private class or healing session for the Body, Mind and Spirit with Savitri Bach. Or experience with a group: Meditation, Yoga, Qigong,

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10410 Arctic Ave., Rockville, MD  
Phone: **301-452-7780**, email: [savitri@newfuturesocietycenter.com](mailto:savitri@newfuturesocietycenter.com)

For more information or sign up for the newsletters: [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com). Like our Facebook page: New Future Society Center.

# Classes & Learning Centers



## THE REIKI CENTER OF GREATER WASHINGTON

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

Healing Sessions – Offered by appointment at our center 2 blocks from the Rockville Town Center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes – Basic: January 18, February 15, and May 9, 2020; Intermediate: February 16 and March 14, 2020; Advanced: February 17 and March 15, 2020; Master Instructor: May 2-3, 2020.

Seasonal Meditation: Winter Solstice Potluck and Meditation: December 21. Please bring something to share; New Moon Meditations: January 24, February 23, and March 24, 2020.

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: January 19, February 8, March 29, 2020.

Reiki and IET Student Clinics – Allow the public to receive sessions from RCGW Reiki Students: December 10, and January 19, February 8, March 29, 2020.

Sekhem-Seichim-Reiki (SSR) Classes – Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Practitioner Facets I and II: January 4-5, May 30-31, 2020; Master/Teacher Facets I-VII: August 1-3, 2020 or by appointment.

Shamanic Classes – Classes teaching how to use Shamanic tools in healing and meditation. Crystal Healing with the Medicine Wheel: December 21; Shamanic Reiki I: March 20-22, 2020; Crystal Healing II – Working with Totems: February 23, 2020.

Usui Reiki Classes – Intensive courses in the original system of Reiki: Level I: January 11-12, February 29-March 1, April 25-26, 2020; Level II: February 1-2, March 7-8, May 16-17, 2020; Master/Practitioner: June 6-7, 2020; Teaching Reiki I: October 24-25, 2020.



[www.rose-rosetree.com](http://www.rose-rosetree.com)

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3. Empaths, Seeking A Better Life? There's only one trademarked system in America that helps empaths use their full potential. Find out what a difference it can make!

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4. Yearning For God? Then let's talk RES Enlightenment Coaching. Offering you skills that work now, in The Age of Awakening.

*"Without RES, I'd still be endlessly searching for That Thing that makes this crazy life make sense."*

Learn more at [www.rose-rosetree.com](http://www.rose-rosetree.com). Meet a blog community with over 50,000 comments! Contact Appointment Coordinator Mitch to set up a personal session with Rose Rosetree: **703-450-9514**. Fastest response: email [mitch@rose-rosetree.com](mailto:mitch@rose-rosetree.com). You could start taking your FIRST FREE WORKSHOP today!



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

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

Mary "Tyrtle" Rooker  
[Tyrtle@ShamanicSpring.com](mailto:Tyrtle@ShamanicSpring.com)  
[www.ShamanicSpring.com/](http://www.ShamanicSpring.com/)  
**301-891-1288**



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

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

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

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

Marsheen Helgeson is a Holistic Practitioner serving the DC and NoVA area for 30 years. Marsheen's private practice includes polarity therapy, cranial sacral therapy, soul readings, intuitive counseling, and the teaching of polarity and shamanic studies.  
**703-379-8633**

# Classes & Learning Centers



In response to humanity's need, a Gathering of the Forces of Light is taking place on our planet today. The Elder Brothers of humanity, the Masters of Wisdom and their head, the World Teacher, Maitreya, are emerging quietly into our lives to help us transition in these difficult times into a new era of justice and brotherhood, while

our space brothers and sisters work tirelessly to reduce the level of pollution that is increasingly making our planet uninhabitable.

Although it is humanity's own responsibility to pull itself out of its own self-created crises, there is unprecedented guidance and wisdom available to us, should we wish to

avail ourselves of it, and create a new civilization as yet undreamt of by humanity. The decision always rests with us.

For free information and talks, please email: [skourangis@gmail.com](mailto:skourangis@gmail.com) or visit: [www.share-international.us/ne](http://www.share-international.us/ne).



A Healing Arts Center

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

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- 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
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- Stress Resilience
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- Integrated Energy Therapy (IET)
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September 28/29 — Reiki II  
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November 2 — Reiki I-II  
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Unity of Fairfax is a positive, progressive, and inclusive spiritual community focused on transformation of consciousness and awakening the spiritual light in all.

As a spiritual center for education, practice and service, Unity offers classes, study groups, and programs on such topics as metaphysics and meditation, as well as service projects,

which put spiritual principles into action. A new outdoor labyrinth is available 24/7 for anyone who wishes to walk it as a spiritual practice. Children are welcome to participate in the vibrant youth program. Regular services are held on Sundays at 9 and 11 a.m., as well as a noon meditation service every Wednesday.

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Visit [www.unityoffairfax.org](http://www.unityoffairfax.org) for information and to watch live-streamed services on Sundays at 11a.m.



unity woods

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

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# Health Services



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Helena Amos, M.Ac., L.Ac., Euro. Physician  
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Intuitive Wellness is a center for Spiritual and Holistic Healing located in Bethesda Maryland. Sherri Divband, the owner, is an Intuitive Transformational Healer. She is a Master Transpersonal Clinical Hypnotherapist, Reiki Master/Teacher, Multidimensional Healer, Hypno-Birthing Practitioner, Intuitive Life

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# Health Services



Kay F. Walkinshaw, Founder/Director  
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Registered Hypnotic Anaesthesiologists

Kay Walkinshaw is the Founder and Director of the Self-Empowerment Education Center. She is also the Founder and International Director of the International Council for Medical and Clinical Therapists (ICMCT). She is a certified Instructor for the National Guild of Hypnotists, World Institute of Cognitive Sciences, and the National Board of Hypnotic Anaesthesiology, and has presented

at their conventions. Kay has taught an introduction to hypnosis course at the Northern Virginia Community College, Annandale Campus, in Annandale, VA.

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# Metaphysics



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

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# Metaphysics



**Carlos the Medium**  
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Carlos is a naturally gifted clairvoyant and evidential medium located in the Fairfax, Virginia area. The "Real Deal." He has a sensational ability to connect with your loved ones in Spirit. His messages from Spirit are uplifting and have served many by providing healing and closure.

Carlos is hailed by many in the community as one of the best up-and-coming young mediums today. His reading are a hybrid blend of mediumship with a psychic touch, which makes him highly sought after.

Carlos is available for home, phone, & Skype readings, private circles and

house cleansing services. Carlos is a devout father, veteran, "Certified Medium" and minister through the UMC. [carlosthemedium.com](http://carlosthemedium.com)  
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S. Alice "Alicja" Jones

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

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

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

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

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Marie-Claire Wilson  
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# Metaphysics



**Annie Larson**  
Certified Psychic Medium

Annie Larson, a certified psychic medium who was featured in Posh Seven Magazine and on national radio, provides evidence based mediumship readings from loved ones on the other side and psychic readings that offer guidance, direction, and clarity. She has been a guest speaker

at the Women's Health and Wellness Summit, World Tia Chi and Qigong Day, and a guest reader and teacher at many metaphysical churches and psychic events. Annie, a certified astrologer with a bi-monthly horoscope published in a Metropolitan magazine, teaches yoga, meditation, Reiki,

and mentors and certifies other mediums and psychics. Annie is available for psychic/medium/Tarot card readings, astrology/numerology, past-life regression and Reiki healing sessions either in-person at her office in Dulles, Virginia or via phone.  
[www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

# Psychology & Therapy



Mentoring to Manhood with Alex Rounds

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

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

through the Alternatives to Violence Project (AVP) at the Youth Detention Center in Baltimore. Alex was a 2019 recipient of the ManKind Project's distinguished service award for his work with Boys to Men in AVP.

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

He can be contacted at: [nurturekid-snature@gmail.co](mailto:nurturekid-snature@gmail.co) or by phone at: **240-338-7049**.



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# NETWORK OF LIGHT NEWS

...continued from page 38

## The Soul Matrix

Spiritual development in the 3D Earth plane consists of the interplay of evolutionary forces of Light that reconnects us to our divinity, inner light and multidimensional nature and 'Dark' anti-evolutionary forces of separation and lower third density frequencies.

Between 1987 and 2030, a great shift of consciousness has been occurring towards a fifth density paradigm of reality, also referred to as a time of ascension, for the planet and many millions of incarnated souls who have chosen this path.

There are many Starseeds and Lightworkers who are going through the awakening process and waking up to their mission on the planet. It has been very difficult to maintain a high consciousness within the underlying energetic structures of this dense dimension. Over the past decades, a

new high frequency grid has been created on the Earth. Many star races, such as the Arcturians, Pleadians and Sirians, are active in contributing to this new grid.

The Soul Matrix platform offers a wide spectrum of free resources and tools, including guided meditations and transmissions for connecting with the light, higher beings, and higher states of consciousness and for clearing out lower frequencies as part of energy hygiene. These are available on both his website [www.thesoulmatrix.com](http://www.thesoulmatrix.com) and his Steve Nobel YouTube channel.

Steve Nobel is the author of five non-fiction books, the most recent is a free Ebook entitled 'Starseeds'. He was a director of a not for profit spiritual organization called Alternatives in London for 13 years until 2012.

## We Are Wired To Be Social Beings: An introduction to Meetup.com

How about getting out of your pajamas, showering, putting on clean clothes, and heading out the door? When you do, most likely there will be a spring in your step and a smile on your face. Why? Because you're going to a Meetup!

Relax, meetup.com is not a singles site. Keep reading and I'll tell you a bit about it.

Meetup groups offer a myriad of activities. What are you interested in? Do you like travel, philosophy, dancing or dining out? Wouldn't it be fun to experience all this with people who share similar interests as yours, and to meet people in person

and interact the way our ancestors did? Meetup groups let you do just that!

Meetup.com is free to join. To become a member, all you have to do is provide your email address and set up a password. (I am not affiliated with [meetup.com](http://meetup.com), but I do use it a lot to attend and sometimes host events.) Once you sign up, navigate through the site — explore things that are in your comfort zone or go for an adventure and learn something new. In the process, you just might make some new friends!

Padmafoye

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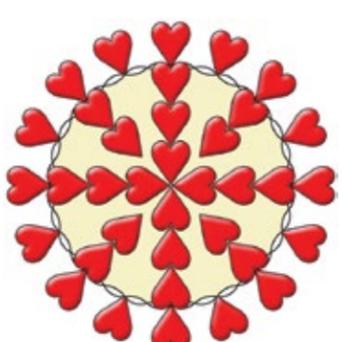
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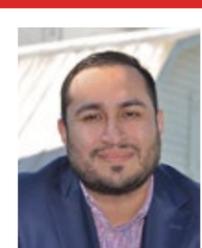
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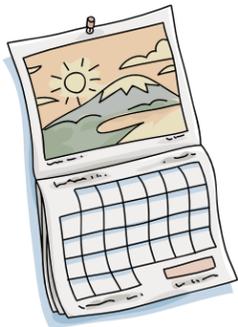
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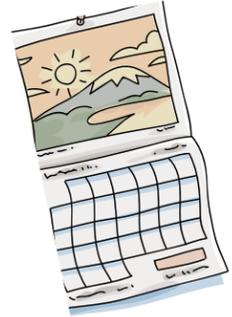
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Intuitive Wellness ..... [www.Intuitivewellnesscenter.com](http://www.Intuitivewellnesscenter.com)  
Kristin & Bonnie: Healers ..... [www.beyondbonnieshands.com](http://www.beyondbonnieshands.com) // [www.waveoflights.com](http://www.waveoflights.com)  
RK Arts Studio ..... [www.rkartsstudio.com](http://www.rkartsstudio.com)  
Somatic Energy Therapies ..... [www.SETherapies.org](http://www.SETherapies.org)  
Spiritual Spectra ..... [www.spiritualspectra.wordpress.com](http://www.spiritualspectra.wordpress.com)  
The Lotus and The Light Metaphysical Center ..... [www.lotus-wellness-center.business.site](http://www.lotus-wellness-center.business.site)

## HEALTH & WELLNESS CENTERS

Acupuncture and Natural Medicine Clinic, Dr. Helena Amos ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
Blue Heron Wellness ..... [www.blueheronwellness.org](http://www.blueheronwellness.org)  
Blueberry Gardens ..... [www.blueberrygardens.org](http://www.blueberrygardens.org)  
Four Directions Wellness ..... [www.fourdirectionswellness.com](http://www.fourdirectionswellness.com)  
National Integrated Health Associates (NIHA) ..... [www.nihadc.com](http://www.nihadc.com)  
Striving For Health ..... [www.strivingforhealth.com](http://www.strivingforhealth.com)

## HEALTH FOOD // NATURAL FOOD STORES

Glut Food Co-op ..... [www.glut.org](http://www.glut.org)  
MOM's - Mom's Organic Market ..... [www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Spiral Path Farm ..... [www.spiralpathfarm.com](http://www.spiralpathfarm.com)

## HEALTH PRODUCT

Tea of Life ..... [www.theteaoflife.com](http://www.theteaoflife.com)

## HERBS & HERBAL EDUCATION

Smile Herb Shop ..... [www.smileherb.com](http://www.smileherb.com)  
Green Comfort Herb School ..... [www.greencomfortherbschool.com](http://www.greencomfortherbschool.com)

## HOLISTIC COUNSELING

Holistic Counseling LLC - Bharati Devkota ..... [www.bharatidevkota.com](http://www.bharatidevkota.com)

## HOLISTIC HEALTH

Gennaro, MD, Margaret ..... [www.drmgennaro.com](http://www.drmgennaro.com)  
Tracy Freeman MD ..... [www.tracyfreemanmd.com](http://www.tracyfreemanmd.com)  
NIHA-Dr. Tapscott ..... [www.nihadc.com](http://www.nihadc.com)  
NIHA-Dr Gastwrit ..... [www.nihadc.com](http://www.nihadc.com)

## HYPNOSIS

Hollow Reed Healing // It's Not Therapy ..... [www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)  
Life Transforming Hypnotherapy ..... [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)  
Soul Source Spiritual Center ..... [www.theSoulSource.net](http://www.theSoulSource.net)

## INTEGRATIVE MEDICINE

Integrative Medicine ..... [www.DoctorSisu.com](http://www.DoctorSisu.com)

## MASSAGE // MASSAGE SCHOOLS

Bethesda Therapeutic Massage ..... [www.bethesdatherapeuticmassage.com](http://www.bethesdatherapeuticmassage.com)  
Potomac Massage Training Institute (PMTI) ..... [www.pmti.org](http://www.pmti.org)  
Robert Jordan Health Services ..... [www.RobertJordanHealthServices.com](http://www.RobertJordanHealthServices.com)  
Tri Touch Therapies ..... [www.tritouch.com](http://www.tritouch.com)

## MEDICAL MARIJUANA

K&M Law Firm ..... [www.kinnermcgowan.com](http://www.kinnermcgowan.com)

## MEDITATION

Meditation Museum ..... [www.meditationmuseum.org](http://www.meditationmuseum.org)  
Mindfulness Center ..... [www.themindfulnesscenter.org](http://www.themindfulnesscenter.org)

## MEDIUM

Carlos the Medium ..... [www.carlosthemedium.com](http://www.carlosthemedium.com)

## METAPHYSICS

Inspired by Angels ..... [www.InspiredbyAngels.com](http://www.InspiredbyAngels.com)  
Past Life with Soni Weiss ..... [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com)

## NATUROPATHY

Naturopathy Services - Knowles ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## ORGANIC MATTRESSES

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

## PAIN MANAGEMENT

Pain Management - Helena Amos ..... [www.rockvilleacupuncturemd.com/](http://www.rockvilleacupuncturemd.com/)

## PARENTING

Holistic Moms Network - Arlington/Alexandria Chapter ..... [www.holisticmoms.org](http://www.holisticmoms.org)

## PERMACULTURE

Home Biome ..... [www.homebiome.com](http://www.homebiome.com)

## PHARMACY

Brookville Apothecary - Knowles ..... [www.BrookvilleWellness.com](http://www.BrookvilleWellness.com)  
Knowles Apothecary ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## PHYSICAL THERAPY

Blue Nyle Therapy Services ..... [www.bluenyletherapy.com](http://www.bluenyletherapy.com)  
Body Balance Physical Therapy ..... [www.karenlipspt.com](http://www.karenlipspt.com)

## PSYCH-K PERSONAL DEVELOPMENT

Beam In Help ..... [www.BeamInHealth.com](http://www.BeamInHealth.com)

## PSYCHICS

Jones, Alice ..... [www.alicjajones.com](http://www.alicjajones.com)  
Judy Kay, Psychic Medium ..... [www.judykay.net](http://www.judykay.net)  
Light Works Reiki and Psychic Mediumship Readings ..... [www.lightworks.biz](http://www.lightworks.biz)  
Marie-Claire ..... [www.marie-claire.tv](http://www.marie-claire.tv)  
Morning Star, Konstanza ..... [www.mediumshamandc.com](http://www.mediumshamandc.com)  
Psychic Medium Annie Larson ..... [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)  
The Soul Shepherd ..... [www.thesoulsherpherd.com](http://www.thesoulsherpherd.com)  
Voice of the Gatekeepers ..... [www.voiceofthegatekeepers.com](http://www.voiceofthegatekeepers.com)

## PSYCHOTHERAPY

Association of Holistic & Traditional Therapists ..... [www.dreileenbuese.com](http://www.dreileenbuese.com)

## REAL ESTATE

Keller Williams Realty, Julie Carlson ..... [www.aspirehomegroup.kw.com](http://www.aspirehomegroup.kw.com)

## REFLEXOLOGY

Wiss, Brigitte ..... [www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

## REIKI

Aziza Doumani Reiki & Wellbeing ..... [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)  
Heart Centered Reiki ..... [heart-centeredhealing.com](http://heart-centeredhealing.com)  
Integral Reiki Center for Healing ..... <http://inrch.com>  
Reiki Center of Greater Washington ..... [www.reikicenter.info](http://www.reikicenter.info)  
Starchaser Integrated Coaching and Energy Healing [www.starchaser-healingarts.com](http://www.starchaser-healingarts.com)

## SHAMANISM

Heartfire Healing Journey ..... [www.heartfirejourneys.com](http://www.heartfirejourneys.com)  
Shamanic Spring ..... [www.ShamanicSpring.com](http://www.ShamanicSpring.com)

## TAI CHI

Cloud Hands Tai Chi ..... [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)  
Glen Echo Tai Chi ..... [www.GlenEchoTaiChi.org](http://www.GlenEchoTaiChi.org)

## TAROT

Boyd, Tim ..... [www.timstarot.com](http://www.timstarot.com)

## VOLUNTEERS

Montgomery County Stroke Association ..... [www.mcstroke.org](http://www.mcstroke.org)

## WEIGHT LOSS

Self-Empowerment Education Center ..... [www.seec-icmct.com](http://www.seec-icmct.com)

## WOMEN'S HEALTH

Birth Care & Women's Health ..... [www.birthcare.org](http://www.birthcare.org)

## YOGA

Align with Grace Yoga ..... [www.alignwithgrace.com](http://www.alignwithgrace.com)  
Higher Than Most on Yoga ..... [www.higherthanmostyoga.com](http://www.higherthanmostyoga.com)  
New Future Society Healing & Yoga Center ..... [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com)  
Unity Woods Yoga ..... [www.unitywoods.com](http://www.unitywoods.com)

Visit our website for  
hundreds of local  
resources for healthy,  
creative living

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

# PATHWAYS GUIDE TO NATURAL FOOD STORES

BETHESDA, MD

COLLEGE PARK, MD

FREDERICK, MD

## MARYLAND NATURAL FOOD STORES



**Whole Foods Market, Bethesda**

5269 River Road, 20816  
410-573-1800

[www.wholefoodsmarket.com/stores/bethesda](http://www.wholefoodsmarket.com/stores/bethesda)  
8am-9pm, Monday - Sunday

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



**MOM's of College Park**

9827 Rhode Island Ave., 20740  
301-220-1100

[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

## The Common Market

eat • shop • learn

**Common Market - Frederick**

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

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

ANNAPOLIS, MD

BOWIE, MD



**Whole Foods Market, Annapolis**

200 Harker Place, Suite 100, 21401  
410-573-1800

[www.wholefoodsmarket.com/stores/annapolis](http://www.wholefoodsmarket.com/stores/annapolis)  
8am-10pm, Monday - Saturday  
8am-9pm Sunday

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



**MOM's of Bowie**

6824 Race Track Rd., 20715  
240-556-1700

[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

## Smile Herb Shop

Your Friendly Emporium for Healthful Living

**Smile Herb Shop, College Park**

4906 Berwyn Rd., 20740  
301-474-8791

[www.smileherb.com](http://www.smileherb.com)  
Mon: 10am-6pm, Tues-Fri: 10am-8pm,  
Sat: 10am-6pm, Sun: 12pm-5pm

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



**MOM's of Frederick**

5273 Buckeystown Pike, 21704  
240-566-1444

[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon. - Sat: 9am-9pm, Sun: 9am-8pm

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

CABIN JOHN, MD

COLUMBIA, MD

GAITHERSBURG, MD

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

We also give them thanks for acting as important distribution outlets for Pathways Magazine, now in our 42nd year of serving the DC metropolitan area.



**Bethesda Co-op Natural Food Market**

6500 Seven Locks Rd., 20818  
301-320-2530

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



**David's Natural Markets**

5430 Lynx Lane, 21044  
410-730-2304

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



**Whole Foods Market, Kentlands**

316 Kentlands Blvd., 20878  
301-258-9500

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

BETHESDA, MD

CLARKSVILLE, MD

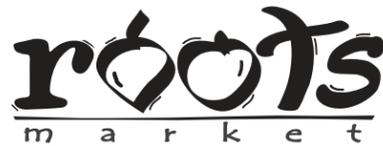
GREENBELT, MD



**Village Green Apothecary, Bethesda**

5415 Cedar Lane, 20814  
301-530-0800

[www.myvillagegreen.com](http://www.myvillagegreen.com)  
Mon-Fri: 8:30am-6pm, Sat: 8:30-5pm  
Expert guidance, knowledge and a custom-tailored mix of nutritional and pharmaceutical products; working closely with nutritionists, chiropractors and holistic physicians through our custom compounding lab; discounts and delivery



**Areas leading natural food market!**

**Roots Market - Clarksville**

5805 Clarksville Square Dr., 21029  
443-535-9321

[www.rootsmkt.com](http://www.rootsmkt.com)  
Mon-Sat: 9am-8pm, Sun: 10am-7pm  
Local and independently owned market specializing in natural, organic and gourmet foods and products.



**MOM's of Columbia East**

7351 Assateague Dr. #190, 20794  
Columbia East Shopping Center

410-799-2175  
[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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



**Greenbelt Co-Op Supermarket and Pharmacy**

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

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## HYATTSVILLE, MD



### Market

#### Yes! Organic Market, Hyattsville

5331 Baltimore Ave., Suite 101, 20781  
301-779-1205

www.yesorganicmarket.com

Mon-Sun: 7am - 10pm

"Your one-stop health food store"

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

## ROCKVILLE, MD

### DAWSON'S MARKET

ROCKVILLE

#### Dawson's Market, Rockville

225 North Washington St., 20850  
240-428-1386

www.dawsonsmarket.com

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

## SILVER SPRING, MD

### WHOLE FOODS MARKET

#### Whole Foods Market, Silver Spring

833 Wayne Ave., 20910  
301-608-9373

www.wholefoodsmarket.com/stores/silverspring

8am-10pm, 7 days a week

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

## DC NATURAL FOODS



#### Everlasting Life Health Complex

2928 Georgia Ave. NW, Washington 20001  
202-232-1700

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

## KENSINGTON, MD

### KNOWLES APOTHECARY



#### Knowles Apothecary

10400 Connecticut Ave., Suite 100, 20895

301-942-7979 • fax/301-942-5544

www.KnowlesWellness.com

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

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

See page 3 for discount coupon.

## TAKOMA PARK, MD



#### TPSS Co-Up, Takoma Park

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

www.tpss.coop

Open 9am-9pm Daily.

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

## SECRETS OF NATURE

SecretsofNatureHealth.com



#### Coy G. Dunston

3923 SOUTH CAPITOL ST., SW  
WASHINGTON, DC 20032

PHONE  
202.562.0041

#### Secrets of Nature

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

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

## MOUNT RAINIER, MD

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

#### Glut Food Co-op, Mt. Rainier

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

www.glut.org

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

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

## SEVERNA PARK, MD



### ORGANIC MARKET

#### Goodlife Organic Market

485 Richie Hwy North, 21146  
410-544-9515

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

## DC NATURAL FOOD STORES



### Senbeb Natural Food Coop & Senbeb Cafe

#### Senbeb Natural Foods Co-Op

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

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

## OLNEY, MD



Areas leading natural food market!

#### Roots Market, Olney

16800 Georgia Ave., 20832  
301-774-1344

www.rootsmkt.com

Mon-Sat: 9:00-8:00, Sun: 10am-7pm

Local and independently owned market specializing in natural, organic and gourmet foods and products.

## SILVER SPRING, MD

### ECOLOGY HEALTH FOOD

#### Ecology Health Food, Silver Spring

904 Bonifant Street, 20910  
301-589-2188

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

## Blue Nile

#### Blue Nile Botanicals

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

www.bluenilebotanicals.com

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



### Market

#### YES! Organic Market, Brookland

3809 12<sup>th</sup> St., NE, Washington 20017  
202-832-7715

www.yesorganicmarket.com

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

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

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## DC NATURAL FOODS, CONT'D



### Market

**YES! Organic Market, Capitol Hill**  
410 8th St., SE, Washington 20003  
202-546-4325

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

## DC NATURAL FOODS



### Market

**YES! Organic Market, Petworth**  
4100 Georgia Ave, NW, 20011  
202-291-5790

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

## FALLS CHURCH, VA



Nourish Market by Kennedy's, Falls Church  
1053 W. Broad St., 22046  
703-533-8484  
www.nourishmarket.com  
Mon-Sat: 10am-7pm • Sun: 10am-4pm

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

## SPRINGFIELD, VA



**Whole Foods Market, Springfield**  
8402 Old Keene Mill Rd., 22152  
703-644-2500

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



### Market

**YES! Organic Market, Cleveland Park**  
3425 Connecticut Ave., NW 20008  
202-363-1559

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

## VIRGINIA NATURAL FOOD STORES



### ALEXANDRIA, VA



**MOM's of Herndon**  
424 Elden St., 20170  
703-483-6740

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

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

## WARRENTON, VA



**The Natural Marketplace**  
5 Diagonal Street, 20186  
540-349-4111  
Naturalmarket@aol.com  
www.thenaturalmarketplace.com

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



### Market

**YES! Organic Market, Adams Morgan**  
1825 Columbia Rd NW., Washington 20009  
202-462-2069

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



**MOM's of Alexandria**  
3831 Mt. Vernon Ave., 22305  
703-535-5980

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

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

## LEESBURG, VA

### For Goodness Sake Natural Foods

**For Goodness Sake, Leesburg**  
108 D. South St., SE, 20175  
703-771-7146

Mon.-Wed.: 9am-7pm,  
Thurs.-Fri.: 9am-7:30pm,  
Sat.: 9:30am-6pm, Sun: 11am-5pm  
With the best cross section of good quality health foods, supplements, vitamins, cosmetics, and organic products. Wheat and Gluten-Free products.

## WOODBIDGE, VA

### Natural Grocer Health Food

**Essential for Good Living**  
• Friendly, Personalized Service  
• Celebrating 26 Years!

14453 Potomac Mills Road  
Woodbridge, 22192  
(near Staples)  
703-494-7287  
Mon-Fri: 10am-8pm, Sat: 10am-6pm  
CLOSED SUNDAYS

## FAIRFAX, VA



### Market

**YES! Organic Market, U St. Corridor**  
2123 14th St., NW, Washington, 20009  
202-232-6603

www.yesorganicmarket.com  
Mon-Fri: 7am-10pm, Sat./Sun: 8am-10pm,  
Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.



**MOM's of Merrifield**  
8298 Glass Alley, Fairfax 22031  
703-663-8810

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# What If You Are Totally Consequential?

BY TRISH HALL

What if you are totally consequential? You may have picked up the message that you are insignificant in the grand scheme of things because you are such an immeasurably small nothing in the universe, except perhaps to those closest to you. What if that is not true? What if all such statements are misleading at best, and actually downright wrong? You are consequential! Whether you live circumstantially or spiritually, you matter – your beliefs, thoughts, and actions all matter, and not just in your immediate circle of influence.

What does it mean to live your life circumstantially? It means that you live in reaction to your circumstances – what is going on in and around you right now or in the past. Sometimes we cloak these reactions as responses because we are consciously making choices rather than reacting reflexively. They are still reactions because of our choice criteria: on what criteria do we rely?

Becoming aware of where you place trust reveals your orientation to and relationship with your world. If your life is an unfolding sequence of

episodes conditioned by your circumstance, you have a lot in common with a feather in the wind or a cork bobbing on the high seas. If you place your trust in your past – if you believe your present and future are dictated by what has gone before – you are trapped in a cycle of repeating the past, regenerating the conditions that may have enslaved you and generations before you. You and a hamster running on its exercise wheel may share more than you realize.

Steve Jobs said, “You have to trust in something—your gut, destiny, life, karma, whatever.” Trust is differentiated from faith. Faith is a strong belief in someone or something without logical proof. Trust is a firm reliance on the character or integrity of another or the validated accuracy or dependability of something. This flips us back to the question: What do you trust more? Your circumstance, present or past, or your creator?

If you trust your creator, the spirit that is Life within you, making everything new, then the term spiritual adventurer may apply to you. How might your life be different if you truly believed that you are one with and inseparable from Spirit – from Life? What if you, in full faith and conviction,

trusted Life? Would you be like the person who, with the conviction that there was a next step just out of sight, confidently stepped off a cliff? Many of us give lip service to our faith. But would someone watching your behavior know that you trust Life? How courageous are you? How creative are you?

How many times have you felt inspired, then looked around anticipating criticism or disapproval, and hesitated? Or worse yet, totally stifled your inner genius in fear of rejection. What if you have suppressed the creative impulse of Spirit in you, as you? I venture that your behavior is a demonstration of how much you truly trust your creator.

So the question here is: are you living your life circumstantially or spiritually? What is driving your decisions? How are you making the choices that are setting the course of your life? Have you ever considered that every thought generates a ripple of actions and reactions much like the “Butterfly Effect”, that grants the power to cause a hurricane in China to a butterfly flapping its wings in New Mexico. It may take a very long time, but the connection is real. If the butterfly had not flapped its

wings at just the right point in space and time, the hurricane would not have happened. You are consequential. Your thoughts and resulting actions, though they may seem minor, result in changes that alter conditions that can produce drastic change. Our lives are an ongoing demonstration of this principle. Although we may not know the specific long term effects of each decision, we do know it is having an impact.

Once we grasp our own consequentiality, we can choose to alter our choice criteria. We may look at our world differently. We may shift where we place our trust. We may opt to live grounded in the understanding that we are all in this together, all interconnected and interdependent on our one shared creator. Reliance on One Source ensures enhanced collaboration and productivity in all endeavors, promotes the ease and grace of resilience and positions us as the energy of transformation, the facilitators of world healing.

You may be asking, “Where do I start?” First, you need to decide whether you are ready to be “Spirit fed and Spirit led” or remain in the confines of past behaviors. Like Dr. Phil is known to have asked, “How’s that working for you?” If the answer is “Great!”, then



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you can quit reading right here. If, on the other hand, there is dissatisfaction stirring in you, Life may be giving you a nudge. Spirit may be calling you to a new expression of you – beckoning you to your next “greatest yet to be.”

Ernest Holmes said that there is a significant difference between the “process OF healing and the process IN healing.” This distinction applies to most areas of life: change happens the moment that we open to the possibility that there are other options. However, the full experience of the change takes as long as is necessary to fully embrace and embody the new way of being. The apparent simplicity may not feel easy or comfortable. The steps in the process may seem obvious, but escaping the tendrils of old habits may not come easily. You may discover some deeply anchored attachments to how things have always been and strong resistance to releasing habitual behaviors. The choice, of course, is yours! Do you wish to remain stuck in the past, or open to the new adventures that will come by experimenting with the art of living spiritually? It is a journey that involves learning and practice, and it begins with trust that the process is worthy of your time and energy. You will need a commitment to pursue the shift, the courage to not be dissuaded, and a healthy dose of anticipation and expectancy.

The first step in this process is re-

lease. We are all so full of what we already know that we may be blocking our own availability and receptivity:

Once upon a time, there was a wise Zen master. People traveled from far away to seek his help. In return, he would teach them and show them the way to enlightenment.

On this particular day, a scholar came to visit the master for advice. “I have come to ask you to teach me about Zen,” the scholar said.

Soon, it became obvious that the scholar was full of his own opinions and knowledge. He interrupted the master repeatedly with his own stories and failed to listen to what the master had to say. The master calmly suggested that they should have tea.

So the master poured his guest a cup. The cup was filled, yet he kept pouring until the cup overflowed onto the table, onto the floor, and finally onto the scholar’s robes. The scholar cried “Stop! The cup is full already. Can’t you see?”

“Exactly,” the Zen master replied with a smile. “You are like this cup – so full of ideas that nothing more will fit in. Come back to me with an empty cup.”

Begin emptying your vessel by releasing the inclination to project the past into the future. This includes discarding self-defeating behaviors. Society has conditioned us to live by the Three C’s: *Compare* ourselves to others, *Contrast* ourselves with what they have or do, and then *Compete* with

them. These are the mainstays of the win/lose consciousness.

The art of living spiritually does not embrace the Three C’s. You are instead encouraged to focus on expressing your unique gifts and talents and encouraging others to excel and share what is unique about them. Living Spiritually is not driven by the egoistic “what’s in it for me” which lives in a swirl of envy and jealousy, fear and uncertainty, distrust and dishonesty. Are you so full of your past, your knowledge, your fears and doubts, that there is no space, for new learning?

Albert Einstein is quoted as having said, “No problem can be solved from the same level of consciousness that created it.” Relying on your past is not the answer. Your current circumstance, the cause of your situation, is probably not going to solve itself. What you need is to open to the possibility that solutions come from trusting the impress of Spirit within you.

Living Spiritually embraces the attributes and impact of being ones true self. The key elements are authenticity, honesty, congruency, and well-being. Consider how emboldening self-awareness is versus how exhausting pretense is. The Three C’s stir up innumerable internal dialogues that are draining. Fragmentation wastes tremendous energy. Being hyper alert to externalities and the stories that attend circumstances syphon energy. In

contrast, simplification, focus, and organization are all restorative and revitalizing. Clarity is contagiously calming. The ability to stay present makes it possible to redirect and fully utilize pent up energy. Resistance diminishes and is replaced by resilience, in which individual creativity and purpose abound.

There is a shift organically taking place: a movement from egoistic to holistic, from “what’s in it for me?” to “what’s in it for us?”

Now the real, deep work begins. We can congratulate ourselves for having changed our lives by changing our thinking, and now to make the changes sustainable, we must shift the underlying beliefs.

Johann Wolfgang Von Goethe declared, “Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness, concerning all acts of initiative [and creation]. There is one elementary truth the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would have come his

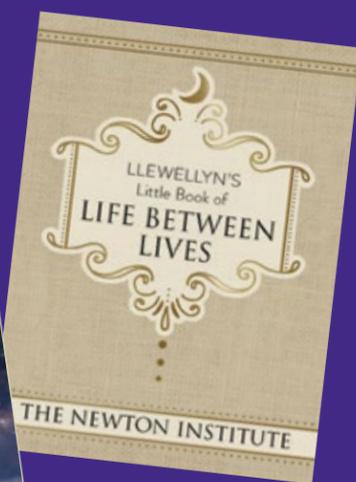
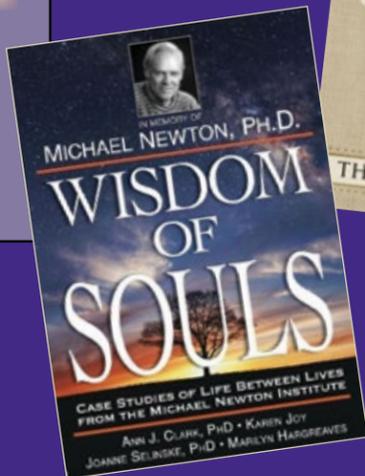
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## MIND • BODY • SPIRIT

### What If You Are Totally Consequential?

...continued from page 81

way. Whatever you can do or dream, you can begin. Boldness has genius, power, and magic in it. Begin it now."

Or in other words, until we shift our underlying belief, our old habits will uproot and oust our beautiful new choices. We will almost assuredly backslide.

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*Therisia "Trish" Hall, M.Div., an insightful speaker and author, is the visionary Spiritual Leader of Center for Spiritual Living Metro. In furtherance of her passion for peace and commitment to inclusivity, she founded Way2Peace, an organization dedicated to honoring the dignity of all life and expanding experiences of kindness and respect by facilitating release of prejudices and other limiting beliefs. An outstanding educator, facilitator, and dedicated student of world philosophies, Trish has an innate ability to recognize commonalities and engage ways to enhance communication among diverse populations. Blending authenticity, humor and compassion, she thrives on awakening the unique magnificence within all. See her ad on page 45.*

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## Erma Caldwell

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

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## **The Pathways Event Of The Year**

## The Health Benefits of Massage Therapy

Massage therapy has been used for thousands of years by many cultures around the world. Therapeutic massage is a general term for rubbing, pressing and manipulating the skin, tendons, muscles and ligaments to decrease tension, pain and stress.

Massage therapists typically use their hands and fingers, and may even use their forearms, elbows and feet. Massages may range from deep pressure to light stroking, depending on the desired results. Massage therapy has many benefits for diseases and health conditions, but some people also enjoy massages because their massage therapist is able to help them relieve mental stress through relaxation and comfort.

### Types of Massage

There are many forms of massage, including these four common types:

- **Trigger point massage:** Targeted massage that focuses on tight muscle fiber areas that can form in the muscle after overuse or injuries.
- **Swedish massage:** Gentle massage that employs long strokes, deep circular movements, kneading, tapping and vibration to help a person relax.
- **Sport massage:** Similar to a Swedish massage, a sports massage focuses on treating and/or preventing injuries.

- **Deep massage:** A technique that uses more forceful and slower strokes to target connective tissues and the deeper layers of muscles to alleviate injuries.

### Benefits of Massage Therapy

**Boosts the Immune System:** Research shows that 80 to 90 per cent of stress is a result of a disease. People who are prone to a high level of stress tend to feel sicker than others. A combination of stress, poor nutrition and lack of sleep will weaken the immune system's ability to protect itself naturally against infection and bacteria. The hormone cortisol is released in the body when a person is undergoing stress, and kills white blood cells, which are responsible for protecting the immune system.

Massage therapy reduces cortisol and strengthens the immune system which then helps to prevent disease and sickness. This is a drug-free and natural way to stay healthy.

**Lowers Blood Pressure:** High blood pressure is often called a silent killer because it sometimes has no warning signs or symptoms. It's a common problem that can affect anyone, but some people are predisposed to greater risks. It is advisable to start having blood pressure checks as early as 6 years old because even children can have unusually high blood pressure.

Studies have shown that consistent massage therapy can decrease systolic

and diastolic blood pressure. It may also decrease urinary and salivary cortisol stress-hormone levels and reduce common causes of anxiety, depression and hostility. As a result, using massage therapy to achieve lower blood pressure can reduce the odds of having kidney failure, heart attacks and strokes.

**Improves Blood Circulation:** Poor circulation of blood may cause many ailments including such as cold hands and feet, swollen toes and other extremities, and fatigue created by lactic acid accumulation in the muscles.

Better blood circulation can be achieved with regular massage therapy. A massage pushes oxygen-rich blood to move through tense, damaged muscles, which aids in recovery. The pressure created by massage forces blood through any congested areas, allowing new blood and oxygen to flow through. Pulling and squeezing removes built-up lactic acid, improving the lymph fluid circulation and allowing metabolic waste to be carried away from internal organs and muscles.

**Encourages Relaxation:** The body is prone to unhealthy buildups of hormones due to daily stressors. Pent-up stress hormones can cause headaches, restlessness, insomnia and even digestive problems.

Massage helps the body enter "rest and recovery" mode. This effect lingers long after the massage is over, leading to prolonged feelings of relaxation, calmer emotions, improved mood and lower stress. A massage can also reduce pain, increase energy level and improve overall physical and mental performance.

A massage session may last between 15 and 90 minutes, depending on the massage type and how much time a person has available. A person should feel calm and relaxed during and after the massage, regardless of type chosen. Massages are customizable and are often available at spas, malls, airports, gyms or even at home. To maximize the variety of health benefits, massages should be scheduled and enjoyed regularly.

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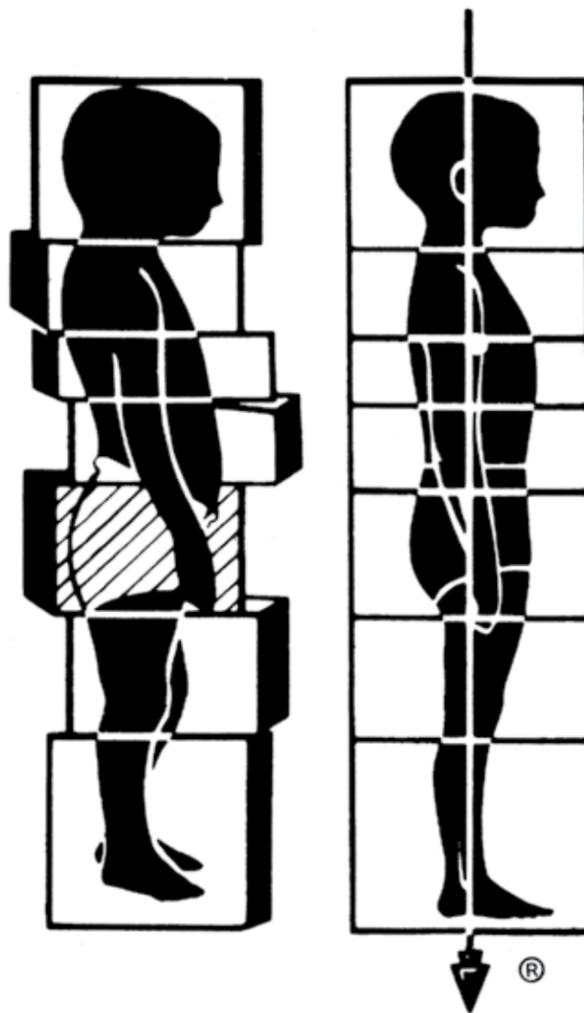
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