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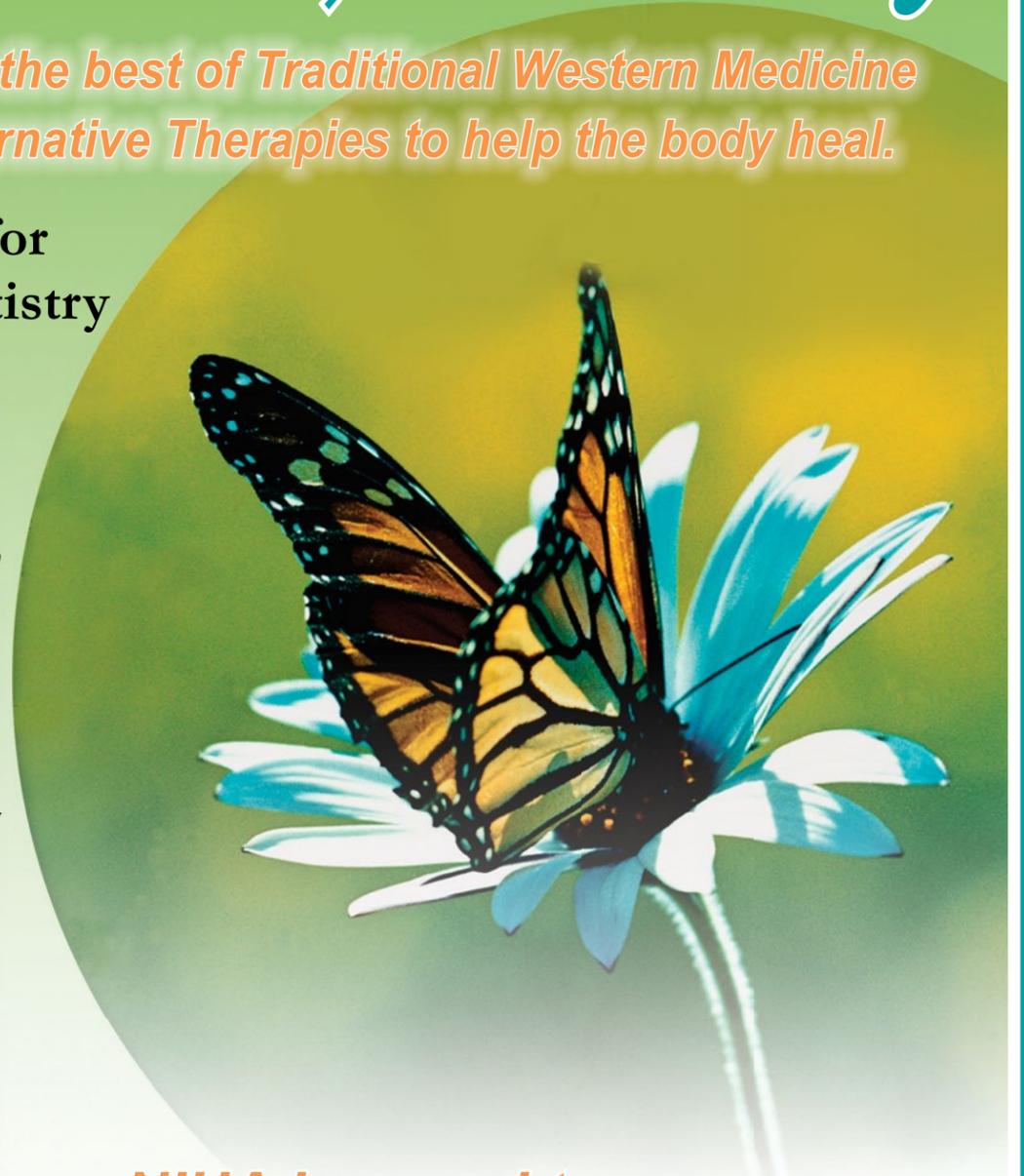
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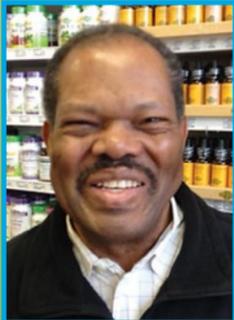
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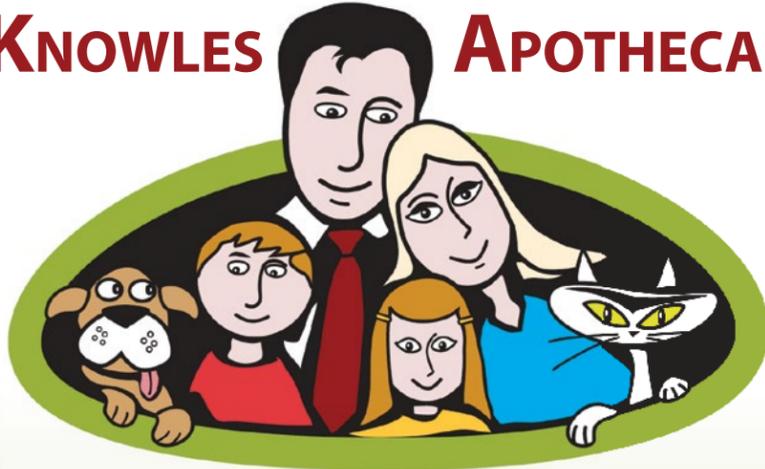


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Pathways is a quarterly journal and resource guide for the greater Washington area. We are committed to providing the public with free access to local resources and specific tools for improving the quality of life physically, mentally, emotionally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

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

—R. Buckminster Fuller

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

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

MAKING CONNECTIONS

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

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

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

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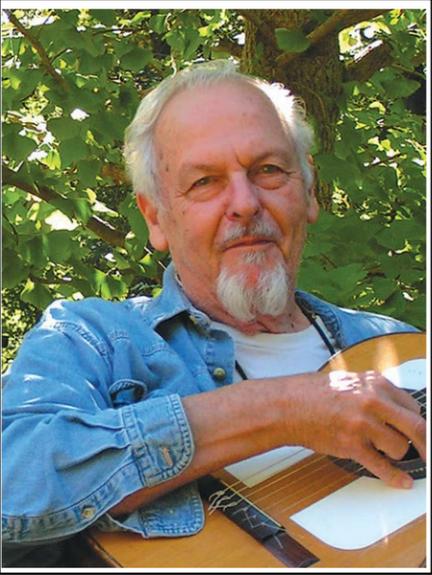
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The Healing Power of Plants

BY DANIEL REDWOOD

Jim Duke, America's elder statesman of herbs and spices, is a dedicated and strong-willed scientist whose advocacy of natural healing methods has never diminished. Born in Birmingham, Alabama, in 1929, Duke earned his doctorate in botany from the University of North Carolina in 1961. Following military service, he undertook postdoctoral activities at Washington University and the Missouri Botanical Garden in St. Louis.

Starting in the 1960s, Duke was an ecologist with the United States Department of Agriculture (USDA), joining Battelle Columbus Laboratories (1965-71) for ecological and ethnobotanical studies in Panama and Colombia. During this formative period, Duke lived with various ethnic groups, pursuing what became a lifelong passion for learning from peoples whose traditions are rich with knowledge of the healing properties of plants. Eventually, Duke became chief of the USDA Medicinal Plant Resources Laboratory.

Duke's book, *The Green Pharmacy* (St. Martin's, 1997), is the standard setter in its field, having sold over one million copies in English. It is now translated into eight languages. Duke has also authored or co-authored 40 other books on herbs, spices and foods, along with 400 articles (half in peer-reviewed journals). He remains a popular lecturer on the subjects of ethnobotany, herbs, medicinal plants, and new crops and their ecology.

In 1995, Duke retired after 30 years with the USDA. Before retiring, he brought his Father Nature's Pharmacy database online at USDA. It is now one of the most frequently consulted databases with the Plant Genome Project at USDA. Duke's database is especially useful for determining biological activities and healing potentials of foods and herbs.

For further information: thegreen-pharmacygarden.com

Please tell us how you first fell in love with plants.

There was an old man across the street from me in the Birmingham, Alabama, suburbs that had his rabbits to talk to, and every now and then he would walk me through the nearby woods in the foothills. He taught me about chestnuts when we had chestnuts, and watercress. That was when I was about age five, and I think he was about as old and gangly as I am now. We both profited from these mutual walks through the woods. And I have been in love with botany ever since.

All of us learned in grade school that many of the first European explorers set sail across the ocean in search of spices. I personally love spices but I can't really see risking life and limb



James A. Duke, PhD

Jim Duke, America's elder statesman of herbs and spices, is a dedicated and strong-willed scientist whose advocacy of natural healing methods has never diminished.

to procure them. What's your take on this?

I have a bad poem on that. It only takes four or five lines. I recited this in '92 when it was the 500th anniversary of Columbus setting sail. The poem goes like this: "Columbus set sail/ looking for black Indians and black pepper/ and he took the wrong ocean/ and he found red Indians and red pepper/ and he changed the cuisine of the world." As of today, capsicum (red pepper) is one of my ten favorite medicinal spices, and one that is recommended for certain maladies that I have.

What are some of your favorite spices for this time of year?

In winter I prefer the pungent warming spices, like cinnamon, ginger,

rosemary & sage—culinary herbs. But when the flu is going around, a mix of antiviral cinnamon, garlic/onion, ginger, licorice, tea and turmeric. In summer, it's the cooling mints, holy basil, and the like I prefer.

What are some of your other favorite spices?

Two years ago, I would have said that garlic is the most important in my garden. Garlic is in more than 20 plots of the 80 plots in my garden. It's also good for some of my ailments. It's a constant battle in my mind over which is most important to me. But garlic is so good to eat and so easy to grow, that I can find it in one condition or another in my garden year-round.

Turmeric is another plant, which I have in my garden but I'll need to

move it into my greenhouse any day now. Ginger, and cinnamon (which is a shrub), I'll move them into the greenhouse, too. Those are good medicines. I have a database of 2500 plants, of which I would call 200 of them spices. I understand that my database is one of the most frequently visited at the USDA.

Considering the amount of data handled by the USDA, that's quite impressive. Prior to your developing these databases that the USDA now keeps, did such databases exist? Did they have other herb or spice databases that you built on? Or are you the one who started this project?

They had none at the USDA. This started in 1977 or 1978, when the USDA accepted my assignment to a major anticancer program of the National Cancer Institute. At that time, I was sent to lead a small group to look for plants that might have anticancer activity, funded by the National Cancer Institute. So that means that way back in 1978, I started this database. It was primitive but we've improved it.

When I'm long gone, that will still be there. [In my own personal database] I've got almost three times as much data on some of these same questions as you could ask the USDA database tonight. I can take it proprietary, but if I can't find a buyer for it, I will dump it all into the USDA database and improve it probably five- or six-fold.

Either way, that's a wonderful legacy to have created and to pass on to others. You mentioned that, starting in the late 1970s, you were part of a project looking for potentially anticancer herbs. Where did that take you in your travels?

My whole lab traveled a lot. I had at least three trips to China, one trip to Panama (my old stomping grounds), one to Ecuador and one to Syria. And though not all of these were necessarily due to the anticancer program, in my USDA career I've been to over 50 countries.

I've had a charmed career! My God, I feel sorry for those people who spend their 30 years studying wheat or corn. I've landed from helicopters in ganja fields in Jamaica, in opium fields in Laos, and driven into coca fields back in the 1970s, when it wasn't dangerous. I was involved with the USDA alternative crops program where we would try to convince farmers that if they would phase out the narcotics, they would give them some interesting alternatives that might be remuneratively competitive.

How did that work out?

You may have noticed I used the words, "might be" ... Because if we came up with a product that was more

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Fighting for a Sane Food System

BY JOEL SALATIN,
FROM MOTHER EARTH NEWS



The key to affordable food is to reclaim domestic culinary arts. Getting into your kitchen to prepare, process and preserve food is not being sentenced to the Dark Ages of hoop skirts, washboards and open-hearth cooking. Today's kitchens are not like your great-grandma's. We have hot and cold running water that we don't even have to haul up from the creek.

and consume it. And even though we know that's a worthy context for our farming and market gardening, a lot of us in this integrity-food movement are sometimes apologetic and even allow ourselves deep down to be swayed by that "I can't afford good food" mentality.

So I've been thinking: Can we of the integrity-food persuasion sound-bite our way into altering the conversation about the price of food? Can we articulate a charitable, inoffensive answer that challenges this allegation of elitism? I don't know whether I have an answer, but I have some proposals I'd like to try on for size. Each sound bite is meant as an inquiry, not an assault, intended to invite deeper thinking whenever we're faced with the accusation of food snobbery or the automatic assumption that quality food is expensive food and therefore out of reach for ordinary people.

Can You Separate Your Needs From Your Wants?

Most people think their purchases are wise and necessary, but I've found that nearly everyone makes routine purchases that are actually choices rather than necessities. In no particular order, here are some I've observed:

- Starbucks (one \$5 coffee drink or latte each work day adds up to about \$1,255 annually)
- Alcohol
- Designer jeans
- Tobacco
- Lottery tickets

We can stop the list there, but you get the idea. People are far quicker to assume they have no choice than they are to examine their spending and discover what's discretionary—an amount that is usually significant.

I've often found the discussion about integrity-food prices derailed immediately because we don't have an answer that addresses the fraction of our population living in hardship. We should instead focus the discussion on the majority of people who routinely buy unnecessary things and then claim good food is too expensive.

The saying "Pick the low-hanging fruit first" applies here. Certainly hardship does exist, but let's deal with the discretionary stuff—the easy picking—first. Letting the discussion veer to the most dire cases of hardship without appreciating how many people actually can choose to change is like refusing to pick apples from a tree until we've figured out how to pick all the apples at the tippy-top. We need to keep the conversation targeted to the doable first.

Are You Regularly Cooking From Scratch?

The notion that processed food is cheap and integrity foods are prohibitively expensive is simply not true. I was at the Greenmarket in New York City a couple of years ago, one of the most elite artisanal food markets in the U.S. I asked my host to show me the most expensive potatoes there.

She took me to a potato vendor whose display looked like it should

have been in the Museum of Modern Art. Roughly 1-foot-square, partitioned wooden boxes held some 20 varieties of potatoes. Round, long, gnarly, red, yellow, white, blue—the colorful arrangement was truly a masterpiece of bounty and variety. I looked over the display and found the most expensive potato, a blue fingerling for \$2 a pound. Follow me here—this was the most expensive organic heirloom potato in one of the most expensive food markets in the United States. How many potatoes in your neighborhood supermarket sell for at least twice that price—as potato chips? For example, a 5-pound bag of organic 'Yukon Gold' potatoes sells for about \$5.50, or \$1.10 per pound; a 10-ounce bag of Lay's potato chips costs about \$3.50, which is \$5.60 per pound.

Processed food is expensive. If you price microwaveable boxes of frozen chicken nuggets or whatever, you'll find that they're much more expensive per pound than pastured, local whole chicken. And that's before we even begin the nutrition discussion.

Ah, but to have potato chips at half the price of store-bought, you have to prepare that potato in your kitchen. I can hear the protests from here: "But I don't want to cook a chicken or a potato." That's what I mean by personal discretion. If you don't want to cook, fine. Just don't confuse not wanting to with not being able to.

The key to affordable food is to reclaim domestic culinary arts. Getting into your kitchen to prepare, process and preserve food is not being sentenced to the Dark Ages of hoop skirts, washboards and open-hearth cooking. Today's kitchens are not like your great-grandma's. We have hot and cold running water that we don't even have to haul up from the creek. We have stainless steel, refrigeration, electric skillets and ovens that turn on faster than woodstoves. We have Cuisinarts, timed-bake ovens, bread machines, slow cookers and ice cream makers. Our modern kitchens are gadgetized up the wazoo. All of these conveniences are begging to be used—do you hear them chirping from the cupboards?

Is 'Cheap Food' Worth Its Food System Cost?

Time and money have always gone hand in hand, and the advice to cook at home gets into the "time" part of food's cost. My challenge for people to get into the kitchen usually results in an argument about not having enough time to prepare food. Often the protests come from parents who cart their children three hours each way to a sports tournament, stopping for Happy Meals because they don't have time to cook.

Again, let's separate choice from not being capable. We all make choices. The notion that we can build integrity

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Transforming Fear to Wisdom the Yin Yoga Way

Lower Back Poses to Relieve Pain

BY MACHELLE LEE AND
CLAUDIA NEUMAN

An ancient Scandinavian fairy tale tells of a kingdom falling into ruin that can only be saved if the beautiful princess marries a dragon. The reluctant princess is instructed by a wise woman to wear 10 layers of wedding dresses and to ask the dragon to shed a layer of his skin each time she sheds a dress. When in fact he does so, the dragon stands revealed as a prince, and the couple and kingdom live happily ever after.

Yin Yoga is a powerful and subtle way to deal with our layers of dragon-like suffering. It is a return to the way yoga has been practiced for millennia—slowly and meditatively, allowing the practitioner to move consciously through layers of tension that have been long held in the body. In a Yin Yoga class, a pose is held for a minimum of 90 seconds and a maximum of 15 minutes, though generally for 3-5 minutes. These longer holds allow muscle to relax and connective tissue to be stimulated. The result is profoundly revealing and healing. One can liken this work to an acupressure massage because the longer-held poses stimulate the meridian channels of the body. A consistent practice of Yin Yoga shows that the effects are long lasting and life changing. This process builds the kind of inner peace and well being that lives ‘happily ever after’ in the body and soul of the practitioner, shedding layers of physical and emotional blocks in a non-traumatic way.

In the last three decades, one of Yin Yoga’s pioneers, Paul Grilley, has established the premise of this practice by reminding us there is a whole realm of deep, dense ligaments and fascia that contribute to more than 50 percent of the body’s flexibility, range of motion and proper functioning of the lymphatic system. The body is not simply a muscular being. Grilley teaches that bone, muscle and joint tissue are interwoven but completely different types of physical material. One size does not fit all, and working the muscles ONLY is not the panacea many people assume it is. Back, hip, or knee pain might be due to tight or injured muscles; but this discomfort is more likely coming from contracted connective tissue around the joints rather than in the muscle proper.

The fundamental aspect of Yin Yoga is to hold a muscularly relaxed floor posture for a longer period of time than is needed for a normal muscular stretch in order to stimulate connective tissue. Yin Yoga poses are designed to create a gentle traction (pull apart) or compression (push together) on ligaments and connective tissue where a bone meets another bone at a joint. Notable benefits in the joint tissue appear



Author Machellee Lee demonstrates the Sphinx pose. The Sphinx pose re-establishes the curve in the lower lumbar spine that is a critical shock absorber.

when poses are typically held for 3-5 minutes. This moderate stress to the connective tissue aims to increase the circulation of joints, reorganize contracted or scarred tissue, and improve flexibility, thus reducing pain.

The Story of the Muscles and the Joints

If we think about what muscle is made up of, we can better understand the reasoning for holding a yoga pose and relaxing into it in order to stimulate joint health. A muscle travels the length of a bone and inserts into a joint at either end. For example, the upper thigh (quadricep) is mainly water-rich muscle in the middle, the thickest part; but as the muscle moves closer down to the knee and upwards towards the front side of the pelvis, it narrows to a denser tissue—the tendons. Tendons cross over joints creating a lever system that moves bones when muscles activate or relax. This is the mechanics of muscle and tendon that creates one’s ability to walk, run, dance, etc.

A ligament is the tissue that connects to bones inside the joint capsule, such as how the thighbone (femur) attaches to the lower leg bone (tibia) behind the kneecap (patella) creating the knee joint. When muscles are activated, ligaments contract, which signals the tendons crossing the bone over the knee to shorten, thus protecting the joint from injury due to a quick motion. Imagine the inside the joint: if the tendon running across the knee is shortening, there is reduced space in the joint where the ligament resides. Ligament, like all tissues, only lays down enough structural matrix to maintain its current range of motion. If one is regularly muscularly active, the ligament in the joint will actually shorten and decrease the range of motion in the joint. This has been called “muscle bound” for bulky athletes, or joint deterioration. This is why runners, though incredibly muscularly active, are some of the most physically inflexible people.

Overuse of muscle without proper

stimulus to the ligaments and fascia leaves the body tight and reduces range of motion. Similarly, if the muscles are inactive, in order to preserve energy, the tissues begin to shed off cells and shorten—what is referred to as joint degeneration—making the space in the joint smaller, which can lead to disc compression.

The theory of exercise is the same whether it is muscle, tendon or ligament—there must be an appropriate level of stress or challenge, followed by a period of rest, so the tissue can repair and re-adapt. As with anything, too much stress on the system leads to breaking down; but without the stress, there is no therapeutic response. However, enacting this necessary stimulus is radically different for muscle than it is for ligament—the exact opposite really. Muscle needs rhythmic movement repeated over time, and ligament needs a modest traction or compression held in relative stillness over a period of time.

When desiring to strengthen muscle, one engages in an activity repeated over and over again. To create firm thighs, one doesn’t do one squat a day and walk away, but rather engages in three sets of 10 squats, performed several times a week over a series of months to see noticeable change. The respective movement gets the muscle warm, pushes water in, around, and through it, signaling muscle fibers to fire and the muscular body transforms.

Ligaments and fascia are denser than muscle and they require the exact opposite of muscle. To signal ligaments and fascia to renew and repair, slow, steady modest traction or compression is needed in order for these unique tissues to begin to respond. This proper amount of stress on the ligaments stimulates a chemical reaction that produces new, viable, and more lubricated joints.

Yin Yoga is unique because the practice is performed on the floor so that muscles can be more relaxed. By tar-

getting the areas where connective tissue is most densely concentrated—the hips, sacrum, sacroiliac joint, lower spine, and knees—Yin Yoga creates a safe environment for rejuvenation.

Poses for the Lower Back

As the princess and the dragon shed their layers, they discover the truth that lies beneath the surface. Building layers of muscle can make one feel safe and strong, but it takes inner strength to slow down and go through the layers consciously. Yin Yoga can be a means to meditate on the art of transforming fear to wisdom through understanding.

The gentle traction and compressions of the Yin Yoga poses stimulate the meridian pathways that run through the spine and center of the body, which are associated with kidneys and the urinary bladder. These meridians can become blocked if one’s stress level is great. The Chinese associate the kidneys with the emotion of fear. When stress is high the body needs more fuel to cope, and it draws on the kidneys until the kidneys become depleted. If one does not slow down and replenish, the body then goes to the adrenals to find fuel; and once the adrenals are depleted, the body goes into a state of emergency.

It is unfortunate that this state of emergency is tolerated in most of us—we are used to that feeling of being drained of energy and overwhelmed. The lower back is where we take a lot of stress. Common phrases like “get off my back,” “straw that broke the camel’s back,” or “this is back-breaking work,” or the feeling of not being able to carry all the stress all lodges in the back.

Most people’s daily work requires spending long hours in a rather static seated position, which adds to the pressure on the lower back. The lower part of the spine, particularly L4, L5 and S1 suffer a state of compression. These Yin Yoga poses aid with circulation through the low back to encourage lubrication and alignment of the joints of the lower back. Emotionally, they support one’s ability to slow down and process the strong feelings that arise. When witnessed in a compassionate space, that which we fear can be better understood, and understanding leads to wisdom. Tending the kidney chi is focused on the water element, of which our body is primarily made. These poses honor the fluidity of emotion and the ability to let go in the service of creating a healthy flow within the nervous system.

Sphinx (above)

Sphinx pose re-establishes the curve in the lower lumbar spine that is a critical shock absorber. Because most

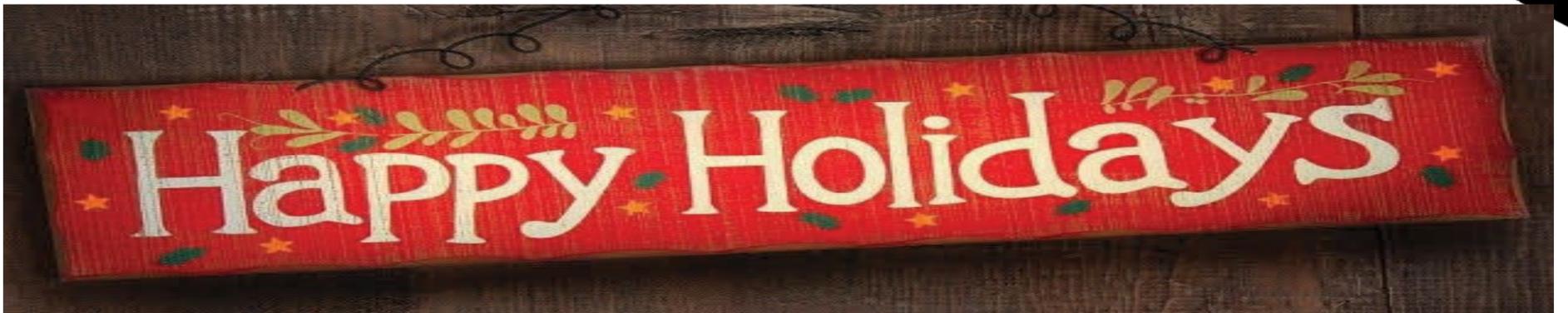
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How We Win on Climate Change

BY HARVEY WASSERMAN

Okay, so we had this historic march a little while ago. It was...joyous, beautiful, exhilarating, inspiring, life-confirming...and in many ways a turning point.

Now that the dust has settled a bit, we can see that it will change things for a long time to come. It proved to ourselves and the world that we have a huge, diverse, broad-based movement. And that we can put aside our differences and all get along when we have to.

We are our species' ever-evolving immune system. We are the survival instinct that must defeat the corporate profit motive. We are also part of a mighty activist stream that's campaigned for peace, civil rights, social justice, workers' rights, women's rights, gay pride, election protection, No Nukes and so much more. We've endured the circular firing squad and want it abolished.

Our hard-earned commitment to non-violence allows for a calm internal space and the great power that emerges from it. So in a diverse movement of good people with very strong opinions, we are learning to cut each other plenty of slack. But how do we now build on this? What do we do next?

Politically, we operate at two essential levels: the local, and the global. And to stay functional, we need: net neutrality, corporate accountability, election protection, social justice, peace.

1. Local organizing is our ultimate source of power.

The green movement has the great luxury of tangible targets. The King CONG corporations (Coal, Oil, Nukes, Gas) need actual land on which to do their dirty work. So we can fight them inch-by-inch, at the source.

We can count the number of nukes Nixon wanted to build (1000) and how many we stopped or shut (about 900 in the US; far more worldwide). We can

name scores of reactors that didn't get built, did get cancelled, are now being shut, will soon be stopped.

There are also mines undrilled, mountaintops not removed, oil rigs not pumping, fracking wells cancelled, polluting factories greenly altered, and much more we've beaten quietly, on the ground.

There are also solar panels on rooftops, windmills generating power, electric cars in the pipeline, recycling programs in place, consumption reduced, the overall vision of a green-powered Solartopia becoming ever more tangible.

In this movement, "What can I do?" always has a ready answer: Fight the polluter next door. Pick one and shut it down!

So after our joy walk in New York, we return to our letter writing, phone calling, neighborhood speeches, strategy meetings, classroom educating, town council lobbying, around the corner picket lines, civil disobedience, finance-sabotaging, office seeking, rate withholding, fund raising, dog-that-corrupt-politician work. Some of these fights we may seem to lose, at least for the time being. But it's never over 'til we quit, which our survival instinct won't let us do. A polluter once opened can always be shut if we never give up.

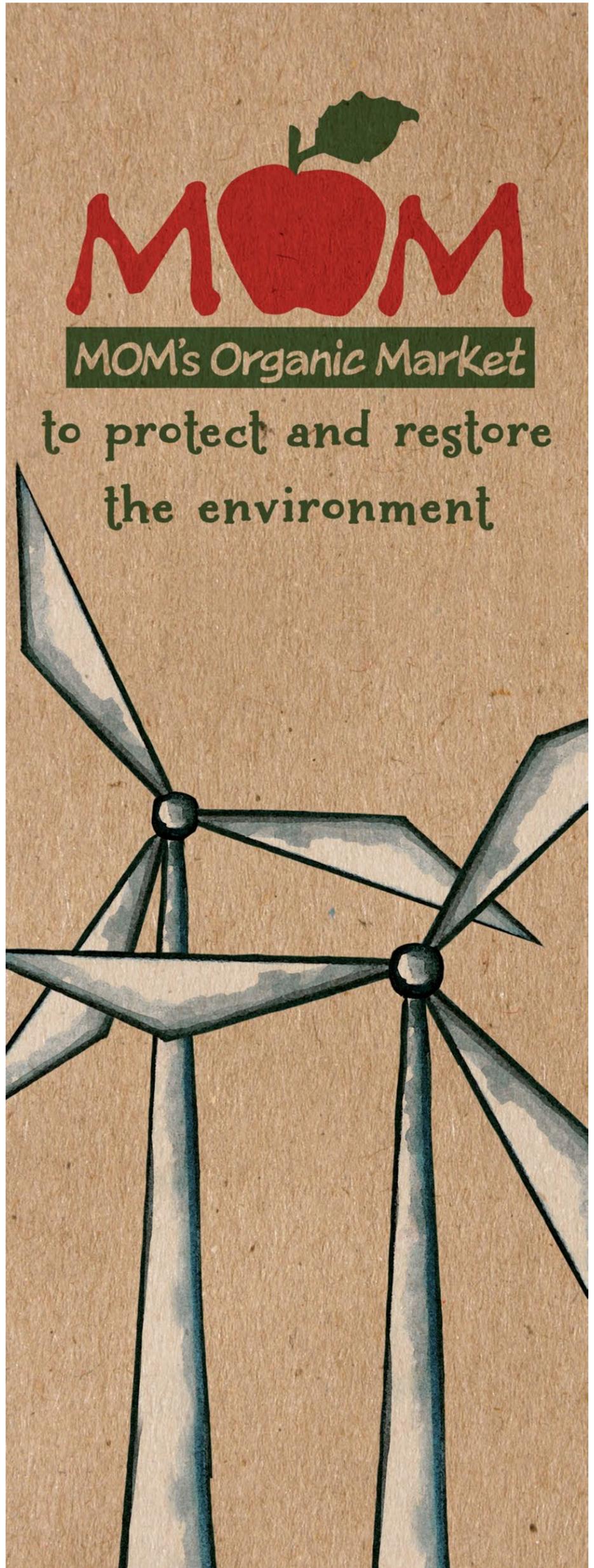
So at the grassroots, we are the individual immune cells that fight toxic industrial poisons and cancerous trash at the source. That's the revolution that's not televised.

2. But our planet as a whole is now infected with a lethal mega-virus...

...The global corporation. It is a metastasized cancer that usurps human rights but shuns human responsibilities. A toxic tumor that demands just one thing: a constant flow of dollars, don't ask how. If it can make an extra dime by killing the planet, it's bound to do just that.

Big gatherings to fight this menace can be risky, divisive, diverting and ex-

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

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THE HERB CORNER



Energy Enhancement: Herbal Alternatives to Sugar, Alcohol and Caffeine

BY TOM WOLFE

“Eight metabolic diseases associated with large amounts of ingested sugars now account for 75% of all worldwide healthcare expenditures. It is the sugar not obesity that causes these diseases since 20% of obese people have completely normal cellular metabolism. These 8 diseases are Hypertension, Diabetes, Heart Disease, Dementia, Cancer, Polycystic Ovarian Disease, Nonalcoholic Fatty Liver Disease, and Lipid problems. The obese are the victims not the perpetrators.”

“Sugar: The Bitter Truth” (available on YouTube)

Dr. Robert Lustig,
Professor of Pediatrics
University of Southern California
Department of Endocrinology

“80 percent of adults consume caffeine every day—the average adult has an intake of 200 mg per day, the amount in two 5-ounce cups of coffee or four sodas. A study of 7th, 8th, and 9th grade students in Ohio found that students took in an average of 53 mg of caffeine per day, but almost one in five students took in more than 100mg of caffeine each day.”

~ FDA.gov

“You are missing the point that does not need to be making.... The Christmas spirit is not what you drink”

~ Jethro Tull

Throughout my 40 years as a professional Herbalist, I have often said all Americans are herbalists. They just regulate their energy through the use of extreme herbs. What would happen in America if tomorrow we did away with immediate access to Coffee, Sugar, Booze, Tobacco, and Black Tea? This entire culture would go into energetic shock and folks would be lost trying to find their balance.

Consider for a moment, as I do as an Herbalist, that all of these extremely energetic substances are plant based. Don't you agree this means that virtually everyone is using plant-based substances to get by? Since almost all of us use one or more of these plants daily to keep their energy level constant through the stresses of everyday life, we are all Herbalists to one degree or another. Of course, for those of us that know about the wisdom of Ayurveda, Sugar, Booze and Caffeine are respectively Kapha, Pitta and Vata. Kapha (Water and Earth) is sweet and makes

continued on page 115

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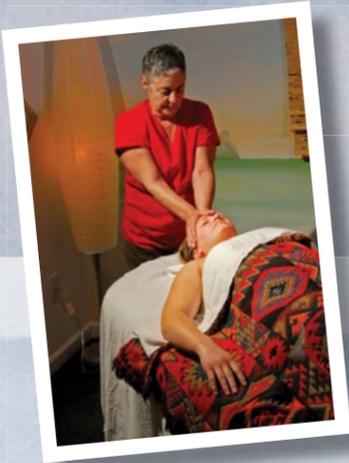
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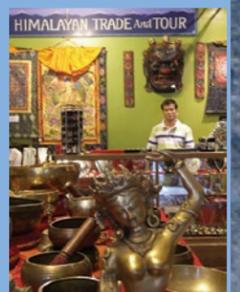
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“As I see it, every day you do one of two things: build health or produce disease in yourself.” — Adelle Davis

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The Eight Principles: Yin and Yang

BY ADAM MIRAMON, L.A.C., DIPL.

Within the practice of Chinese medicine, there are a variety of traditions or schools of thought, and each approaches the preparation of a treatment plan from a slightly different theoretical base. Although each tradition may approach acupuncture or Chinese herbal treatment differently, many of them have a foundation in the Eight Principles. This makes the Eight Principles one of the most prevalent schools of thought in acupuncture and traditional Chinese medicine.

The concept of the Eight Principles dates back to one of the original Chinese medical classics—the *Huangdi Neijing*, which was published between 475-221 BCE. However, the term “Eight Principles” did not appear in medical texts until the Qing dynasty (1644-1912). The basic theory behind the Eight Principles is founded in the following four dualities:

Yin	Yang
Interior	Exterior
Cold	Hot
Deficiency	Excess

This series of articles will provide a basic understanding of the foundations of Chinese medicine by dissecting one conceptual pair at a time. The first pair we will explore is Yin and Yang because they are the most fundamental.

Yin and Yang

Yin and Yang are believed to have developed from people’s observations of day and night. This alteration between light and dark led to other observations of cycles between two opposite poles or states of being—one receptive (Yin) and one expressive (Yang). One of the best ways to understand the concept of Yin and Yang is to look at nature—especially in regions where there are four distinct seasons.

Spring represents Yang within Yin because of the potential for growth. All plant life is giving birth to new leaves and new buds. These buds and leaves represent the potential for the plant during the upcoming year. In Spring, Yang is growing into its fullest potential.

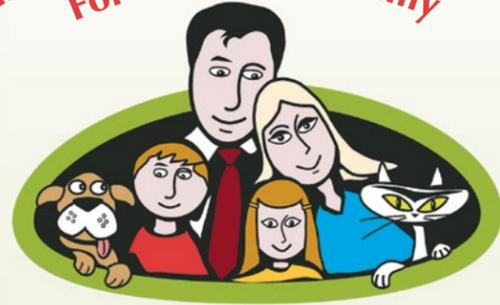
The time that Yang is at its greatest is Summer. This represents Yang within Yang or when Yang is at its maximum. All leaves are in full operation and flowers have become fruit, and the days grow longer. The leaves are working to produce the necessary nutrients for the plant to sustain it through the Winter. This is the time when plants are at their maximum potential.

In Autumn, Yin begins to grow within Yang. This is the time when plants extract the nutrients from the leaves allowing them to change color—in effect allowing the leaves to die. The plants lose their leaves and drop their

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The Trance of Scarcity

BY GERALDINE AMARAL

To have a consciousness of abundance from the perspective of the soul does not mean having a sense of access to many things, seemingly stored in some treasure house, but rather being at one with the essence within all things.

~ David Spangler

What do you suppose is the real cause of the challenges we face

around consistently maintaining a consciousness of abundance? What really keeps us from creating a more abundant life? And I don't mean abundance in just money. I mean abundance in *all* areas of our lives: time, love, pleasure, relationships, self-esteem and the like.

In this season's *Pathways* article, I want to explore how the lack of an abundant consciousness shows up in our lives—especially how it often

shows up in ways that we can't even see or don't expect. And then I will talk about what we can do about it through various *belief-changing modalities*.

The Power of Thoughts and Words

One place we could look for guidance about what causes a lack of abundance in our lives is the *Holy Bible*, specifically, Isaiah. In Chapter 55, verses 10-13, Isaiah really nails it. He tells us: "*My word, which goes from*

my mouth will not return to me empty. It will do what I want it to do, and will carry out my plan well.... Instead of the thorn bush, the cypress tree will come up. Instead of the thistle, the myrtle tree will come up." Divine Metaphysics and similar philosophies promote the ideas that our words and thoughts shape our lives in every way—they enable us to create either a "thorn bush" or a "cypress tree," as the scripture describes.

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A Message for Humanity

The Kogi Tribe's urgent call for our realignment with the Great Mother

BY MICHAEL BRASUNAS, LMBT, BCT
EDITED BY CAM MACQUEEN

"In the beginning, there was nothing. All was darkness, Se. There was nothing at all. Only the Mother. She was Aluna. She was pure thought, without form. She began to think. The Mother conceived the world in the darkness. She conceived us as ideas, as we think out a house before we begin to make it. She spun the thread, spinning us all in the story, creating us in thought. And then came the Light, and the world was real."
~ From the movie "Aluna"

A potent and extraordinarily important message is emerging out of a remote range in the far northern reach of Colombia, South America. In a rugged and nearly impenetrable part of the Sierra Nevada de Santa Marta lives a remarkable tribe called the Kogi, who have been quietly living in pristine harmony with the natural elements and the life-sustaining spiritual forces for many centuries.

The foundation of their work is rooted in clear intention and perception



Kogi shaman-priests, called 'Mamas,' spend years in training, drawing their knowledge from the laws of nature and the energy of the land.

Photo Credits: "Aluna the Movie"

in order to remain aligned with the guidance that is revealed by reading the intelligence held within what they refer to as the realm of Aluna. This is

the realm of co-creativity, of thought, of spirit, in which everything we know exists energetically. Aluna is the Great Divine Mother, the consciousness

behind all creation, the source from which all life springs forth. This consciousness inhabits everything, and awaits the awakening of each soul's self-recognition as a great and uniquely powerful being.

The Kogi shaman-priests are called Mamas in their language, and they are mostly male. They spend years training to be able to discern what is real and what is false, based on the language of nature. They see more than just the physical reality that can be observed with the senses; they see simultaneous dimensions of cosmic forces and how they inform and weave into our reality.

The Kogi Call Us 'Younger Brother'

These Mamas say that the Mother has been showing clear guidelines on how to relate to and behave within each physical place, according to the original laws of nature. They also tell us most of humans are more like rebellious teenagers and do not pay attention anymore, that we have allowed our spiritual faculties to become like atrophied muscles over

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Joint Pains

Learning Problems



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

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

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

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

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

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

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

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

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

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

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

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CULTIVATING COMPASSION

A Message for Humanity: The Kogi Tribe's urgent call for our realignment with the Great Mother

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the course of many generations in which our priorities have shifted to self-importance, indulgence, success, fame, recognition, profit, and distraction. Further, they say it is because of the way we mishandle the great gifts of life and energy that the world is in such a dire situation. They say we do not properly reciprocate for these gifts.

In fact, this is why they call us Younger Brother.

Prior to the 1980s, the Kogi lived more or less the way they always had. Then they began to feel the adverse energetic effects of human industrialization and globalization, as well as tendencies towards negativity and overly mentalized and intellectualized processes in our society. They began to feel that what they call the "Heart of the World" was being affected, and that the hearts of mankind on both a collective and individual level were being forsaken for invented goals and aspirations that ultimately lead to more disease and depression rather than towards cultivating greater achievement and collective good. We had lost our connection, they sensed,

and the planet, the Mother, was being wounded. They could actually feel all this from within their own sacred land.

Listening to the Kogi Wisdom

When the Spanish conquistadors arrived on the Caribbean shores in the 1500s, the Kogi and their descendants knew they needed to remain safely physically isolated from the rest of the world. They saw firsthand what would happen to their indigenous wisdom and their valuable understandings of the ways of nature, and they knew inherently how important it was to preserve the ancient knowledge, to continue to practice spiritual engagement with the forces of nature to maintain balance. They chose to remain in their sacred mountains to serve the role they say humans were put here to do: to care-take and to provide revitalizing energy to support and sustain life on Earth.

The Earth, we learn, and the intelligence within nature, requires that humans protect both their individual and the collective energy, in order to maintain harmony for the

proper organization and exchange of life-providing sustenance. The planet is so vast and so exquisite, and, just like within our bodies, each component is critical and must function properly according to its intention in order for the whole to exist cohesively and sustainably. The Kogi say we must each start to recover our original purpose and become empowered as energetically manageable conduits in the heart, giving back at the same frequency and intensity with which we take. If we do not reciprocate for what we receive, then we deplete nature's ability to remain in healthy balance.

Elsewhere in the Americas we now know that over the course of the last five centuries nearly every tribe and culture has been, in some way or another, removed, destroyed, infiltrated, or assimilated. The Kogi remained outside the reaches of civilization, of Younger Brother, and focused on impeccably maintaining the diligent work of obedience to the principles and integrity of life, as these principles were handed down through generations and through alliance with the divine source.

Reaching Out for the First Time

In the 1980s the Kogi determined it was time to speak to Younger Brother directly. It was time to tell him that his ways were deleterious to the

health of our shared world, and that unless we changed, we were going to destroy ourselves. They allowed a documentarian from the BBC to bring a small film crew into the Sierra to listen to their wisdom and hear their message. The entire project was orchestrated through spiritual readings performed by the Mamas; they wanted to ensure they were following the right steps. The film, "From the Heart of the World: The Elder Brother's Warning" (viewable on YouTube) was released in 1990 and was seen by many.

Sadly, however, Younger Brother continued to plunder and create serious ongoing problems for the world.

Twenty years later, the Kogis called the same documentarian back, because they realized they needed to come out with a new message, with more specific details about what they are urging us to understand. Now, today, this film has been completed. It was released worldwide in October. The movie is called "Aluna," and the Kogis hope you see it immediately. It is available to view online as well on DVD (see www.alunathemovie.com).

It is because of this important film, and the noble cause of supporting the Kogi mission, that I write this article.

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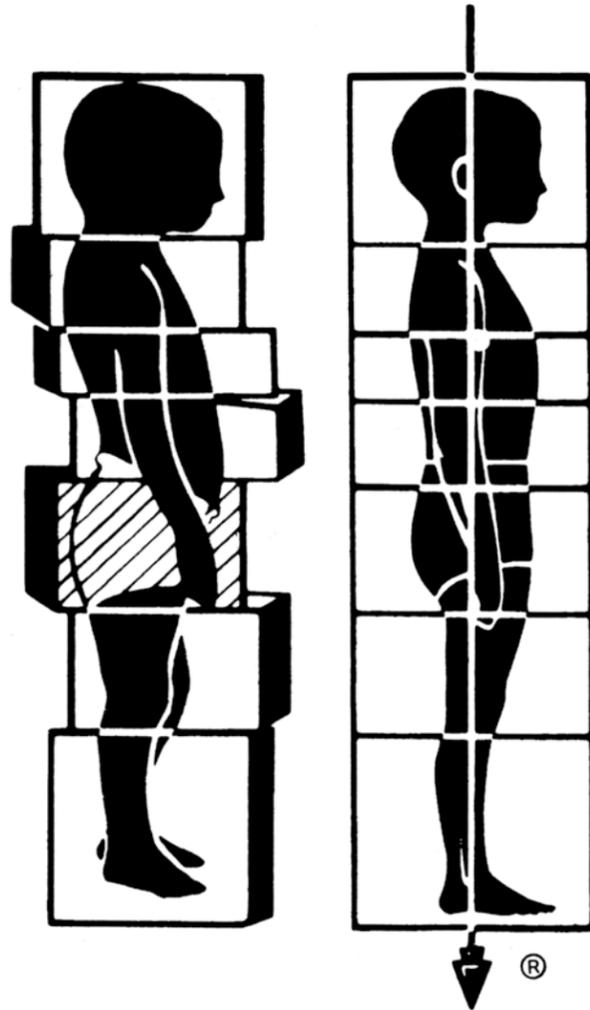
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CULTIVATING COMPASSION

A Message for Humanity: The Kogi Tribe's urgent call for our realignment with the Great Mother

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It's Our Turn Now

The time has come that we must do our part. These elders of ancestral wisdom cannot do it alone any longer, and they want us to learn how to cultivate spiritual engagement and integrate the messages and teachings into our own lives wherever we are. What they are asking us to do is to consider seriously how we are living, thinking, acting, and maintaining ourselves. They wish us all to know we are more than just physically functioning bodies; we are spirits, unique souls with a great potential mission to fulfill. They want us to protect the sacred sites of our world, and to understand the Mother is living within all of us; the Earth is a living being, just as much as you and I, and we are required to be an integral part of its sustenance. We cannot keep consuming without reciprocating. Our role as humans is to protect the balance, to align, and to serve. We are mighty souls with dignity, and not meant to be just personalities and ego-driven desirers of more peak experiences and endless consumption.

The Kogi wisdom asks us to engage in devoted inquiry within and active work to be able to be part of the solution. By clearing our negative associations with harmful activities, actions, thoughts, ideologies, perceptions, projections, blame, and addictions; and by clearing resistance and avoidance tendencies we allow to keep us from revealing the truth, we can then begin serving that which is greater, that which truly sustains us, and that which provides the nurturing vital energy that maintains all existence in its originally intended cyclical flow.

The Kogi believe we each made a powerful agreement as a soul before we came here, and it is both our privilege and our responsibility to recover that agreement and live from it, amidst all the pressures in our culture to do anything but. They say we've allowed the light of our spirit to become dimmed over and almost non-existent, and we create energetic debt when we don't use the life force we've been gifted for the right purpose. We are co-creators, and we reinforce the status quo we see in the world if



A documentary film crew was allowed access to the Kogi to film their lives and record their message for the world.

we are alienated from connection to our soul; but if we unplug from the imposed understandings we've been conditioned by, and rather infuse our hearts with conviction to recover our original agreement, we then establish a level of resonance which will bring us powerfully in alignment with the energy that enhances harmonious life. This will empower others to do so as well and will serve as a great achievement, setting the record straight that we are here with purpose.

The Kogi are a great example, a living testimony. They stand for what they see and know, and tell us all to do the same: Come back to the Mother; Stand as a soul with a mission to bring

back harmony and balance. The next generation is awaiting our legacy. The living original wisdom is within each one of us. Wake up, and stand as a soul. What are we waiting for? It's time. We agreed to do this and now we have to get to work.

Michael Brasunas, LGBT, BCT has been training in the Andean spiritual arts with a mentor who works directly in alliance with the Kogi Tribe from Colombia. Michael's primary purpose and work is to serve humanity humbly and assist the planet to become revitalized in the natural functioning of harmony and balance, in accordance with the Original Living Knowledge. To contact him or for more information, you can visit his website at www.recoverthesoul.com.

Cam MacQueen, MSW, is the creator and manager of "Cultivating Compassion." If you have ideas or suggestions for a future column, please contact her at worldisvegan@aol.com.

Cam thanks all of you who supported her brother, Tate MacQueen, in his 2014 bid for the U.S. House of Representatives (NC-10). It was an honor for Cam to help Tate spread a populist message of fairness and equality for all while meeting wonderful people along the way. Sadly, many of those people have been negatively impacted as a result of DC and Raleigh putting politics over people and politicians above public servants.



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EBOLAPHOBIA

Viriphobia Goes Viral

BY JAMES A. DUKE

On October 24, 2014, Dr. Anthony Fauci, infectious disease chief at the National Institutes of Health (NIH), proudly pronounced that nurse Nina Pham was free of Ebola as she was released from the hospital. But I watched her release on the noon news, and Dr. Fauci pronounced her virus-free. Like many Americans, he seems to be preoccupied with Ebola, and I am rather sure he meant to declare her Ebola-free, not necessarily virus-free.

Eek! Ebola. Encephalomyocarditis. Enterovirus. Epstein-Barr Virus. Equine-Rhinopneumonitis.... all evidently evolving quicker than we do. Most of us know that we humans are 90% microbe, and only 10% human. Among those microbes, most are bacteria, but there may well be several fungi (and/or yeast), and probably quite an array of viruses. Probably 90% of us have a trace of Epstein-Barr virus, or have antibodies to it.

So far, I have not found a source to

tell me how much and how many viruses the healthy human houses. I'll wager I have at least half a dozen right now, e.g., cold, enterovirus, flu, herpes, hepatitis, rhinovirus, and, from my earlier years, measles, mononucleosis, and mumps, maybe cowpox... though most do not now have the upper hand. And for every one, there seems to be just as many Big Pharma antidotes and vaccines to combat them. My editors here at *Pathways* chuckle at my choice of big words I use, sometimes even invent, like the one I use to describe myself as a "vacciniphobe"—someone who fears vaccines or vaccinations, like the flu shots. So I am both

vacciniphobe, and slightly an ebolaphobe.

We are all suffering what I irreligiously call "hysterical viriphobia," fanned by the constant fear-laden headlines in the periodicals and on the TV. I use that politically incorrect word hysterical, amused by the title of one article (in French), which translates to, "Co-existence of mass hysteria, konzo, and HTLV-1 virus" (X10816753). The article tells me that ebolaphobia (mass hysteria over Ebola) might do more damage here than Ebola itself. (Note: The "X" serial numbers that appear in parentheses throughout this article are PubMed citations in the U.S. National Library of Medicine in case you'd like to check out the fuller abstracts.)

We are not yet in a viral epidemic. Despite all those

vacuous "words of wisdom" from the Centers for Disease Control and Prevention (CDC), like "wash your hands" and "don't touch doorknobs and elevator buttons," it seems like the CDC has washed its hands of a natural approach to viruses. The agency and the new Ebola Czar talk of new synthetic vaccines, often GMO, which in some cases may prove more dangerous than the feared viruses themselves.

In response to the current viriphobia, I have been rooting through our governmentally sponsored NIH PubMed journals seeking published articles on viruses. I seek those PubMed citations dealing with herbs or phytochemicals that might help, significantly or trivially, in a viral epidemic. You see, the CDC and Big Pharma, if not the FDA, have concluded there is no money to be made in using natural antiviral (or immune boosting) chemicals. However, we taxpayers deserve to know, now, before they fast track some moneymaking poison that may hurt only some Ebola but a lot of people. Antivi-



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THE SPICE CHEST



Dr. Duke enjoys his Viroxymel brew to keep the seasonal viruses at bay.

ral answers may well lie in the foods our ancestors have long ingested, like garlic, licorice, onion, persimmons, and turmeric, even honey.

Viral Remedies, Food Pharmacy Style

Yes, honey! Have you ever heard of an oxymel? The *Free Dictionary* defines it as “a mixture of honey, water, vinegar, and spice, boiled to a syrup.” Well, I don’t boil my oxymels, and I use them when the flu is going around. And, I add several diced antiviral spices, chopped up in my honey and vinegar, to make an antiviral oxymel, which I call my “Viroxymel.” This year, I’m betting most on the antivirals garlic, licorice, onion, persimmon, tea, and turmeric.

Those who sell green tea (*Camellia sinensis*) may sell a little bit more to ebolaphobics who study this PubMed abstract appearing in the journal *Antiviral Research*, and cryptically entitled, “HSPA5 is an essential host factor for Ebola virus infection” (X25017472). The abstract did not even define HSPA5! So, I did some more digging and found that HSPA5 is heat shock 70kDa protein 5 (glucose-regulated protein, 78kDa). That doesn’t help you or me much. All we need to know is that HSPA5 is necessary for an Ebola infection to survive. All that is coming this year from Ft. Detrick, where I enjoyed serving two of my military years, back in the 1950’s. And then the good news! There is a common compound in a common food with an uncommonly long name—epigallocatechin gallate

(EGCG)—that might lessen the likelihood of Ebola infection. Your tealeaves may contain up to 5% or more EGCG.

Other NIH PubMed citations tell us that EGCG might help with other viruses: Epstein-Barr, flu, herpes, hepatitis B & C, papilloma virus, and T-Cell lymphocytic virus. EGCG is the first HSPA5-inhibitor I ever heard of from plants. Mark my words... eager investigators will soon start churning out research papers on other natural HSPA5-inhibitors in many of our food plants, herbs, medicinal plants and spices. Big Pharma will seek unnatural synthetic HSPA-5 inhibitors our genes have never known. Some will be less dangerous than the virus; others will possibly be more dangerous, as science marches onward during these ebolaphobic days.

Meanwhile, if you chew enough garlic, your garlic halitosis may discourage Ebola-bearing guests from getting too close. I’m busy compiling a list of those antiviral spices and which viruses they have been reported to help. I am accumulating hundreds of PubMed citations on antiviral plants; the scientists who wrote these papers often list some herbs and the chemicals reported to help control if not kill the virus (if indeed it is alive to be killed). Some skeptics say there are no antiviral plants. They might selfishly argue that they work by boosting the immune system as their vaccines are also reported to do.

I’d rather eat an immune-boosting

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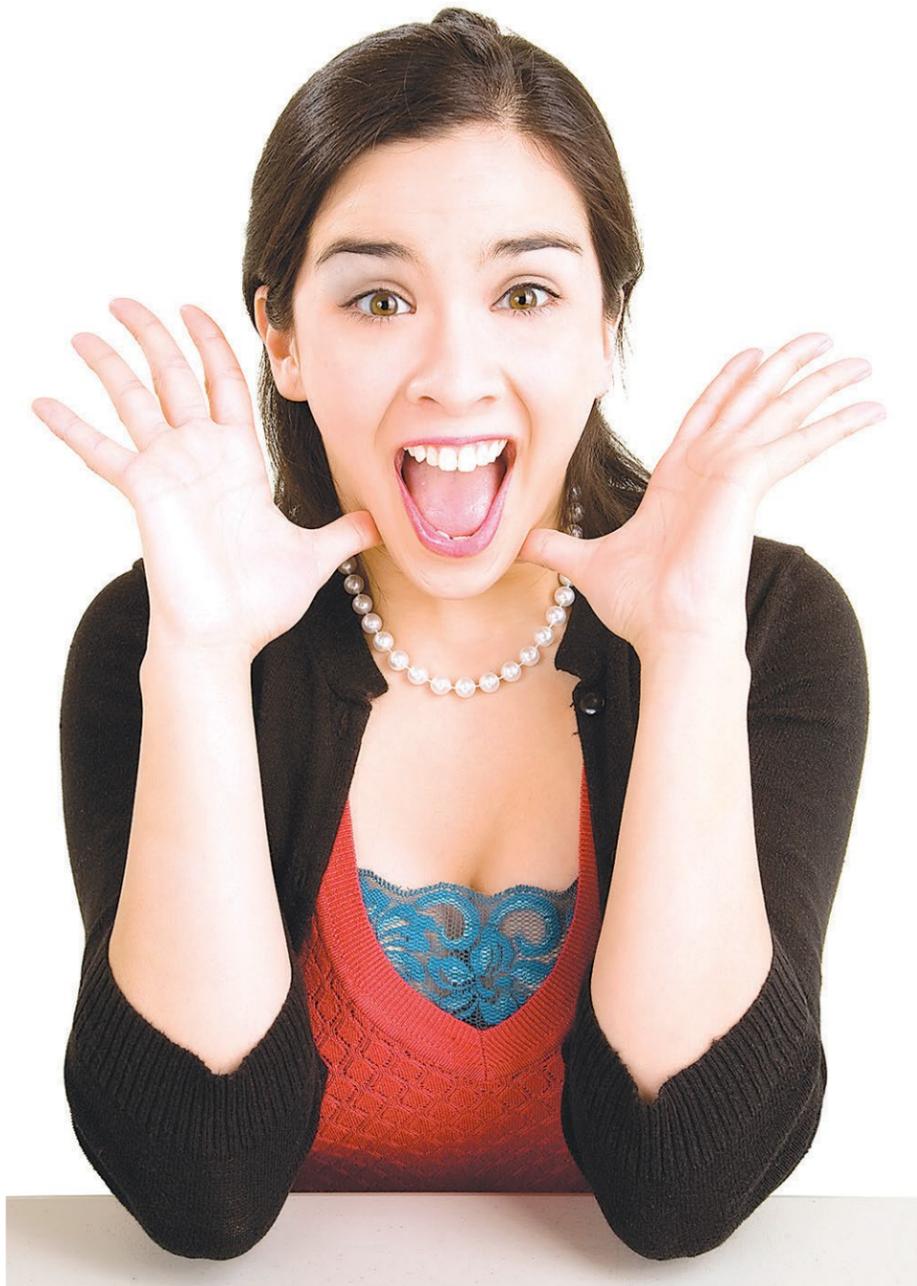
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THE SPICE CHEST

EBOLAPHOBIA: Viriphobia Goes Viral

...continued from page 29

clove of garlic or enjoy my Viroxymel than take an immune boosting flu vaccination. (Mrs. Duke would rather take the flu-shot.) Garlic can be hot and that alone might make you thirsty. Garlic is not yet reported to work on Ebola, but it works on a lot of other viruses. Try it. Sweeten your antiviral green tea with honey and spice it up with antiviral spices. That's my first suggestion for a food pharmacy approach—my Viroxymel against Ebola, perhaps a little better than nothing, perhaps better than what Big Pharma will push on the ebolaphobics.

Many published papers suggest that honey is antiviral, alone or in concert with some of these antiviral spices. Here is a sampling of the research I've come across:

- In 2014, Japanese scientists studied Manuka honey, which I have used topically to cure an ulcer on the front of both my ankles. The authors said, in technical terms what translates to, "Manuka honey efficiently inhibited influenza virus replication and, in combination with synthetic pharmaceuticals, zanamivir or oseltamivir, potentiated them nearly 1,000-fold"

(X24880005). In other words, Manuka honey alone was effective as a flu preventative, but is even more so when taken with other over-the-counter flu preventatives. Beekeepers at the Green Pharmacy Garden (GFG) produced some honey here for the first time this year. I have no reason to believe that our honey is inferior to Manuka, since our bees have a much greater variety of herbs to visit than the comparatively monotonous Manuka forests.

- A Portuguese study suggested that "Água-mel," as a honey-based product, was good for simple symptoms of the upper respiratory tract (X23422034).

- Oseltamivir and the Chinese herb maxingshigan-yinqiaosan (composed of 12 Chinese herbal medicines, including honey-fried Herba Ephedrae), alone and in combination, reduced time to fever resolution in patients with H1N1 influenza virus (X21844547).

- Several studies addressed the benefits of honey when applied topically. Manuka and clover honeys (0-6% weight) were antiviral against varicella zoster virus (EC50 = 4.5%). "Honey is con-

venient for skin application, is readily available and inexpensive, honey may be an excellent remedy to treat zoster rash in developing countries, where antiviral drugs are expensive or not easily available" (X22822475). Honey potentiated acyclovir in the treatment of herpes simplex keratitis (X22242438). Indian researchers compare topical honey application with acyclovir for recurrent herpes simplex lesions (X16940940). One Saudi scientist concluded that topical honey application is safe and effective in the management of the signs and symptoms of recurrent lesions from labial and genital herpes. The abstract suggested that it was less effective than acyclovir but had fewer side effects (X15278008).

- Syrian scientists (1996) concluded that honey solutions were effective against Rubella virus while thyme extracts were not (XX9395668). Burdock (1998) and Rau *et al.* (1992) add that propolis—the resinous mixture that honey bees collect from tree buds, sap flows, or other botanical sources—may have antibiotic, antifungal, anti-inflammatory, antitumor, and antiviral properties (XX9651052; XX1423745).

As for spices to go in your spiced água-mel, oxymel or Voroxytel, I mention a few with an evidence-based

list of viruses reportedly reduced or inhibited by them:

- Garlic and Onion: Coxsackie, flu, herpes, and respiratory viruses. Fresh garlic extract, rich in thiosulfinates, reportedly reduced herpes simplex virus (HSV) type 1, herpes simplex virus type 2, parainfluenza virus type 3, vaccinia virus, vesicular stomatitis virus (VSV), and human rhinovirus type (XX1470664).

- Green Tea: We have tea in the GFG but brought it into the greenhouse in late October. As mentioned above, green tea does contain a chemical (EGCG) that can arrest Ebola infections.

- Licorice: Licorice, in addition to sweetening your tea, or oxymel, or Viroxymel, has a lot of antiviral activities against, e.g., arbovirus, corona virus, flu, hepatitis B virus (HBV), hepatitis C virus (HCV), HIV, HSV, respiratory syncytial virus (RSV), vaccinia, VSV (X17886224).

- Persimmon: Late October and my bearing persimmon is bare, leaves all blown off, and there are only a few fruits still hanging on. My readers may well know how puckery unripe persimmons can be. That puckery effect is due to the astringent tannins, or poly-

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THE SPICE CHEST

EBOLAPHOBIA: Viriphobia Goes Viral

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Persimmon *Asimina triloba*

phenols. Astringency might help in some hemorrhagic fevers, if not Ebola. It is the astringency that contributes to the antiviral properties of persimmons against a dozen viruses: adenovirus, coxsackie, feline-caliciivirus, H3N2-flu, H5N3-flu, herpes simplex, murine-norovirus, Newcastle, polio, rotavirus, Sendai, and VSV (XX23372851).

• **Turmeric:** Turmeric, or its major active ingredient curcumin, is active against CVB3, FHI, FIPV, Flu, HBV, HCV, Herpes, HIV, Japanese encephalitis, papilloma, parainfluenza; RSV, and VSV.

Melatonin used to be as cheap as aspirin. Scientists at the University of Texas Health Science Center in San Antonio may change that. In the PubMed

abstract, they say, "The use of melatonin for the treatment of Ebola virus infection is encouraged" (X25262626). They compare the symptoms of Ebola with those life-threatening symptoms of sepsis, which Mrs. Duke suffered three summers back. They suggest that melatonin can disrupt endothelial dysfunction (having to do with blood vessel linings), disseminated intravascular coagulation, and multiple organ hemorrhage, if that means anything to my readers.

In case such positive reports on melatonin cause a shortage, the good news is that many common food plants contain melatonin. The bad news it is that the melatonin is at such low levels that I'd have to eat thrice my weight in rice to get a significant quantity of melatonin. While I am an advocate of natural food farmacy, I am not in the case of melatonin.

I will finish off 2014 (maybe even yours truly, too) compulsively compiling on published natural antiviral chemicals in such wholesome herbs as garlic, ginger, green tea, licorice, onion, persimmon, and turmeric, for example. There are many, and they seem to be currently ignored by Big Pharma,

the CDC, and the FDA, as they knowingly or unknowingly push their more dangerous and expensive alternatives. I suspect my Viroxymel is better for flu and several other viruses, if not Ebola, than what Big Pharma has to offer and the CDC and FDA seem to champion. I don't know. Neither do Big Pharma, the CDC or FDA. I'd like to know that the CDC and FDA are sure their recommendations are better for the American public than what I suggest herein. We all need and deserve to know.

Considered an authority on herbs and spices, Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years where he brought his Father Nature's Farmacy online—one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, The Green Pharmacy, Duke has authored or co-authored 40 other books on herbs, spices and food. For more information, see his Green Farmacy Garden ad on page 98 and his interview on page 7 in this issue.

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Don't Let the Fear Get in Your Way

BY MISTY KUCERIS

There is so much going on in the world right now that it can make you want to pull back and take a deep breath before moving forward. Everyone is going through his or her own personal tests and it's important to try and find a way to maintain your spiritual perspective. Meanwhile the world is going through its own series of tests, which will have an impact on your life. Usually, the various astrological energies that will occur in the Winter 2014-2015 time are called paradigm shifts. But the reality is the paradigm has shifted and now you need to understand how to take this shift and incorporate it into your life without letting fears from world events cloud your judgment.

It seems apt that the Winter 2014-2015 season begins with a full Moon occurring on December 6, 2014. With the Sun in Sagittarius and the Moon in Gemini, this full Moon emphasizes the Sagittarius stellium: The Sun in Sagittarius forms a conjunction to Mercury, Ceres, and Venus while the Moon in Gemini forms an opposition to those planets. In addition to this stellium emphasis, the

full Moon also forms a square to Neptune and Chiron. A stellium is when three or more planets are found in the same sign emphasizing the intensity of that sign's meanings. In Sagittarius

this means you want to make changes in your life and move forward with those changes. You don't want to be held back. Yet, when Neptune is involved, it also means you must be careful that the changes you want to make are realistic. It's critical you meditate on your goals and move forward with caution so you don't take unnecessary risks.

The importance of moving forward with caution continues on December 8th when Jupiter turns stationary retrograde. It will be retrograde until April 8, 2015. A retrograde Jupiter, especially when it's in Leo, can be difficult. You have a tendency to ignore the small details that are so important. You believe

you can't make any mistakes, yet you frequently rush into situations without verifying all the facts. You could make costly mistakes, which you'll regret later. For small business owners, this can

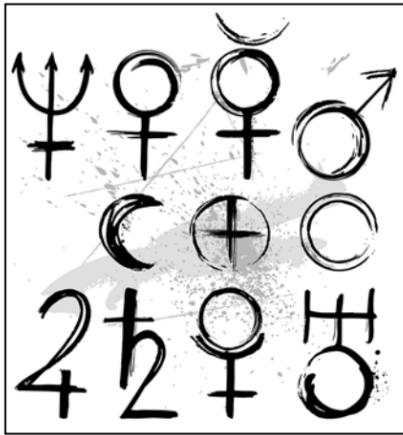
be a nightmare since marketing strategies aren't well thought out and can cost more than expected. The real purpose of this retrograde Jupiter is to reflect on your spiritual needs and find a way to balance those needs with your material needs.

The fears of the world might creep back on December 15th when Uranus retrograde forms another square to Pluto. The first time this square occurred was on June 24, 2012. The other times this square occurred were on September 19, 2012; May 20, 2013; November 1, 2013; and April 21, 2014. And, the last time this square occurs will be on March 17, 2015. The reoccurrence of this square so many times could be an article in

itself. Each time the square occurred, there were political upheavals leading to leadership changes and, at times, violence as a new world order tried to usurp an old world order. Vitriol between political parties, especially in the United States, increased as each side negated the values of their opponents and refused to compromise. Economic swings occurred, which create difficulties for workers while corporations found ways to increase their profits.

This astrological aspect is disruptive because it forces you to look at your life, see where there are difficulties, and start making changes. At the same time, this aspect increases your fear of change, which then lets other people exploit that fear so they can manipulate you to their point of view. Also, the more change tries to occur in the world, the more the old system fights back to hold on to the past. Spiritually, you need to look at your life and decide where you want to make changes. You need to realize these changes might elicit feelings of fear; and if you feel that fear, you need to see if that fear is realistic and a warning, or an il-

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About Rebecca Norris

Rebecca was born intuitive and blessed with the gift of knowing. She knew at a very early age that her purpose in life was to help people heal themselves and others. As a result, Rebecca



became a Licensed Clinical Professional Counselor and opened her own mental health facility. Rebecca is certified in Eye-Movement Desensitization and Reprocessing, Neuro-Linguistic Programming, Transpersonal Hypnotherapy, Past Life Regression, and is a Reiki Master. In 2005, Rebecca studied to become a ThetaHealing Practitioner and teacher.



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Don't Let the Fear Get in Your Way

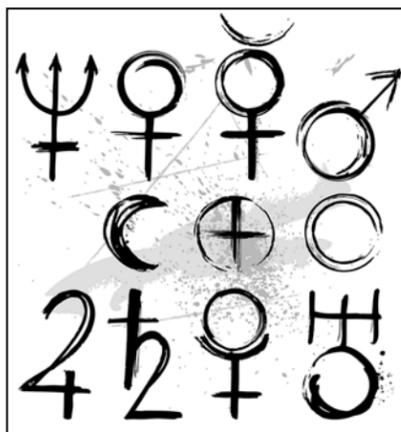
...continued from page 35

lusion that prevents you from moving forward into success. Most importantly, you need to envision what you want in your life as an end goal so you can use past experiences as a springboard that propels you into a new and exciting future.

The Winter Solstice, which occurs on December 21st when the Sun enters Capricorn, as well as the new Moon in Capricorn, which occurs a few hours later, emphasizes your need to try to make sense of the world around you. The Sagittarius stellium that occurred at the time of the full Moon in early December has now become a Capricorn stellium. Rather than reaching for the future you need to see how you can take those goals and start incorporating them into your professional life. It's also time to think of the needs of the whole rather than the needs of one.

You may be asked to take care of situations that you'd rather avoid. With the Winter Solstice chart set up for Washington, DC, Cancer is on the Ascendant indicating that the United States is once again being called upon to become the world's caretaker. Unfortunately, this could lead to increased economic and military involvement in other countries. Meanwhile, you'll find more people in the United States

actually pulling inward. You may also decide that enough is enough and just want to stay put within your own home and not get involved with others. It's true you may not be able to make a big difference in the world, but don't pull



back so much that you remove yourself emotionally from your own family and friends. This is the time when those people you love really need your support, just as you really need theirs.

During the Winter Solstice and the new Moon on December 21st, you may notice the world is getting more conservative. And in many ways you're right. The world is getting more con-

servative, and will continue to do so over the next two-and-a-half years as Saturn enters the sign of Sagittarius from December 23, 2014, until June 15, 2015, and again from September 18, 2015, until December 20, 2017. The cycle of Saturn occurs approximately every 28 to 29 years.

The last time Saturn was in Sagittarius was between November 16,

was hit with a recession. Both saw their roles as bringing back the power of their governments and increasing economic stability. They moved to lower taxes and increase the power of corporations. General Secretary Gorbachev came to power in 1985 yet saw his role in the same light: Bringing back the power of the Soviet Union and increasing economic stability. President Reagan and Prime Minister Thatcher are still remembered as strong leaders in their countries. Meanwhile, many in Russia view General Secretary Gorbachev with disdain for increasing economic stability and decreasing the country's power. The legacies formulated during the last cycle of Saturn in Sagittarius will be seen as Saturn enters Sagittarius in this cycle.

World leaders will become more conservative as they continue to emphasize the need to increase economic stability. In the United States, you'll see more conservatives holding elective office. It will be more difficult for Democrats to get elected. Even you may be surprised that some of your viewpoints are turning conservative. You'll want to rein in spending. You'll want a government that is less invasive. You'll even decide it's time for you to start spending less and decreasing your budget deficits. Instead of using credit cards, you'll use more debit cards and find ways to be fiscally responsible. But the fight between your

Most importantly, you need to envision what you want in your life as an end goal so you can use past experiences as a springboard that propels you into a new and exciting future.

1985, to February 13, 1988; and again from June 10, 1988, to November 12, 1988. World leaders included Ronald Reagan, President of the United States; Margaret Thatcher, Prime Minister of England; and Mikhail Gorbachev, General Secretary of the Soviet Union (USSR). President Reagan and Prime Minister Thatcher actually came into office in the late 1970s when the world



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ASTROLOGICAL INSIGHTS

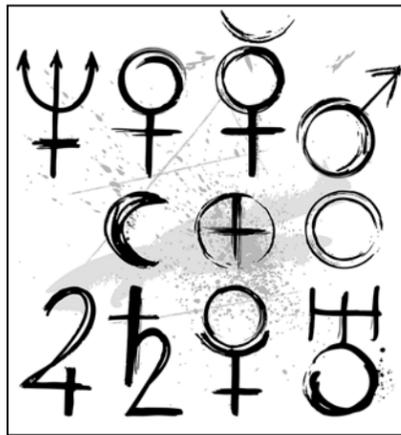
privacy and corporate data mining will continue. While you'll want less government in your life, you'll also want less corporate invasions in your life. Unfortunately, this is going to be difficult because usually corporations increase their political clout when Saturn is in Sagittarius.

It may seem strange, but the spiritual message of Saturn in Sagittarius is: Don't let the fears of the unknown stop you from moving forward with your future. And don't let the fears of other people prevent you from expressing your true nature. You will need to find ways to curb any spending that is based on borrowing money; but there's a spiritual message in that as well. By freeing yourself of future obligations and the stress that can cause, you can focus today on spending more time in spiritual relationships with people you love.

The next full Moon occurs on January 4, 2015. With the Sun in Capricorn and the Moon in Cancer, a cardinal grand cross is created. Specifically, the Sun in Capricorn forms a conjunction to Pluto, a square to Uranus, and a square to the Moon's lunar nodes. Meanwhile, the Moon in Cancer forms an opposition to Pluto, a square to Uranus, and a square to the Moon's lunar nodes. This is going to be a day where violent energy is thrust into the world and the public will feel it. It could be as simple as a major storm coming down

the eastern coast and bringing a lot of snow over the next several days. It could be a dangerous situation experienced by a political figure in our country and yet averted.

A cardinal grand cross is seen spiritually as a period of initiation. And, perhaps appropriately, the full Moon that occurs in January 2015 is called the Wolf Moon, when howling occurred



outside the homes of Native Americans during the cold winter months. To keep the wolves at bay, you need to understand your fears and insecurities and release them from your life. You need to build a firm foundation that opens your mind to new perspectives. The unexpected will continue to happen at this time, and it could tear you away from past events you thought

you understood. However, this upheaval could also potentially bring new situations and relationships into your life that enables you to move forward with success. The bottom line is that not all is as it seems.

On January 20th, the Sun enters the sign of Aquarius and a few hours later, a new Moon in zero degrees Aquarius occurs. Spiritually, a new Moon in zero

Mercury will be retrograde until February 11th. You'll find this time period a good one for personal growth since you'll be willing to reflect on important areas of your life.

degrees means you have a freedom to try new things. You're not really bound by other people or their ideas. You are open to be perceptive, both rationally and emotionally. Also, you have this sense of what needs to be done by you and what needs to be done with others. If you were holding on to some old fears, you may feel them melt away. You're not as concerned by judgments

of other people. You're more willing to take risks. Because this willingness to let go of fears and take risks is so important right now, take the time to write your thoughts down in a journal. That way, if any of the fears start returning, you'll be able to read your thoughts and be reminded that you don't need to hold on to those fears.

With Mercury in Aquarius turning stationary retrograde on January 21st, it will be easier for you to re-evaluate your actions and see how important your new perspective is when making decisions. Mercury will be retrograde until February 11th. You'll find this time period a good one for personal growth since you'll be willing to reflect on important areas of your life.

One mundane note about this Mercury retrograde period...Because it is in the sign of Aquarius, you'll need to make certain that electronics are in good working order before this retrograde occurs, including making sure your computer is up-to-date with all the various protective software. Unfortunately, global hacking will be at maximum height during these three weeks, so you want all your data protected.

The month of February 2015 begins with the full Moon occurring on February 3rd. Emotionally you want to be generous because the Moon is in Leo. Personally though, you would rather

continued on page 39

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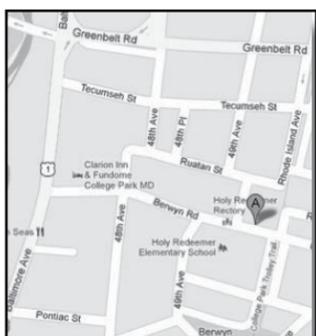
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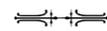
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ASTROLOGICAL INSIGHTS

Don't Let the Fear Get in Your Way

...continued from page 37

be left alone to deal with your own situation and not be bothered with anyone else's. Actually with the Moon forming a trine to Uranus and the Sun forming a sextile to Uranus, the spiritual message is if you want to help someone else, you need to help yourself first. Also, with the Moon forming a quincunx to Pluto, you need to put yourself first so other people can't use fears to manipulate you into their points of view even if you don't accept them.

Mercury in Aquarius turns stationary direct on February 11th and you'll gain a deeper understanding of how well situations worked out because you approached them from a new perspective. You'll even see that your personal growth now has a positive influence on people you love.

The new Moon that occurs in Aquarius on February 18th is actually a void-of-course new Moon, which occurs at 29°59". It is just one minute shy of being in the sign of Pisces. This is an important day for you to wrap up old things in your life. It's also an important time period to think about implementing new concepts in a spiritual manner. Although this is a new Moon, it's also an ending cycle because not only is the new Moon at the last

possible degree, but Mars is also about ready to change signs from Pisces to Aries. And the Sun is changing signs from Aquarius to Pisces just a few minutes after the new Moon occurs.

By the time the Sun enters Pisces, the Moon has also entered the sign of Pisces. So, while technically this is not a second new Moon, it will feel that way. You may feel a little confused with your emotions. Where before you thought you knew what you wanted to do, you may feel unsure. You may even have some fears resurface that you thought were resolved. If those fears resur-

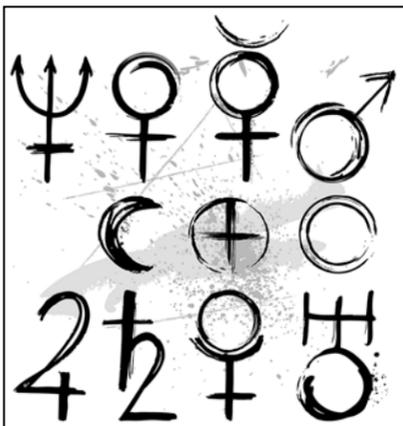
face, pull back and ask yourself: Are they based on reality? If so, perhaps it means I'm pushing circumstance beyond my limitation. If not, perhaps I'm letting other people influence me with their unrealistic fears.

As the Winter 2014-2015 quarter ends, Jupiter retrograde forms a quincunx to Pluto on February 27th. This is not the first time this quincunx occurred nor will it be the last time in this cycle. The first time this quincunx occurred was on September 5, 2014, when Jupiter was in direct motion and Pluto was in retrograde motion. The last time this aspect occurs in this cycle is on May 21, 2015.

When Jupiter forms a quincunx to Pluto, there is potential for a power struggle between the desire to move forward and the need to maintain the status quo. In a lot of ways, this aspect echoes the energies you experienced in December 2014 and early January 2015. Struggles are still occurring in the world. You may still feel the need to pull back from too many external activities. Or you may feel you need to get involved and take action. Whichever way you feel, it's all right. The key is not to lose your spiritual perspective. Other people may try to manipulate you into action by exploiting your fears; or they may try to motivate you into action by

praising your religious beliefs. One key to integrating spirit into your material world at this time is not letting fears from world events cloud your judgment. The other key to integrating spirit is keeping your relationships alive with love.

Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See also her ad on page 73.



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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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Dissolving Shame

BY CAROL KURTZ WALSH

The most important thing is to be what-ever you are without shame.

— Rod Steiger

When I was 10 years old, I was told I had a paternal grandfather. On this particular day my father casually informed me that we were going to visit his father "...because he was having a good day." The fact that my grandfather existed had been kept from me because he was permanently incarcerated in the Toledo Mental Hospital. And so, on that mind-altering day we took the long journey to Toledo. I clearly remember the dark, looming building that stood before us as my mother and I waited in the car for my dad to fetch his father. Together the four of us went to an ice cream parlor. As I sat with this kindly old man, I felt connected to his eyes, and comfortable in his presence. From my 10-year old perspective, I couldn't understand what was wrong with him. He seemed wonderful to me. However, I never saw him again, for he died of pneumonia in his "cell."

No one knew he was ill.

Although my grandfather had been diagnosed with schizophrenia, I now know (given his symptoms) that he was manic-depressive, a diagnosis that was not defined until after his death. My grandfather's diagnosis was a source of shame for both my mother and father. It terrified my mother as she was afraid her children might "catch" the illness.

Interestingly, shame, and the labels connected with it, is easily passed down from generation to generation much more so than a mental illness. In my case, my genetic history profoundly impacted my siblings and me, not because of the mental illness itself, but because of the shame around it. Any display of unwanted emotion was greeted with the label of being "crazy" and the ultimate threat of being sent to Toledo. I thank my astrological stars that my creative abilities, loving maternal grandparents, good friends (and a chunk of therapy) saved me from taking on that label.

For all of us, shame and any subsequent labeling have a profound effect on the way we see ourselves, and the

choices we make. Ultimately shame impacts our entire lives. This article will explore how shame and negative labeling go hand-in-hand, and how we can dissolve this detrimental way of thinking and feeling.

Looking at definitions first, shame is the feeling of being defective. When we experience shame, we feel something is wrong with us at the core of our being. However, it is important to differentiate between guilt and shame for many people confuse the two. Guilt is the result of regretting a certain behavior or action. The good news about guilt is we can remedy something we feel guilty about. We can correct a behavior, or if it was an accident, we can apologize. Feeling guilty can be a good thing if we use the experience to change, and if it teaches us how to do things better the next time. Embedded in guilt is the potential to grow. Alexander Pope is so right when he says, "A man should never be ashamed to own he has been wrong, which is but saying that he is wiser today than he was yesterday."

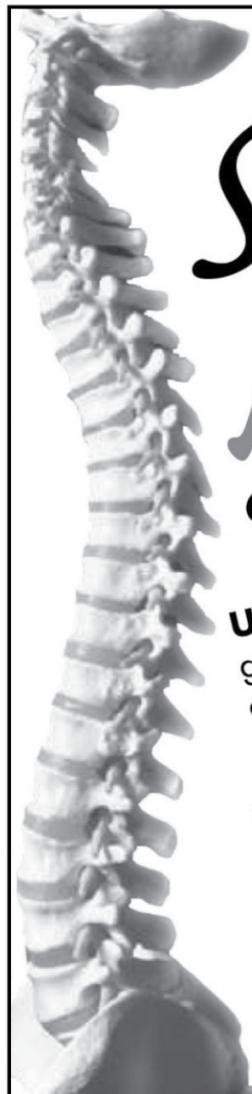
Conversely, shame comes from feeling somehow flawed and/or defective.

Being flawed carries with it a sense of hopelessness. Shame never helps us grow. In fact, it stifles growth. With shame it is not just the action or attribute that is bad; it encompasses whole person. When we are infused with shame, it becomes ingrained and so habitual that we aren't even aware of its existence.

Shame is often called *toxic* because it impacts everything we think and do. It affects every decision and/or choice we make, ultimately penetrating our entire life. When shame rules our emotions and our sense of Self, we choose safe roads. We travel below other people's radar screens, and we take the easy road for fear someone will discover our shame. As we mature and move into the bigger world, shame can intensify, particularly as we face the multiple challenges of life. Shame then moves beyond inhibiting. It becomes destructive.

So, where do we get shame from? Usually it is passed down in the family. As in my personal history, if the parents feel shame, they will often shame their child. Then the child carries it forth into their adult world. As I described ear-

continued on page 42



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Dissolving Shame

...continued from page 41

lier, in my childhood the shaming was obvious and overt, yet it can be more subtle and insidious. A client told me this story. When she was three years old she was dancing in the living room. Her mother, who was in the kitchen cooking, broke a glass. She then yelled at the little girl, "See what you made me do. If you had been quiet I would not have broken the glass." The girl felt as though dancing and expressing herself made her a bad person because she was responsible for breaking the glass. The girl's internal message was, shame on me, I "should" have known better. (The word "should" is often a signal that the message is shaming.)

Because children are totally dependent on their parents' opinions and judgments, they naturally absorb any shaming message. This, of course, lowers a child's self-esteem. Messages that produce shame are numerous even if shame is just implied. For example: "Why can't you be like your sister?" "You should lose weight." "How could you disappoint me by getting such bad grades?" "You always look so sloppy." "You should be able to be good at *some* sport." The previous statements are "you-statements" and are destructively internalized by the child.

There are times in our young lives when we are most vulnerable, for example in early childhood or during times of emotional/physical crisis. Also, many of us can remember moments of shame when we were awkward adolescents. Kids can be brutally shaming of one another, calling each other names and making some feel ostracized. (An extreme example was recently in the news with the case of 15-year-old Phoebe Prince, who hung herself after months of abuse, taunting and threats from her classmates.) As Elizabeth Barrett Browning said, "Girls blush, sometimes, because they are alive, half wishing they were dead to save the shame. The sudden blush devours them, neck and brow...."

When we have been shamed as a child, we unconsciously carry these destructive messages into adulthood. We take on our parent's voice and become our own inner shaming parent. We internalize the shaming messages, and now have thoughts about ourselves like: "I *should* have known better" "I better not say what I feel because I won't be liked." "Why didn't I think before I acted?" "That was a stupid thing to do." On and on. If we watch our internal dialogue, we would be amazed as how much we unconsciously use negative "I-statements" to shame ourselves.

When we experience shame, we automatically transform this emotional message into a negative label, i.e., I feel (the emotion of) shame because I am (the label of) crazy, stupid, unattractive, lazy, old, etc. When this pattern is embedded within us, we can easily turn anything deemed undesirable

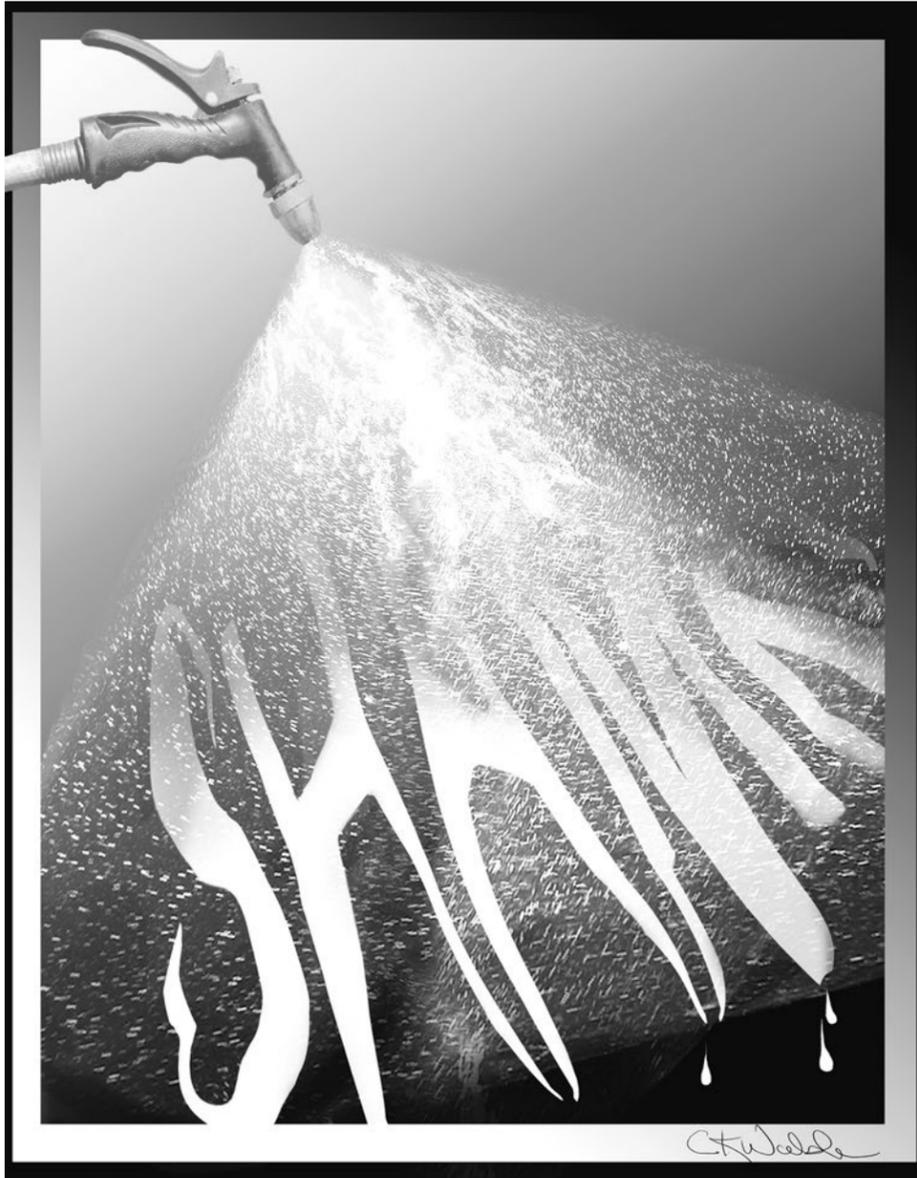
into a negative, shaming label. For example, if we are depressed, addicted to a substance, or ill (such as having multiple sclerosis or cancer), there is a tendency to turn that fact into an all-encompassing and self-shaming label. This self-identification is then thought of as a huge part of the Self. We *are* handicapped. We *are* the illness. We *are* the addiction. We *are* the diabetes. We *are* the anxiety. We label this "defect" as our primary attribute. We feel it from the inside and assume others see it from the outside.

The goal is to learn how to recognize when we are shaming and/or labeling ourselves, and then transform both the emotion and the message into a positive one. As my husband Tom Walsh, LCSW-C, sees it, "The task is to emotionally dissolve shame's form," transforming it into a new internal structure.

So, how do we watch for shame? We can begin this process by watching for its symptoms. Shame and all of its attached emotions appear in many mental, physical and emotional symptoms. Although many of these symptoms can be caused by other issues, such as depression or a physical illness, shame always needs to be considered. Mental clues indicating shame include being unable to concentrate or focus, being overwhelmed with multiple (often conflicting) thoughts and feelings, being forgetful, or having paranoid thoughts. With shame, our vocabulary becomes infused with words such as "what if," "should," and "shouldn't," ultimately creating a negative attitude. Shame mentally paralyzes us. It is like holding two ice cream cones of different flavors and being stuck with the inability to make a decision about which one to eat, for fear that any decision will be wrong. "What if I don't like the vanilla?" "What if I don't like the chocolate?" or "If I eat one and wish I had the other then I will be disappointed." In the process both ice cream cones melt and the potential of enjoying either is never realized.

I remember a client who came into therapy looking as though she were on drugs, although this was not the case. Her shame and fear had reached such intensity that she was unable to concentrate, focus or to connect with others. Although this fear had an emotional component, the clue of its presence was in her thought processes. She was mentally paralyzed, and thus not able to achieve what she desired—a relationship, and a good job. Gradually she realized her intense fear came from being emotionally abused as a child. She realized her fear was not related to her present reality, but connected to old voices she had internalized, which she needed to confront and then modify.

Our bodies are wonderful barometers also indicating the presence of shame. These symptoms can consist of muscle or back pain (because with shame we hold ourselves in a stiff manner, straining our bodies), sleep issues (either the



desire to sleep too much to escape, or not being able to sleep), and addictive behaviors (i.e., a craving for drugs, alcohol, sugar, to stuff the shameful feelings). When we experience shame our bodies set off alarms, notifying us that we need to pay attention and ask ourselves what is happening.

Emotional clues alerting us to the presence of shame consist of an increased amount of negativity. As I have discussed in previous articles, self-doubt, fear and longing almost always follow feelings of shame. Beyond these, we experience anger that seems out of proportion. Since anger is often a cover for shame, and is infused with a great amount of energy and intensity, it is a clue that tends to surface first. Some find it easier to show anger than being vulnerable by admitting more subtle feelings, such as fear, doubt or loneliness. Anger is often projected onto others when we are really angry at ourselves. For example, if I am angry at my inability to accomplish a task, I will more easily experience anger at others for "being lazy." If I have an angry outburst it could be because I am feeling hurt or scared, and anger just feels safer to express. As Benjamin Franklin said in *Poor Richard's Almanac*, "Take it from Richard, poor and lame, what's begun in anger ends in shame." Shame and anger create a never-ending spiral.

Other emotions coming from shame can be sadness, hopelessness, depression, anxiety, obsessing (about a per-

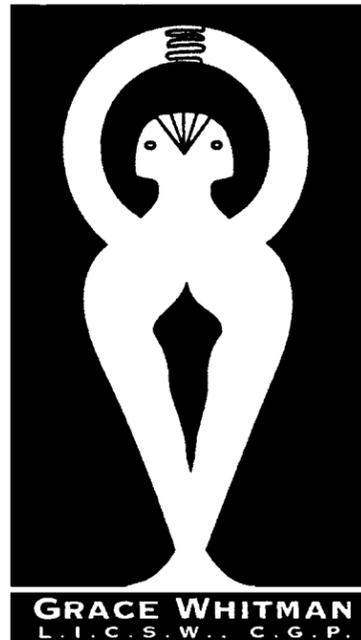
son or situation), jealousy, and self-pity. Judgmental thinking also begins to take over. We compare ourselves to others and often end up feeling "less-than." When any of these emotional clues are present we tend to isolate, both from our inner selves and from others.

The presence of shame also tends to cause disassociation or psychic numbing. We "go away" from the present moment in order to escape the painful feelings. Disassociation is not inherently bad, as it's great to be able to dissociate when we are sitting in the dentist's chair. On the other hand when we are newly in love, or involved in a creative/spiritual pursuit, it certainly helps to be emotionally present. To live life to its fullest, we need to be present in the moment. However if we are shame-based, it is hard to stay present because we fear being found defective.

We try to compensate for feeling defective by racing around, being intense or trying to control. It's soothing to imagine we can control an outcome, for it helps us feel powerful, important and safe. Control is *always* a fantasy, but fantasy is seductive. When we engage in control, we are compensating for our inner shame or other insecurities by feeling superior in order to boost our floundering ego.

The need to accommodate is the "flip side of the same coin," and can

continued on page 44



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Dissolving Shame

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also come from feelings of shame. When we have low self-esteem, when we feel "less-than," we give up on what we want/need/feel, in order to please the other, and hopefully receive an emotional reward by being accepted or receiving affection, or the promise of never being abandoned. When we accommodate we are quick to go along with someone else's opinions, needs and desires, stuffing our own so we will not displease and/or create conflict. Chameleon-like individuals change their colors depending on what they think the other person expects of them. This is the classic description of the "codependent." (Of course, codependent, controller, dominator, etc., can all become negative labels having shame-based connotations. As Melody Beattie says in her new book, *The New Codependence*, "There's more stigma attached to identifying as a codependent than to saying we're an addict. We don't need to be embarrassed or ashamed of any problem we have.")

As we can see, shame is very inhibiting and destructive. In addition when we have the tendency to feel shame, it is easy to experience shame about things over which we have no control. For ex-

ample, if something is truly wrong with us, such as being emotionally or physically ill, we will have the tendency to shame ourselves for it. We internalize shame by labeling ourselves. The thinking goes something like this: "I feel shame because I am anxious; therefore I am an anxious person." We become the anxiety. We see our lives through the lens of anxiety and perceive that others see us through that same lens. The self-induced label becomes a shorthand way of defining who we are, and in turn, magnifies the shame.

In this country we are accustomed to labels and most often use them when we want to pigeon-hole someone into a negative category. We label people ethnically, politically, economically, professionally, and on and on. For example, if I am a Democrat and refer to someone as a Republican and say with emphasis, "He's a Republican!" I am probably not doing so in a positive light. In fact I would be judging, shaming and labeling.

We may be prone to shaming, and in turn labeling ourselves because of our childhoods, but we will be even more apt to engage in this behavior because our culture supports and encourages

labeling behavior. In my business I see many depressed or anxious people. We can medically treat depression and anxiety, but we cannot medically treat the shame and the subsequent labels. This requires psychological transformation. (As an aside, people often refuse to take appropriate medication for these illnesses because they feel so much shame when they need to.)

I remember Jerry who came into therapy feeling very depressed and anxious, and had labeled himself as a "failure" in his work and marriage. He had suffered from these emotional illnesses for a long time and had internalized the message that he was a depressed person, and because of this he saw himself as an unlikable failure. He couldn't imagine getting better. Despite the use of medication, which alleviated many of the physical symptoms (i.e., he slept and ate better, and could more easily connect to others), he still maintained he was a failure and was sure others saw him as such. He embodied "failure" as his identity, and in his eyes he would never be good enough. Interestingly, labeling himself a "failure" gave him an excuse not to try, or take responsibility for anything he attempted. He felt, and thus became, powerless.

Looking at the big picture, Jerry's shame had turned into depression (which it often does), and then into the negative label of "failure." As a therapist I dislike labels (which is why I even

detest diagnosing individuals as required by insurance companies). Labels tend to stick—both internally and externally. According to Wikipedia, "It has been argued that *labeling* is necessary for communication. However, the use of the term *labeling* is often intended to highlight the fact that the *label* is a description applied from the outside, rather than something intrinsic to the labeled thing." Labeling is convenient, and can be an apt, short-hand description of an issue. However (to state the obvious) there is so much more to any individual than a label. For example, someone can be labeled as depressed, but depression carries with it many differing symptoms, causes, histories, and circumstances. So when someone latches onto a label as self-descriptive and all-encompassing, it is emotionally damaging, and not the least bit helpful.

A label—no matter if positive or negative—is only one piece of our personal pie. For example, if you are anxious or have an addiction, that is only one segment of your many attributes. An ill person might also be an excellent wife, mother, professional, sister, gardener, and a compassionate volunteer. Yet, when shame-filled people are asked to describe who they are, the fact that they are an "addict," or have a disease tends to come up first in their self-descriptive

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What Is My Purpose?

BY ROSE ROSETREE

There are so many reasons to seek a purpose in life, especially if you are a Spiritual Seeker, which is exactly what I'm going to call you today, *Spiritual Seeker*. Energetic literacy can bring a fresh perspective to your quest. Let's take the search for purpose one question at a time.

What does life purpose mean?

It's a thrilling concept, really. Supposedly there is one big and beautiful spiritual purpose for your life. Daily experiences may not always be perfect, yet you're less likely to sweat the small stuff once you know about your big, glorious purpose. Once you find that, your life has meaning, and then you can trust your path in life.

Finding that purposeful life is so appealing. Spiritual Seeker that you are, I suspect you're not content to have your life just be about the size of your paycheck or your number of friends on Facebook. It's so important to connect up with something bigger than yourself. Really, could you go even one day without having your life be meaning-



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ful? I don't think I could.

Look around and you will find so many different ways that people pursue the quest for purpose. In many 12-Step programs, for instance, the purpose is recovery. Appealing to one's

Higher Power is an essential part of the process. Whatever your path, have you ever noticed how closely those two concepts are linked? Finding your purpose is almost always linked to faith in a Higher Power.

For example, here is what Billy Graham has written in "Answers" at his popular website: "God knows all about you, and He has a plan for you. That's why you can pray and seek God's will when you face decisions." The famous minister recommends that you commit your life to Jesus Christ, and then keep checking back for daily guidance.

If you follow Billy Graham's path of Evangelical Christianity, purpose leads to reading the Bible a great deal and seeking Christian guidance about how to lead your life. That's not terribly different from what you will find at healyourlife.com, a website that promotes Hay House authors. One author, Doreen Virtue, begins one post there by telling her readers the question she is most commonly asked is, "What is my life purpose?" Doreen goes on to explain, "Archangel Michael knows what your, and everyone else's, life purpose involves." Then the famous New Age writer describes how to use her new *Life Purpose Oracle Cards* every day to consult with Archangel Michael and find your life purpose.

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What Is My Purpose ?

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Similar sources abound. Choose any religion or belief system and you will find authorities galore. They direct you to seek purpose and guidance constantly. Doesn't the huge popularity of these authorities attest to a universal appeal? What a relief to finally, finally find your purpose for sure. No Spiritual Seeker is content to waste this life.

I'm going to share yet another different approach to not wasting your life. The emphasis will be on you, rather than on belief in one grand purpose. Not that I would dream of depriving you of this belief if it matters to you. Isn't it possible to believe in more than one kind of inspiration? Well, you can include belief in your personal wisdom, a.k.a. self-authority.

Why wouldn't that be compatible with caring about your path and your purpose? Wouldn't it be great to have all three: Purpose + path + using your own personal self-authority? By using the tremendous resource of your personal wisdom, you can evolve most rapidly on your personal path to Enlightenment, or otherwise fulfill whatever is meaningful to you.

Why aren't we born knowing our life purpose?

The answer will be clear if you have

seen any babies lately. Know their purpose? Are you kidding? Those babies don't even know they have feet. Finding those toes is an especially gleeful discovery.

No disrespect intended—we're just born knowing precious little. So much of life involves learning. As adults, the learning continues; unlike those kids in elementary schools, we set our own curriculum. For instance, What will matter to you today, Spiritual Seeker? How will you make sense out of your life?

If you are interested in living fully, of course you will have a belief system that furnishes big answers. Yet you don't have to become so dependent upon that belief system that you are constantly interpreting life. Maybe you know folks like Gladys. She is so devoted to her belief system that she barely pays attention to what you say. Or what anybody says, or does—unless it's Billy Graham-style talk (or whatever). Gladys is so busily engaged in seeking confirmation of her belief system that is all she really notices. Gladys finds purpose alright. But to those who live outside her particular belief system, Gladys may not have much of a life.

I wonder, how important is purpose,

really? One clue might be what shows up with aura reading—energetic literacy done in depth and detail. Ha, just what this column is supposed to be about!

Where does your life purpose show in your aura?

Nowhere.

Does that shock you? Might that be significant, how out of all the info in your aura there isn't one single thing about having a big life purpose? Of course, your physical body doesn't have that either. Have you ever inspected your body closely and found a manufacturer's label with "Your Life Purpose" inscribed in tiny letters? Heck, we don't even come with laundry instructions.

About this "nowhere" idea...maybe you have thought of an exception. You might get a psychic reading from someone who begins with an aura reading and then goes forth to share information from a spirit guide about your future, or the Akashic Record, etc. However, that part is not energetic literacy. It is a psychic reading.

Regular everyday aura reading is a skill separate from those skills involved in psychic readings, channeling, or mediumship. Everyday Energetic Literacy provides huge amounts of information—info about you right now, not in the future. And when you learn how to read the auras of people

in pictures—regular photographs—same deal. You're learning about that person at the time of the photograph. Sweet and simple!

If your life purpose doesn't show in your aura, what does? As a regular reader of this Energetic Literacy column, you know that your personal energy field is loaded with information especially concentrated in *chakras*, areas in front of certain body parts, like the Heart Chakra in front of your breastbone. Even more information is available in *chakra databanks*, tubes of light within one chakra or another. Called "The Nadis" in ancient literature, chakra databanks are abundant in your aura. Every major chakra contains 50 chakra databanks. In addition, your sub-chakras have loads of chakra databanks.

Each one of your chakra databanks is about something important for your life, such as:

- The Heart Chakra Databank for **Emotional Self-Awareness**
- The Heart Chakra Databank for **Emotional Growth**
- The Heart Chakra Databank for **Emotional Giving**
- The Heart Chakra Databank for **Emotional Receiving**

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ENERGETIC LITERACY



size and quality, a *how you are doing right now with that aspect of life*, which is at the astral level, corresponding to your subconscious mind; and there is also a *Divine-level gift of your soul*, corresponding to your Higher Self. Each gift you have doesn't change in this lifetime. It is perfect, and totally individual.

Gifts of your soul are important human details, just like the saying, "God is in the details." Who are you, deep down? This is your precious individuality,

the huge potential you are learning how to express through all the ups and downs of everyday life. Hundreds of gifts of your soul—surely that is more complex than one great big purpose. Spiritual Seeker, those gifts are rich with meaning, and using all that potential can lead to a glorious life.

Just as the Tooth Fairy didn't leave you out, neither have you missed out on having a full set of chakra databanks, complete with magnificent gifts. Your aura keeps evolving for as long as

you live here at Earth School. Chakra databanks can inspire you by revealing who you have come here to be.

Inspiring auras and life purpose – what can be discovered?

Every minute of your life, your aura reveals how you're doing spiritually. For instance, when you are fully using your gifts of the soul, it shows. Spiritual Seeker, might that also include when you have made huge progress, through gaining wisdom or serving others or overcoming obstacles? Definitely, that shows.

When a person is stuck, for now, that also shows. No shame there. In so many different human ways, a person can be internally stuck for a while, like suffering in a relationship or finding it hard to make money. At such times, Energetic Literacy will clearly show causes in the form of *STUFF*, stored emotional and energetic debris at the astral level. (A level that corresponds to your subconscious mind, remember?)

In Rosetree Energy Spirituality, I have identified 15 types of *STUFF* and have co-created techniques for permanent healing of each different type. (You can read more about this at my blog, www.rose-rosetree.com/blog.) The best known of these techniques is 12 Steps to Cut Cords of Attachment®, which results in permanent healing of any cord of attachment. Like my col-

leagues also doing mind-body-spirit work in order to help people at the level of their auras, I have found, Spiritual Seeker, something extremely inspiring related to *STUFF* in people's auras; and this actually this relates directly to the quest for life purpose.

Never in my wildest dreams could I have imagined it, yet this discovery about life purpose has come up year after year, for decades. Until it got to the point where I couldn't ignore it. Now, upon reflection, it makes a lot of sense to me. You'll have to decide for yourself what you think about the following.

Let's use the example of my new client Joe. During our first session together, Joe is nearly frantic to find his purpose. He says, "Please, please, tell me if I'm on the right path or not."

Early into the session, as usual, I do an in-depth reading of his aura. Uh-oh. Joe's aura is grimed up with loads and loads of *STUFF*. During that session, I help Joe to move forward with a human-type intention he chooses with his self-authority, like "Trust women more." So far, so good. We move out *STUFF* and add *PUT-IN* to help make the energy healing permanent. So Joe can keep moving forward in everyday life, improving in ways that matter to him.

Fast forward to Joe's fifth session with me. I ask him, "Are you still very
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ON THE COVER

Cynthia draws much of her inspiration for themes and color schemes from the Washington, D.C. region's rich, cultural diversity.

Cynthia Farrell Johnson is a fan of vibrant colors. The people she met and places where she lived during 25 years of globetrotting as a U.S. diplomat have inspired her works in gouache and acrylic. Service in West Africa, Central and South America exposed her to a wide variety of artistic traditions and forms of expression. Her role models are Romare Bearden, Jacob Lawrence, Faith Ringgold and Vincent Van Gogh. Johnson currently makes her home in Silver Spring, Maryland, and draws much of her inspiration for themes and color schemes from the Washington, D.C. region's rich, cultural diversity.

Johnson is a member of the Rockville Art League, Strathmore, Black Artists of DC, Artomatic, and the Washington chapter of Women's Caucus for Art, as well as being included in the Maryland State Artists Registry. Her work is also included in the DC Arts & Humanities Art Bank. Since May 2012, Johnson has served on the Advisory Board of the School of Fine & Performing Arts, State University of New York-College at New Paltz.



In July 2013, Johnson was awarded an Arts and Humanities Council of Montgomery County Individual Artist/Scholar Grant. Johnson was Artist-in-Residence at Wesley Theological

Seminary's Luce Center for the Arts & Religion in 2011. Two years prior to that, she was Artist-in-Residence at Iona Senior Services. Her cards and prints are available at Art Spring, the retail store for The Pyramid Atlantic Art Center, GALA Artisans in Kensington, Maryland, Zawardi art and gifts and Looped Yarn Works in Washington, DC, and the Sandy Spring Museum Gift Shop. Until it closed in 2013, Johnson was one of the artists represented by Parish Gallery of Georgetown.

Johnson's paintings have been exhibited overseas in cultural centers and galleries in Africa and in Latin America. As a participant in the Department of State's Art in Embassies Program, Ms. Johnson has placed her work in U.S. ambassadorial residence in Niger, Nicaragua, Serbia, Ecuador, and Panama.

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BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR

Finding books that are so well written, you cannot put them down is always satisfying. The authors of the following three books are wonderful storytellers of real-life events. Readers may differ as to the moral messages and outcomes in the first two books, which inform us about what life was like and what we as a society were like at those times in our history. The events and concerns documented in the third book are taking place today, and the questions they raise about our current moral fiber as a so-called modern or advanced civil society are particularly disturbing.

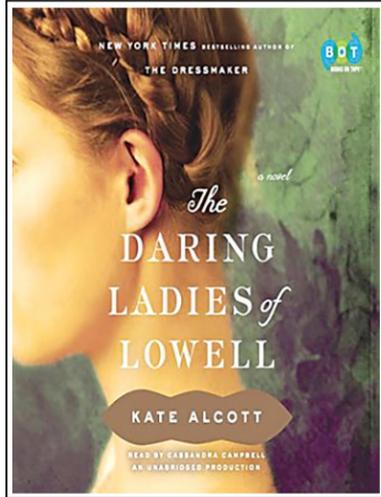
The DARING LADIES of LOWELL

By Kate Alcott
Doubleday; New York
2014; 289 pages (HB); \$25.95
ISBN: 978-0-385-53649-3

Francis Cabot Lowell's prodigious memory had made it possible for him to bring the British secrets of machine-made fabric back to the United States [in the early 1800s]. Capitalists had bought land and water rights in 1821, and the first textile mill was built in 1823.

~ Kate Alcott, *The DARING LADIES of LOWELL*

In this era of industrialization in the United States, wealthy capital-



ists ruled. Accurate descriptions of working conditions in this 1832 Massachusetts cotton mill include no open windows so the indoor air and the cotton remain moist. Anyone who opened a window "ran the risk of being fired." These vulnerable workers were mostly young farm girls fleeing poverty, abusive conditions in their homes, or both. Ultimately, girls would die from breathing in the lint and the "wispy particles of cotton and dust" that would become lodged in their lungs over time. First to appear is a telltale cough, followed by a coughed-up cotton ball, and finally a cotton ball coughed up with blood.

Any indication of illness or of a "health alarm could deprive the girls of their jobs." Even the company doctors compromised their professional oath and training to keep their jobs.

Other mill hazards the girls encountered were the "roaring power of the machines" that "left their ears ringing for 13 hours a day," the usual workday, and the "shrieking noise" that they lived with morning through evening. Conditions such as low-hanging oil lamps and machines with no safety features also maimed or killed workers, at the same time that the economic inequities between the mill workers and the owners were stark.

It is also important to note how common it was for these girls to be highly literate and gifted in crafts and technical abilities. The main gathering room in their living quarters had a piano, and a lending library regularly stopped by with selections of popular poetry and prose classics. The girls also printed a literary publication filled with their original stories, essays, and poetry; and the girls expressed satisfaction that they did not have to hide their gender in order to be published. The narrative also revolves around a murder, and the trial reveals deeper religious and class tensions prevalent in that era.

This book is a strong reminder of why unions matter and the differences they have made in the lives of so many generations of American workers. It

is unfortunate that many workers today, especially in the "right-to-work" states, do not study labor history in school and mistakenly believe that health and safety regulations diminish job opportunities; and that it is somehow acceptable for workers to have to choose between a livelihood (however inadequate) and their overall well-being even as corporate profits balloon and the corporate tax base disappears. Unionized workers point out how right-to-work laws really mean a race to the bottom for lower wages, longer hours, few or no benefits, and compromised health and safety protections from preventable harms that this book so clearly and accurately documents.

The Spymistress

By Jennifer Chiaverini
Dutton/Penguin Group; New York
2013; 355 pages (HB); \$26.95
ISBN: 978-0-525-95362-3

It is April 1861 in Richmond, Virginia. Newspapers are filled with talk and with what some residents characterize as propaganda urging secession from and war with the North, as the only way to preserve the institution of slavery. The book is filled with vivid descriptions of attitudes and political machinations leading up to the forma-

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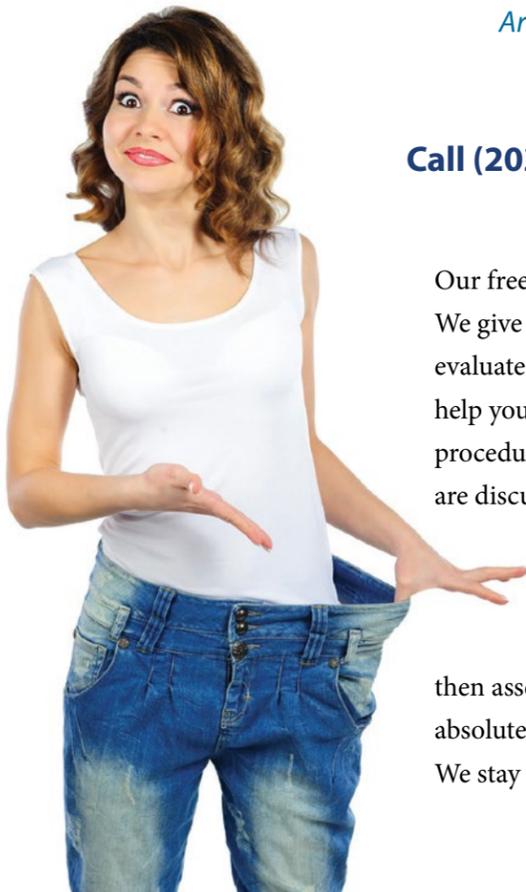
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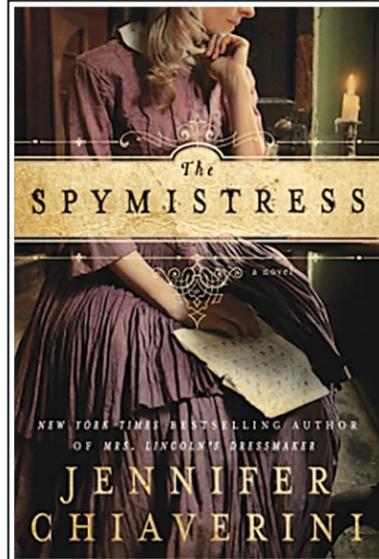
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BOOK REVIEWS



The Spymistress
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tion of the Confederacy. Readers learn what life was like mainly among the urban upper class at the time, as well as among their slaves—family structure and relations, family businesses, social life, food, attire, transportation, architecture, and even streetscapes.

This gripping tale follows battles, losses, hardships, and the disgusting conditions in prisons on both sides that eluded so many who had advocated for secession and war. Some of the hardships lingered after the war, along with patronage politics that enabled

this former spy to survive and to make important nationwide administrative contributions. Many (if not most) readers will find elements of justice in these post-war opportunities and outcomes.

The author includes details of her research and useful references. (Three of my favorite books in her Elm Creek series are *The Wedding Quilt*, *The Quilter's Homecoming*, and *The Runaway Quilt*.)

CHASING GIDEON: The Elusive Quest for Poor People's Justice

By Karen Houppert
The New Press; New York
2013; 275 pages (HB); \$26.95
ISBN: 978-1-59558-869-2

At the time, I thought what you read in a police report was true. I don't think that now.

~ Statements from a public defender interviewed in *Chasing Gideon*

If we as a nation do not ensure and fund justice for the poor, can a system favoring those who can pay and those who can pay even more to defend themselves if necessary possibly be just? In an era of the disappearing middle class, where those who are politically connected (the bankers from the large banks and related financial institutions) swindled and economically devastated middle class and lower middle class homeowners and

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BOOK REVIEWS

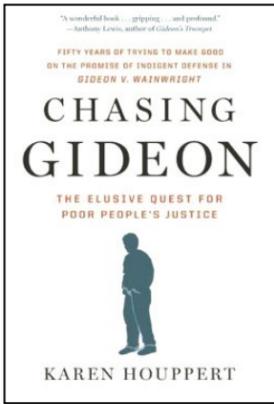
communities with impunity (no one went to jail)—who will be too poor tomorrow to defend themselves if they are accused of a crime? And if police and well-funded district attorneys are permitted to frame and incarcerate individuals because they are poor and public defenders are too underfunded to be effective, while the perpetrator of the crime remains free, how safe are we?

Fifty-one years ago in 1963, the U.S. Supreme Court decision in *Gideon v. Wainwright* determined that poor people accused of a crime have a constitutional right to free legal representation. While some states do better than others in funding and providing public defenders for the poor, the evidence in this book reveals a national crisis that should also be construed as a national disgrace. Public defender offices are so underfunded; attorneys with caseloads numbering in the hundreds cannot possibly provide adequate representation. And it is difficult to understand how blatantly unequal representation resulting from significant disparities in funds and resources for district attorneys compared with budgets for public defenders can possibly be constitutional. So why are these disparities permitted to continue?

The author lists some of the misguided policies that have bloated courts and jails, and probes how these destructive and almost mindless poli-

cies not only became possible but have also endured. What were we thinking? How were so many Americans so misled, and why don't we care? How could it possibly be a good idea to incarcerate nonviolent offenders, juveniles in particular, for offenses that are themselves finally open to questions of judgment and fairness? Why wouldn't we use those billions of tax dollars now spent on jails to expand rather than eliminate training, education, decent jobs, and appropriate social services? Substances classified as dangerous were once legal in this country, and criminalizing their use should never have happened and needs to end.

For example, an important distinction between legalizing marijuana for all uses versus decriminalizing a certain amount is reducing (if not ending) mass incarceration for nonviolent offenses by removing marijuana from the list of those offenses through legalization. Decriminalization does not eliminate Fourth Amendment stop and frisk or probable cause violations by police



that lead to unjust arrests and incarceration. (See the documentary "The House I Live In" for a thorough examination of the history of these drug enforcement policies and the documentary "Hot Coffee" for additional evidence of how broken our system of justice really is.)

CHASING GIDEON provides case studies that document "a dysfunctional indigent defense system in which innocent people are routinely jailed and denied basic access to an attorney"; where "disparate funding levels for prosecutors and public defenders can tip the balance between life and death."

ADDITIONAL RESOURCES

The New Press "publishes books that promote and enrich public discussion and understanding of the issues vital to our democracy and to a more equitable world" (www.thenewpress.com). To become more involved in efforts to reform indigent defense, visit www.chasinggideon.org.

For evidence documented by the American Civil Liberties Union (ACLU) of Maryland that "the drug war is inherently racist," see *The Maryland War on Marijuana in Black and White* (October 2013; aclu-md.org/marijuana_reform). The ACLU has also published a national report on racial disparities in marijuana arrests, *The War on Marijuana in Black and White*.

From the Brennan Center for Justice at the New York University School of Law (brennancenter@nyu.edu): *Reforming Funding To Reduce Mass Incarceration* (2013). The Center also references a Center on Budget and Policy Priorities report looking at state criminal justice reforms and investments in education. This report adds to the growing consensus that "state policies, not crime levels" have been the biggest driver of rising incarceration rates. Crime rates have risen and fallen independently of incarceration rates. Arrests per crime have remained stable, but the number of offenders sent to prison and the prison sentences for all crimes have increased significantly.

See also the Project on Government Oversight (www.pogo.org): *For a Better World* (Issue 6 Spring 2013, "Why Industrial Hemp?") (updated from the 2003 "Vote Hemp Report") and Issue 8 Spring 2014, www.fairworldproject.org; www.votehemp.com; and www.hemphistoryweek.com.

Alyce Ortuzar is a medical and social science researcher, writer and editor; she runs the Well Mind Association of Greater Washington, a holistic medicine informational clearinghouse that focuses on environmental and nutritional influences on our mental and physical well being. She can be reached at 301-774-6617.

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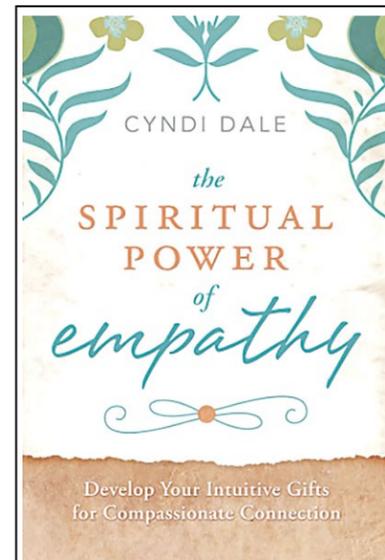
*(Source: PRD Nationwide. Figures show the average amount added to asking prices for houses that have these features compared to the median house price.)

METAPHYSICAL BOOK REVIEWS

REVIEW BY NICOLE ORTEGA

The Spiritual Power of Empathy: Develop Your Intuitive Gifts for Compassionate Connection

By Cyndi Dale
Llewellyn Publications
2014: 264 pp. (PB)
ISBN-13: 978-0738737997
Author's Website: cyndidale.com



We're all intuitive. That fact is no longer privy to the chosen few. These days anyone can walk into a bookstore and pluck a number of books off of the metaphysical shelf if they want to learn how to strengthen this essential skill.

As we become more conscious and awakened however, we've gone from not being able to find enough information on the subject, to having a *plethora* of intuitive development teachers. The conversation has morphed away from "how do I find out more?" into "who do I want to teach me?" Enter the paradox of choice. There are now as many different viewpoints on how to develop your intuition as there are shades of Crayola crayons.

I can ease that pain and tell you with no small amount of enthusiasm that Cyndi Dale should be on your go-to list of practical spiritual teachers. She

brings a down-to-earth, easy-to-understand approach to our growing concept of empathy. Through her teachings, we are shown how absolutely crucial it is for us to master what is arguably the most important skill we have to employ in our personal and professional lives: empathy.

The Spiritual Power of Empathy opens with a foundational explanation of what empathy actually is. Ask any random person what they think empathy is and they'll probably tell you it has something to do with relating to how another person feels—a way of put-

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- Volunteer for Wellness Resiliency and Reintegration Retreats hosted by TABA.
- Connect with other mind-body providers working with veterans to establish best practices for working with combat stress, TBI, PTS and chronic pain.
- Be informed of trainings sponsored by TABA to understand military culture and the signature wounds facing our combat veterans.

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Go to www.thereandbackagain.org and click on *Join TABA mind-body provider network*.

There & Back Again is a private, non-profit wellness program utilizing yoga, meditation, and alternative therapies to help combat veterans "navigate life after war." Our whole-body approach to wellness provides veterans with the necessary tools to manage symptoms of PTS so that they can fully participate in their lives when they return home. Your donation will enable There & Back Again to provide free reintegration wellness services, access complementary therapies, and save the lives of combat veterans. For more information about There & Back Again, go to www.thereandbackagain.org, call 800-311-0187, or email info@thereandbackagain.org.



There & Back Again
Navigating Life After War

METAPHYSICAL BOOK REVIEWS

ting yourself in someone else's shoes. But to hear Cyndi Dale's thoughts on the matter, that definition would only be a partial truth—a teensy tiny little snapshot in fact. Dale writes: "Too often [empathy] is seen as one capacity rather than a collection of gifts... Empathy is a multidimensional set of spiritual gifts operating powerfully at the level of the subtle body."

The multidimensional aspect she's referring to is the difference between perceiving empathy only as what is referred to as clair empathy, or "clear feeling," and understanding empathy as inclusive of an entire gamut of bodily empathic styles or psychic abilities. These six empathic styles include the traditional "clairs" of clairsentience, clairgustance, clairscent, clairtangency, and claircognizance; that is, these are the ways we receive psychic information—the subtle body counterparts to our five physical senses. Clairvoyance and clairaudience on the other hand are not considered to be bodily empathic senses, but in their own stand-alone categories.

Dale, however, goes further than just the clairs. She redefines the framework of how we empathically process spiritual information within our bodies. Just as you are able to think a thought, or act out an emotion, you also process the symbolic language of intuition in more than one way. There are six ways in fact. Dale describes these as: emotional (feelings) mental, natural (beings and forces in nature), spiritual (the higher universe), physical (the physical body), and shamanic empathy (all of the above combined). She mixes in several personal anecdotes and real-life examples to describe these six empathic styles; and narrates stories of natural empaths who have special relationships to animals, and spiritual empaths who can sense how genuine and honest a person is.

These extra insights really help to ground in the definitions. I found it similar to the idea of how we relate to one another within The Five Love Languages, but in an esoteric manner. Really, that's all these different empathic styles are: ways of making spiritual information more physical and relatable. Love languages indeed.

Ironically enough, that's the reason for it all: love and connection. It always comes back to love in the end, doesn't it? Dale says, "Empathy is the great connector. It is the bridge that brings us close again—closer to ourselves, to others, and to the Divine in all its formed and formless glory." Our ability to love and connect is based on more than just survival; it's innate and essential to everything that we do in our personal and professional lives.

From the time we're born until the time we die, we need connection to thrive emotionally, physically, spiritually, and intellectually. Without connection, the outlook becomes very bleak, very fast. Loneliness, depression, and anxiety would be the least of our worries, as disconnection can lead to dysfunction of the psyche as severe as psychosis.

No worries there though. Dale's got you covered. She doesn't leave you

hanging with just a bunch of theories and fluffy thoughts to keep you warm. Part II of the book outlines the practical knowledge you need in order to work with your particular empathic styles to transform them into meaningful action. She gives detailed instructions on ways to remain connected with the help of her favorite techniques.

One such technique is the "Five Steps to Compassionate Empathy," which forms the map to healing yourself and others with your empathic gifts. Discovering ways to apply the five steps appropriately to relationships, work, parenting, and life will leave you well equipped to put your finely honed empathic skills into action right away.

Finally, for those of you who are eager to deepen your knowledge and widen your perspective on empathy, Dale includes two (very welcome) appendices that comprise nearly one-quarter of the book. The first examines the critical distinction between empathy and sympathy, and the second explores the "impaired empath"—one who is either too empathic to function well or is shut down and cut off from his/her empathic abilities.

In this important book, we are given the knowledge and tools we need to remain connected (or reconnect) in a world that's consistently threatened by narcissism and an empathy deficit. Dale insists, "With the power of empathy, you'll transform the way you live and connect with the world around you." I wholeheartedly agree. *The Spiritual Power of Empathy* deserves a space in every library, personal or public, because even if you're not a healer by nature, you can be a healing force in the world by simply being conscious of your own presence within it.

Nicole Ortega is a professional astrologer, shadow-worker, Tarot reader and intuitive life coach specializing in helping conscious entrepreneurs move forward on their soul paths with less resistance. If you need clear, actionable insight to transform your perceptions, beliefs and stuck patterns, check out her site, nicoleortega.com, for more information.



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

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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
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MOTHER EARTH LIVING

The History of Honey as Medicine ...continued from page 69

spring varieties can provide better allergy protection. Or grab one harvested at the end of the previous season for a full array of pollen protection.

6. How do you re-liquify your honey? Bucket heaters can overheat, so consider the speed at which honey is warmed for bottling.

7. How do you feed your bees? Many beekeepers feed bees high-fructose corn syrup or boiled sugar water. Find sustainable beekeepers who feed bees their own honey.

8. Where are you? Raw, local honey is best for allergies, but all raw honey is beneficial. There's no mileage limit for sellers to claim a "local" product, so make sure bees are collecting from the same plants as where you live.

- The Carolina Bee Company
- Draper's Super Bee Apiaries
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5 Most Recommended Dietary Supplements

FROM *MOTHER EARTH LIVING*,
BY LINDA B. WHITE, M.D.

What supplements should I take? It's not an easy question to answer. While we all want to make sure we are protecting our (and our family's) health by working toward achieving ideal nutrition, we also don't want to spend hundreds of dollars and pop dozens of pills. The fact is that if you regularly eat high-quality whole foods, your gastrointestinal tract functions well, and you're usually healthy, then you probably don't need many dietary supplements.

However, some nutrients are vital or highly beneficial and our diets simply may not be providing enough of them. Even if we strive to live a healthy lifestyle, many of us fall outside the area of "ideal" health and nutrition. Sometimes we lack the time, money or inclination to prepare perfectly wholesome meals every day. With age and illness, intestines may not efficiently absorb nutrients, and acute and chronic diseases increase demands for certain nutrients. To be sure, supplement needs vary by individual, but these five are the most

often-recommended dietary supplements. If you have questions, always check with your doctor.

1. Calcium

Bones, nerves, muscles, hormones and enzymes need calcium. Blood levels are maintained at a fairly even keel and if they drop, calcium is removed from bone. It's crucial that we don't run a long-term deficit.

Dosage: The recommended dietary allowance (RDA) for adults is 1,000 mg a day. The intake increases to 1,200 mg a day for women older than 50 and men older than 70.

Other sources: If we eat well, we should be able to satisfy the requirements from food. Most experts say the best way to get calcium is from cruciferous vegetables (especially dark-green leafy vegetables), dairy products, sardines, peanuts, sesame seeds, sunflower seeds, dried beans, figs and seaweed.

Deficiency: Many people, particularly those older than 70, fall short of recommended calcium intake without supplements. For instance, women 50

to 70 typically get about 780 mg of calcium from food. Long-term deficiency increases risk for osteoporosis.

Pros & cons: For decades, doctors routinely recommended calcium supplements. The side effects seemed relatively minor — mainly constipation and bloating. On the other hand, the risk of a devastating, osteoporosis-related bone fracture declined 12 percent with calcium plus vitamin D supplementation.

Then, in 2010, two reports linked calcium supplementation with a 24 to 31 percent increased risk of heart attacks. Other research has not shown cardiovascular risks.

Always try to obtain your calcium from food, says Douglas C. Bauer, a doctor and professor of medicine, epidemiology and biostatistics at the University of California, San Francisco. For those unable to do so, Bauer recommends one of two types of calcium supplements: calcium carbonate and calcium citrate.

Less-expensive calcium carbonate contains a higher percentage of calcium (40 percent), but it's more likely to cause constipation and bloating. Adequate absorption requires

stomach acid, which declines with age. If you're older than 60 or take an antacid, use calcium citrate. A typical calcium citrate dosage is one 1,000-mg tablet, two to three times a day, or 420 to 630 mg of calcium. Don't exceed 2,500 mg of calcium in food and supplements a day.

2. Magnesium

Like calcium, magnesium is a major mineral in the body that contributes to bone structure. It's also required for many chemical reactions; nerve and muscle function; protein synthesis; energy production; blood pressure and heart rate regulation; and blood sugar control.

Dosage: The RDA varies depending on age and gender. For men 19 to 30, the RDA is 400 mg, thereafter rising to 420 mg. The RDA for women 19 to 30 is 310 mg; 320 mg for those nursing a baby or older than 31; and 360 mg during pregnancy.

Other sources: Particularly good food sources are green leafy vegetables, legumes, whole grains, avocados, seeds and nuts.

continued on page 56

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MOTHER EARTH LIVING

5 Most Recommended Dietary Supplements

...continued from page 55

Deficiency: National health surveys show that nearly half of kids and adults fail to consume adequate amounts of dietary magnesium: Among teens 14 to 18, and adults older than 70, more than two-thirds don't get enough magnesium.

People at higher risk for magnesium deficiency include those with kidney disease, intestinal disorders (for example, celiac disease and Crohn's disease), type 2 diabetes, alcohol dependence, and the elderly. Used long-term, some diuretics and proton pump inhibitors (drugs such as Nexium and Prevacid) can cause magnesium deficiency. Most people — unless extremely malnourished or ill — don't develop signs of severe magnesium deficiency. Early signs include reduced appetite, nausea, vomiting, fatigue and weakness. Suboptimal magnesium intake can, over time, increase risk of high blood pressure, cardiovascular disease, stroke, type 2 diabetes, osteoporosis and migraines.

Pros & cons: When you shop for supplements, you'll see that magnesium is always bound to another chemical. Magnesium bound to aspartate,

citrate, lactate and chloride forms is better absorbed and more bioavailable than magnesium oxide and magnesium sulfate. Magnesium supplements can correct low blood levels of magnesium (a condition detected by a blood test). Studies show that higher intakes of magnesium from food and supplements combined reduced the risk of developing type 2 diabetes. Although results are mixed, some studies show that magnesium supplements improve insulin sensitivity in people who already have type 2 diabetes. Supplements also show promise for people with migraines, premenstrual syndrome (PMS), high cholesterol and coronary artery disease.

Your dosage should depend upon how much you're getting from food, your age, sex, the condition you're trying to treat, and whether or not you're deficient. As always, it's better not to exceed the RDA. While the kidneys do a good job of eliminating excess, high intake from supplements can trigger diarrhea, intestinal cramping and nausea. (Some commercial laxatives are magnesium-based.) The good news is that if you take calcium supplements, magnesium counteracts their constipating effect.

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Approved July 17, 2014

MOTHER EARTH LIVING

3. Vitamin D

Vitamin D promotes calcium absorption from the intestines. Its multiple functions include bone mineralization, cell growth and reduction of inflammation. It's also involved in the function of nerves, muscles and the immune system.

Dosage: RDA is 400 IU for infants younger than a year, 600 IU for children and adults, and 800 IU for people older than 70.

Other sources: In the presence of the sun's UVB rays, our skin manufactures vitamin D. A few facts to keep in mind: Sunscreen can interfere with the process; darker-skinned people require more UVB exposure to generate vitamin D; vitamin D production becomes less efficient as we age; and winter sunlight in much of the northern U.S. is too weak to stimulate the process.

Only a few foods contain much vitamin D: oily fish, eggs (from vitamin D-fed hens), sun-exposed mushrooms, and fortified products including dairy, soy milk, orange juice and cereals.

Deficiency: About 1 billion people worldwide have vitamin D deficiency (blood levels less than 20 ng/mL) or insufficiency (21 to 29 ng/mL), says Michael F. Holick, a doctor, researcher and professor of medicine at Boston University School of Medicine. Vitamin D deficiency causes skeletal deformities in children, and osteomalacia (a painful softening of the bones) and osteoporosis in adults. Deficiency can lead to falls and bone fractures, and has been linked to a higher risk of cardiovascular disease; some cancers; respiratory infections; asthma; and autoimmune disorders such as multiple sclerosis, depression, diabetes, reduced fertility and Alzheimer's-type dementia.

Groups at risk for insufficiency include breast-fed infants; older adults; people who are obese; people with scant exposure to the sun; people with liver or kidney disease; and those with intestinal diseases or surgeries that limit fat absorption. Pregnant women require adequate vitamin D to ensure normal fetal bone development.

Pros & cons: Because we don't get much vitamin D from food (about 200 IU a day), many health authorities recommend supplements, starting in infancy. The Endocrine Society, an international organization dedicated to research and education about hormones, recommends daily supplementation as follows to prevent deficiency:

Infants 0 to 12 months: 400 to 1,000 IU; don't exceed 2,000 IU
Children and adolescents between 1 and 18: 600 to 1,000 IU; don't exceed 4,000 IU
Adults older than 18: 1,500 to 2,000 IU; don't exceed 10,000 IU

If you're in one of the groups at risk

for deficiency, ask your doctor for a blood test for 25-hydroxyvitamin D to better determine your optimal supplement dose. Excessive vitamin D can elevate blood levels of calcium, leading to damage to kidneys, heart and blood vessels. Sun exposure does not lead to vitamin D overdose.

4. Fish Oil

Fatty fish are rich in the omega-3 fatty acids docosapentaenoic acid, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) — critical to fetal development and health throughout life, says Robert C. Block, a doctor at the University of Rochester School of Medicine and Dentistry in Rochester, New York. They become incorporated into many parts of the body (notably cell membranes), and have anti-inflammatory effects.

Dosage: Many health experts recommend consuming fatty fish once or twice a week, or taking supplements. The government doesn't set RDAs for fatty acids, but typical fish oil doses in studies range from 1 to 4 grams a day. Because of the importance of EPA and DHA during fetal and infant development, adequate intake is particularly important for pregnant and nursing women.

Other sources: Fish is the best dietary source for preformed EPA and DHA. However, algal sources are becoming increasingly available.

Deficiency: Fatty acids come in two main varieties: omega-3 and omega-6. Modern diets often contain too little of the former and too much of the latter. Signs of essential fatty acid deficiency include poor growth and development in infants and children, dry scaly rash, increased susceptibility to infection and poor wound healing. Low levels of EPA and DHA are associated with inflammatory conditions, cardiovascular disease, reduced cognitive function and some psychological disorders (attention deficit hyperactivity disorder, depression and bipolar disorder).

Pros & cons: Getting adequate fatty acids is crucial. Eating fatty fish seems to reduce the risk of developing heart disease. (However, recent studies show fish oil supplementation offers no reduction in death, heart attack or stroke in people at risk for cardiovascular disease.) In people who already have heart disease, supplements reduce deaths, but don't seem to protect against so-called "cardiovascular events" (heart attacks and strokes).

Fatty acid intake affects inflammation levels and brain health. Preliminary research suggests fish and fish oil supplements decrease breast cancer risk. The brain depends upon adequate amounts of omega-3 fatty acids, especially DHA. Diets high in these oils protect against age-related cognitive decline and Alzheimer's disease. Preliminary evidence of benefits also exist (as adjuncts to conventional

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MOTHER EARTH LIVING

5 Most Recommended Dietary Supplements

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treatment) of dietary fish and fish oil supplements in attention deficit hyperactivity disorder, asthma and age-related macular degeneration. In terms of side effects, fish oil supplements may cause fishy-tasting burps, heartburn and nausea, but no major health risks.

5. Probiotics

Probiotics are live microorganisms (bacteria and yeast) similar to those already residing in our intestinal tract. Our normal “gut flora” benefit us by outcompeting disease-causing microbes, enhancing immune function, maintaining mucous membrane health, optimizing digestion and manufacturing vitamins.

Dosage: There is no RDA; dosage is based on the number of colony forming units (CFUs) per capsule and range from 1 to 10 billion CFUs daily, divided.

Other sources: Fermented foods (yogurt, kefir, cultured buttermilk, unpasteurized sauerkraut, kimchi, miso, natto, tempeh) naturally contain beneficial microbes.

Deficiency: While it’s impossible to be

“deficient” in probiotics, it’s common to have an ecologic disturbance in gut flora. Scientists link imbalances to diarrhea, asthma, irritable bowel syndrome, type 1 and 2 diabetes, obesity and possibly cardiovascular disease.

Pros & cons: Preliminary research usually focuses on specific strains of bacteria (*Lactobacillus* or *Bifidobacteria*) and yeast (*Saccharomyces boulardii*). Positive studies exist for viral diarrhea in children (specifically rotavirus); diarrhea associated with antibiotics and chemotherapy; diarrhea caused by *Clostridium difficile*; traveler’s diarrhea; eczema; bacterial vaginosis; infantile colic; and inflammatory bowel disease and irritable bowel syndrome. Prophylactic use may reduce the severity and frequency of respiratory infections. Probiotics appear to be safe when taken within dosage guidelines. If you have a colicky baby and want to try probiotics, talk to your pediatrician.

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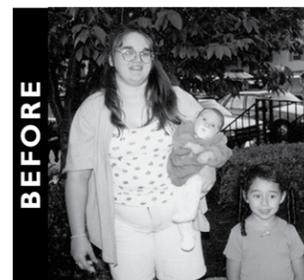
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Dissolving Shame

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thinking (even if they do not articulate this fact). The fact that they have many positive attributes does not enter the picture.



* * *

So, how do we move away from shame and any subsequent labeling into a positive sense of Self? (Note: I use "Self," with a capital "S," to indicate the mature, independent, individuated, autonomous person that we have the potential to become.) First and foremost, we must have curiosity to pursue the path to our authentic Selves. We will need to give ourselves permission to let go of the assumptions we have held about ourselves in order to pursue our personal truth. It is helpful to remind ourselves that our parents were not right about everything. It is okay to redefine and reclaim ourselves in ways that resonate with us. This requires some dedication and self-discipline toward self-discovery and the ability to make life an expression of who we truly are.

Still, some say "why bother?" We bother because having a realistic, positive relationship with the Self makes life richer, more meaningful, healthier and ironically less lonely. Discovering and knowing our Self creates a strong, secure anchor-point. Remember that tall blow-up toy, usually a clown, that had sand in the bottom and when it was knocked down it popped right back up? Self-awareness is like that sand. With it we will not be so easily knocked off center. Without it we feel vulnerable to losing our cores Selves. If you saw the movie, "Invictus" (which I highly recommend), you experienced a perfect example of this. Nelson Mandela never lost his center, his faith in himself, who he was, and his belief in humanity. Self-knowledge gives us roots, a foundation upon which to make choices and build our lives. Once we have built a part of this inner foundation, no one can take it away—no matter what happens.

Self-awareness is the key to dissolving debilitating shame and ridding ourselves of the subsequent labeling. There are two types of self-awarenesses. The first is *internal* and requires the ability to go deep inside ourselves

and observe what makes us tick. Through meditation or other means, we can discover (or re-discover) our true essence—our authentic *inner Self*. The second form of self-awareness is *external* and requires the ability to stand outside ourselves and self-observe. How are we, and our actions, being perceived by others? Are these observed traits true to who we really are? Are we projecting our authentic Selves?

We need to work on both forms of self-awarenesses, and do so without any preconceived notion of what we will find and/or judgment of what we do find. However, the process of developing both forms of self-awarenesses can be supported in many ways. Although it is possible to accomplish this by ourselves, it may require seeking support from individuals and/or groups who can mirror back our positive attributes.

There are some practical, daily measures we can take to continue the process of developing self-awareness. First, it is important to engage in some introspective/spiritual activities, such as meditation, dream-work, journaling, yoga, chi gong, or tai chi. These actions help center us and give us the quiet space to reflect on our inner selves.

I also believe it is vital to bring a creative endeavor into your life. I use the word "creative" to mean the act of bringing something new into existence. It could be a garden, planning an excursion, cooking a new meal, taking up a hobby, pursuing any of the arts, or developing a new business. As I said earlier, I truly believe that my creativity saved me.

Relationships are vitally important. For with *healthy* relationships we have good self-mirrors, that is, people who are able to mirror back to us our true essence. These close and intimate relationships can include healthy family members (and when our family is not emotionally healthy, we can find "families-of-choice"), life partners, and friends. However, it is also helpful to find supportive communities to help us grow. This could be a church, a 12-step program, or a support group of any kind. If we become stuck, it may be necessary to find a therapist. It certainly helped me when I needed to sort out some of my family issues.

Play is also essential. So many adults forget how to play. Any sport can be playful if we allow it to be, but we can also engage children and join them in flying a kite, running on the beach, swinging.... I could go on and on. Balance between our adult selves and our inner child is crucial.

Intellectually stimulating activities can be helpful, if geared toward self-discovery. We can listen to enlightened speakers, and/or read books (or perhaps join a book club) that inspire us to think more deeply. When we do this it is essential to filter out what resonates

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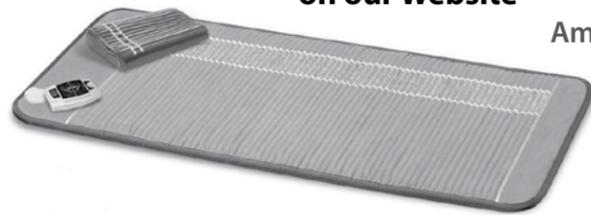
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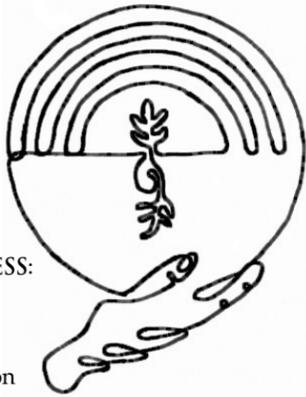
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Dissolving Shame

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with us and what does not.

Positive self-talk is vitally important, for if we are going to dissolve shame, we must transform any negative "I-statements" into positive ones. This is initially hard because it requires a lot of self-awareness and the ability to transform any internal, negative messages into nurturing ones. *We need to speak to ourselves as though we were our own best friend.*

As we know, the process of self-discovery is never perfect, never complete, for it is an ongoing process, and one that cannot be pushed. Self-relating is dynamic, non-static, and ever evolving. There is no end point, and no final destination, for as we age, mature, and our life circumstances change, we need to be constantly on the search for the newly emerging parts of ourselves. As we mature, who we are changes, although there are always some similarities. For example, I was very creative at age 20 and still am. However, as I became a wife, mother, therapist, grandmother and as I age, I see myself in a different light. As I age my traits, values, priorities, needs, etc., are either different or have been expanded. In response, the choices I now make are different. (I actually find this an exciting part of life and think that if I ever stop

the process of self-discovery, I might as well be dead.)

We have a choice. We are like flowers. We either both grow and blossom, or we wither and die. But unlike flowers we can choose—on an emotional and spiritual level—whether to flourish or wilt. We do not have a choice to evolve or not evolve. The only choice we have is *how* we evolve. We have a choice to live with our shame and self-judgment, or to dissolve it.

Elizabeth Lesser, the co-founder of Omega Institute, quoted the philosopher William James in her book *Broken Open* as saying there are two kinds of people, "the Once-Born and the Twice-Born." "Once-Born people do not stray from the familiar territory of who they think they are and what they think is expected of them." "A Twice-born person pays attention when the soul pokes its head through the clouds of a half-lived life." She also quoted Bernie Siegel as saying, "Life is a labor pain: we are here to give birth to ourselves." I believe that to live a fulfilling, mature life, *we must be reborn unto ourselves.*

CAROL KURTZ WALSH LCSW-C is a psychotherapist, personal coach and an artist/writer. To obtain more information about Carol, see her ad below and check out her website: www.ckwalsh.com.

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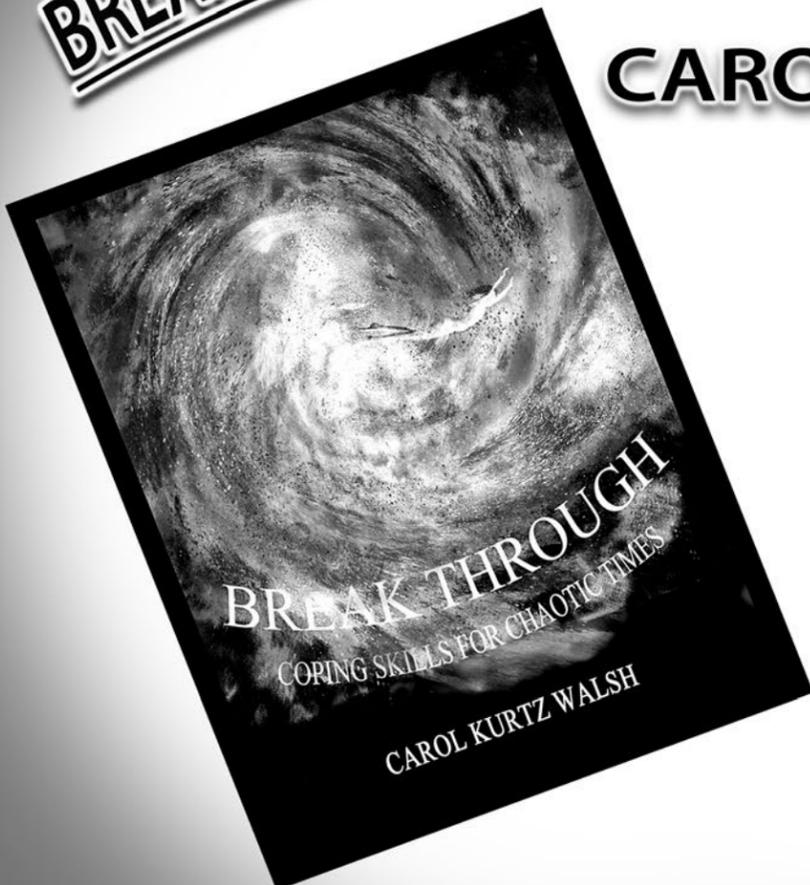
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Confessions of a Plant Killer:

How to Learn to Grow House Plants Successfully

BY KATHY JENTZ

My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point of view.
~ H. Fred Ale

Do you think you have a black thumb? Well, think again! My gardening friend Joseph Tychonievich says, "Killing plants is what dyes your thumb green."

As with many things in life, you learn gardening by trial and error. You have to kill many plants before you get it right. Just today, I discovered a half-frozen plant that I'd left on my unheated sun-porch. Whoops! It was semi-tropical, so I should have known it would not enjoy the below-freezing nights we had this week, but I gambled that it would survive in this somewhat protected spot and I (and it) lost that bet. Now I'll know better for next time.

Many of my fellow gardeners have similar stories of plants they have killed on purpose, by accident, and sometimes repeatedly. What we all have in common is that we don't let a

few setbacks define us. We learn and we try again.

If you are like me and "love" your houseplants too much, you likely overwater them. Most plants do not like their roots being constantly wet and eventually they will rot and die. What I've learned to do now is concentrate my "love" on those plants that *do* enjoy wet roots and to give away those plants I know will not survive my overwatering tendencies. Most indoor spaces are extremely dry and central heat worsens that effect on plants. Fill your plant saucers or trays with pebbles with water just to the bottom edge of the plant pot. You should not

have the plants actually sitting or soaking in water.

Maybe you are the type who gets a plant then never waters it again. You get busy or the plants just blends in with your furnishings and you forget about them. The best advice I can give you is to schedule watering. Put a weekly tickler into your Google calendar or scribble a note in your daybook that each Sunday is "watering time." Now, some plants may not need weekly watering, but at least check on them each week and you'll be ahead of the game. Another strategy for those who forget to water is

to buy plants that like it on the dry side. Or look for those plants, like Violets, that come in pots with a water reservoir below to draw from so you only have to fill it monthly.

More Growing Tips and Secrets

One friend of mine was bewildered as to why her African violets never bloomed, while mine put on 20 or so flowers at a time. (Yes, I kept trying to grow them even after killing quite a few.) Here is the secret: two drops of liquid houseplant fertilizer per week.

Without fertilizing, your indoor plants may live a long life, but it won't be an optimal one. While you can skip adding nutrients to many in-ground garden plants, your indoor garden has only the limited soil in its own pot to pull nutrients from. Once those are depleted, which can happen rather rapidly with regularly watering, they are left without nourishment.

Fertilizer comes in liquid form or powder that you can mix yourself with the weekly waterings. For those of

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Primrose in a basket.

Photos by Kathy Jentz, Washington Gardener Magazine.

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WASHINGTON GARDENER

Confessions of a Plant Killer

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us with too little time and too many plants, you can also buy plant fertilizer spikes with slow-release fertilizer that need replacing once or twice a year.

Here are a few more tips I've picked up from fellow indoor gardeners:

- When selecting a plant to purchase, pick ones that are full of healthy foliage, insect-free, and well-potted (the roots should not be growing out the bottom nor be wrapping in on themselves).
- As with your outdoor garden plants, don't just go off the plant tags. Many indoor plants are mislabeled or seriously lacking in relevant information. After you purchase a plant, research it to make sure the name is correct and you have the right conditions to grow it.
- If you are a frequent traveler or forgetful gardener, choose cacti and succulents. More than just spikes and dry sand, there are many more selections available now. A large bowl of mixed varieties can be quite beautiful.



White Violet in a cachet pot.

- Some houseplants are meant to be annuals. Again, just as with your outdoor garden, these are there to add color and blooms for a season or two then to be composted. Do not feel guilty about treating them as they were intended.
- Be aware that many houseplants have to go through a period of acclimatization when transferred to your home environment. They may drop leaves or flower buds. Do not panic. It



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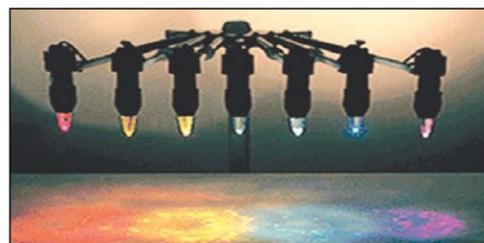
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Kathy South & John of God
(Casa Dom Inácio - Brazil)

WASHINGTON GARDENER

may take a few weeks or a month to go through this transition time. Ficus trees in particular are notorious for resenting any changes and showering new owners with leaves. Rest assured, they will adjust.

- Group your plants so they can share a moist environment and for your ease in caring for them together.
- Give foliage plants an occasional shower. They will grow better without a coating of dust.
- Turn your plants regularly for even growth and shape.
- Close shades at night to protect houseplants near windows from cold. Put a newspaper between houseplants and the windowpane to protect against chilly drafts.
- Line windowsills with aluminum foil. The foil reflects light and provides extra light for houseplants.
- If you have south-facing windows, you can grow almost anything indoors. You are even luckier if those windows are in your kitchen and can provide a steady supply of herbs all winter long.
- Repot your plants every few years. Plants like their roots to fit snugly so move up to progressively larger pots.
- Just as you enjoy the outdoors, many of your plants will like to spend the summer outdoors. Be careful of sun-scorch and give them a week or so of transition time in a protected space such as under your deck or in your

garage. Watch the nighttime temperatures to ensure they do not get exposed to the cold.

Outdoor gardening is also a world of trial and error, but never fear killing a plant! It is not always your fault! Some plants are just not suited to our growing zones and soil type. Others started off badly and will never thrive for you. Still others are genetically short-lived and tend to live only a few seasons, even if they are labeled "perennials."

So my so-called black-thumbed friends, please redefine yourselves for 2015. You are not "plant killers," you are instead "veteran gardeners." Learn and grow!

Kathy Jentz is editor/publisher of Washington Gardener magazine, a gardening publication published specifically for the local metro area—zones 6-7—Washington, DC, and its suburbs. The magazine is written entirely by local area gardeners who have real-world knowledge and practical advice with the same problems you experience in your own gardens.

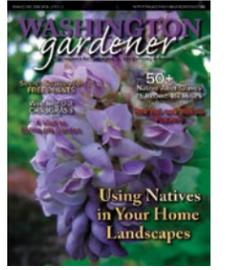
The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year's subscription is \$20.00—order by mail or online at www.WashingtonGardener.com. See the Washington Gardener ad on this page.

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MOTHER EARTH LIVING

7 Simple Ways to Detox Your Kitchen

FROM *MOTHER EARTH LIVING*,
BY ELIZA CROSS

The kitchen is the heart of the home — a source of warmth and comfort, where people naturally congregate as the aromas of good food waft through the air. Unfortunately, the kitchen can also be a hidden source of toxins and carcinogens. Get rid of these common culprits, and you’ll be able to breathe easier in the most important room of your home.

Circulate the Room.

Research has shown that cooking on gas burners without venting can cause excessive levels of nitrogen dioxide and carbon monoxide. While electric ranges don’t produce combustion pollutants, all stovetop cooking creates fine particle pollutants; sautéing fats can also produce acrolein, a lung irritant. Get in the habit of powering on the hood vent before cooking on the stove. For the best performance, use the highest vent setting; cook on the back burners; let the fan run until pans are cool; and clean grease traps

periodically. If you don’t have a range hood, open a window to increase ventilation and consider running a household fan.

Love Your Oven.

Most commercial oven cleaners contain highly toxic chemicals such as ammonia and lye. These chemicals can remain in the oven after use and come in contact with food during cooking. Some ovens have a cleaning feature that burns off the residue at extremely high temperatures, but proper venting is essential to prevent carcinogens from being released into the air. The safest solution is to clean the oven’s interior while it is cool with warm, soapy water and scrub away any baked-on grease with a scouring pad and baking soda. Visit our Guide to Homemade Cleaners for recipes for natural oven cleaners.

Buy Brown.

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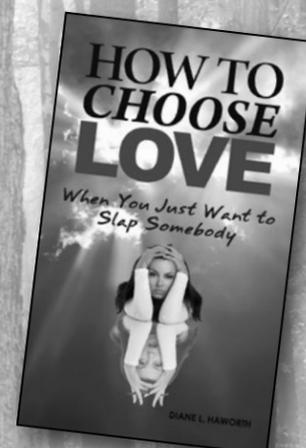
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cals known to create dioxins during manufacturing. Dioxin exposure is linked to impairment of the immune system, nervous system, endocrine system and reproductive functions. Use unbleached paper products (look for “chlorine-free” and “dioxin-free” on the label), and opt for a reusable gold-plated mesh coffee filter instead of disposable filters.

Pick Perfect Pans.

If possible, purchase high-quality stainless steel, cast-iron, glass, ceramic or ceramic-coated cookware (make sure ceramic bakeware indicates that the glaze is lead-free). Untreated aluminum cookware has been cited as a possible risk factor for neurodegenerative diseases including dementia, autism and Parkinson’s disease, and findings indicate that acidic foods leach aluminum from pans. Anodized aluminum is generally more durable and scratch-resistant, but deeply scratched pots should be discarded — choosing higher-quality options is preferable. Also avoid nonstick cookware. Many nonstick pans’ coatings contain possible carcinogens, including perfluoroalkyl acid, which studies find can leach into food. Instead, oil pans to keep foods from sticking. Seasoned cast-iron pans are naturally nonstick.

Bathe the Broccoli.

A deadly outbreak of *Listeria* from tainted cantaloupes in 2011 illuminated a hard truth: We can’t assume produce is clean. The Centers for Disease Control and Prevention recommends washing fruits and vegetables thoroughly before cutting, cooking or eating. Even if you’ll be peeling or cutting skin off produce such as melons, carrots and cucumbers, it’s smart to scrub the skin with a produce brush and dry thoroughly prior to cutting.

Make the Cut.

An antibacterial cutting board might sound good, but it’s probably treated with triclosan, a chemical suspected of interfering with the hormone systems of humans and animals. Safer alternatives include nonporous glass, slab wood and bamboo. Scrub cutting boards with hot, soapy water and air dry to avoid bacteria contamination. Avoid antibacterial soaps, which contain triclosan and are no more effective than regular soaps, according to the FDA.

Store it Smart.

Conventionally manufactured cabinets can be a significant source of volatile organic compounds (VOCs) in the kitchen, especially if made from medium-density fiberboard, pressed wood, plywood or particleboard — all

known to offgas formaldehyde. Many common exterior cabinetry finishes are also toxic. If you’re concerned about your cabinets, store food on open shelving or in a pantry. Cabinets can also be painted with a product such as AFM Safecoat’s no-VOC sealant, which can reduce formaldehyde transmission by up to 90 percent. When replacing cabinets, look for those certi-

reproductive disorders and cancer. The risk of chemical migration into food increases when plastic is damaged or heated. According to The Green Guide, the safest plastics for storing food are high-density polyethylene (#2), low-density polyethylene (#4) and polypropylene (#5). You may prefer to avoid plastics altogether with these alternatives.

- Use silicone, bamboo or stainless-steel cooking utensils.
- Opt for food-grade stainless steel or glass-lined bottles.
- Never microwave food in plastic containers, even if they’re “microwave-safe.” Never wash plastic containers in the dishwasher, which accelerates the breakdown of the plastic.
- Many food manufacturers coat the inside of metal cans with a resin made of BPA (bisphenol-A, an endocrine-disrupting chemical), which can leach into foods. Look for cans marked BPA-free by trusted manufacturers, or opt for glass jars or frozen foods.
- Avoid conventional plastic wrap. Most is made with low-density polyethylene (LDPE), which is thought to contain the endocrine-disrupting chemical diethylhexyl adipate.

continued on page 66



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fied by the Kitchen Cabinet Manufacturer Association’s Environmental Stewardship Program, which use recycled content and minimal toxic finishes and binders.

Ban Kitchen Plastics

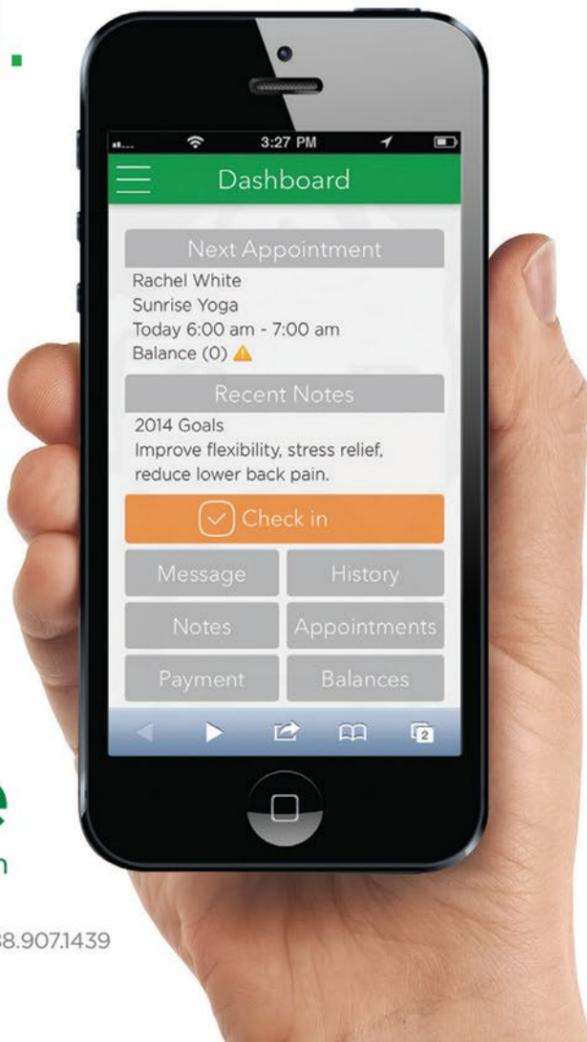
Exposure to certain chemicals found in some plastics has been linked to human health problems including

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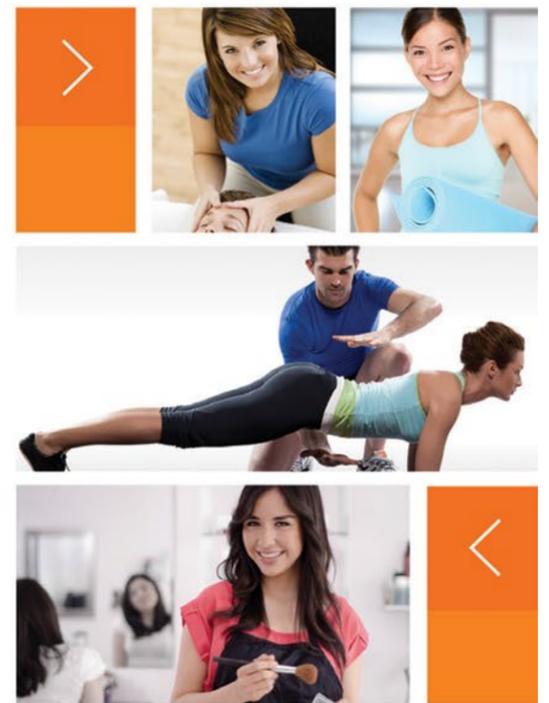
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MOTHER EARTH LIVING

7 Simple Ways to Detox Your Kitchen

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A Clean, Green Kitchen

To believe most television commercials, we need an arsenal of chemical-laden wipes, disposable mops and aerosol sprays to keep kitchen surfaces clean. But toxic ingredients in many common household cleaning products have been linked to cancer, asthma, hormone disruption, reproductive disorders and neurotoxicity. Check labels for hazard warnings such as “danger” or “poison” — a good clue that you don’t want the product anywhere near your food — and try these simple strategies instead:

1. Sparkling Dishes

Dishwashing soap can contain triclosan, a harmful antibacterial agent. Instead, look for plant-based detergents, which clean dishes just as well without toxins. And rather than using a rinsing agent, which coats dishes with an antispotting chemical, try putting a shot glass filled with white vinegar in the top rack of the dishwasher or in the “rinse aid” compartment. The vinegar smell will disappear, leaving your dishes super-shiny.

2. Soap, Water & Elbow Grease

Avoid bleach, ammonia, and synthetic

fragrances and dyes. Look for the words “nontoxic” and “biodegradable” on commercial labels, or use simple, nontoxic cleaning products such as white vinegar, baking soda, castile soap and hot water. Sponges with “odor-free” labels are usually treated with synthetic disinfectants, so choose scrubbers of pure cellulose instead. Visit our Guide to Homemade Cleaners for natural cleaning recipes for every area of your home.

3. Germ-Free Counters

Use hot, soapy water to clean surfaces or tools that come in contact with food. To zap germs, pour white vinegar in a squirt bottle and spray surfaces. (Don’t use vinegar on marble counters.) Then moisten a clean cloth with hydrogen peroxide and wipe over surfaces. (Test an inconspicuous area first to make sure it doesn’t harm the finish, and never combine vinegar and hydrogen peroxide in the same spray bottle.)

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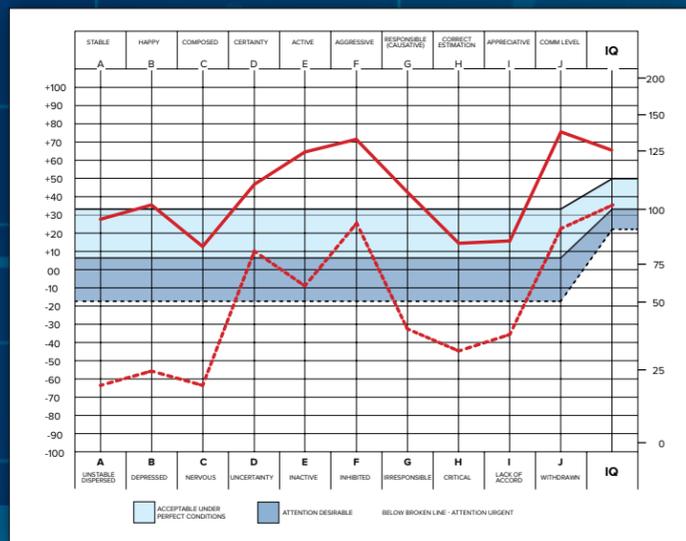
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The History of Honey as Medicine

FROM MOTHER EARTH LIVING,
BY DAWN COMBS

I'm still inspired when someone comes up to our farmers market booth and asks if there is any truth in the idea that honey is a health food. For me, a beekeeper and honey enthusiast for 10 years, it's difficult to imagine that people in the U.S. still think of honey as just a sweetener. Honey's many medicinal benefits have been employed throughout recorded history, and today we know more than ever about its scientifically backed healing properties.

History of Honey

In North America, the honeybee we know today was an import, brought with European settlers in the 17th century. Before that, this continent had native bees that did not collect as much honey. American Indians probably collected honey from wild hives, though we don't have much in the way of historical evidence.

The settlers who brought the bee here clearly understood her value. Yet at some point American culture came to doubt the medicinal quality of



Honey varieties come in a wide array of colors and textures, and offer different medicinal benefits, depending on factors such as the types of plants the bees visited, the quantity of water in the honey and how it was processed.

Photo by Thomas Gibson.

honey. Most likely this occurred when Western medicine came to the forefront and cast aspersions on folk healing. We are only now beginning to accept the value of honey as a medicine again with the help of modern medical studies that are returning honey to the hospital for the treatment of diabetic sores and burns, and into medicated

bandages for everyday cuts.

Despite our forgetfulness here in the West, the worldwide use of honey as medicine has continued uninterrupted since ancient times. In Egypt, honey figured prominently in the maintenance of life and preparations for death. In ancient Greece, Hippocrates used it as a base for most of his for-

mulations, a practice continued in the works of the medical greats such as Galen and Dioscorides. We have more than 4,000 years of recorded use of honey as medicine from the ancient world to the present. It has even been successfully used as battlefield medicine from the time of *The Iliad* to as recently as World War I.

Types of Honey

Perhaps some of the reason people doubt the truth of honey's healing powers lies in its variability. We still believe honey is honey. We know that it is antibacterial, but when someone in one part of the world touts honey as a cure-all for chest congestion, we doubt this lofty assertion rather than observing that their honey is collected in a grove of eucalyptus trees.

Lab tests show that various types of honey differ in their amounts of vitamins and minerals because every honey sample is made up of a different compilation of nectars. Depending which plants bees are visiting, honey can take on "supercharged" levels of certain nutrients and beneficial phytochemicals.

In the past several years, manuka

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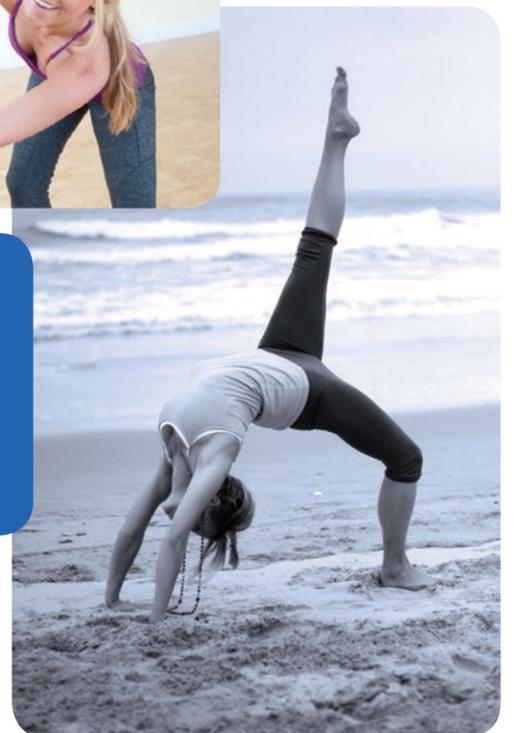
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MOTHER EARTH LIVING

The History of Honey as Medicine

...continued from page 67

honey has become popular. While this honey is every bit as fabulous as the marketing would have us believe, it's not unique in its medicinal fortitude. We demonstrate our lack of understanding of the honeybee when we fail to see the complexity of the honeys she creates. To the bee, nectar isn't mere sugar. Each flower has a varied vitamin and mineral content, so she is really filling her larder with a balanced diet just as we do with our grains, beans, vegetables and dairy. Our shopping lists may also include items to soothe a headache, protect against infection or relieve a cold. Each plant a bee visits has a different phytochemical profile, which allows her to mix her own medicine as well.

In the case of manuka honey, scientists have analyzed the honey that is collected from a specific tree (the manuka tree or *Leptospermum scoparium*) and found that it has an especially high mineral content and antibacterial activity. Interestingly, the manuka is in the same family as the Melaleuca group, which gives us the well-known antibacterial, tea tree oil.

While manuka is indisputably medicinal, it is important to understand that every culture around the world has had its highly medicinal honeys.

In Greece, there is an abundance of thyme honey, while sage, rosemary or lavender honey may be found in other regions of the world. They all contain the benefits of the original plant from which the nectar was collected and can contain phytochemicals that are nourishing and relaxing to the nervous system, protect against fungal overgrowth and much more.

Here in the U.S., one of our most medicinal honeys, buckwheat honey, is very dark and contains high levels of minerals and antibacterial activity, just like manuka honey. It has a rich, molasseslike taste that can be difficult for some people to get used to. Knowing that all well-raised, chemical-free, raw honey has medicinal benefits can free you up to be choosy and splurge on an imported honey, or simply convince you to buy from your local beekeeper instead.

Bees' Needs

Understanding the complex nature of honey helps us better understand the bee and her needs. Scientists are studying the current disappearance of our bees, yet they often fail to consider bees' basic needs before entering the lab.

Bees that are trucked from one



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major monocrop field to another — the common practice in commercial farming — are weakened. Almonds are quite healthy, but if you ate only almonds day in and day out, you would be very sick. Only recently are we seeing growers in these large monoculture systems begin to allow native weeds and medicinal plants to grow in windrows to provide alternative forage for pollinators. As an interesting note, in an article recently published in *The New York Times*, biologist Mark Winston says, thanks to increases in crop yields, farmers who plant their entire field would earn \$27,000 in profit from the farm; those who left a third unplanted for bees to nest and forage would earn \$65,000 on a farm of similar size.

We know bodies not fed a balanced diet need more medical care. When the bee is denied the means to remain healthy, she is prey to disease, pests and fungus and is too tired and sick to avoid crops that are sprayed or unacceptably modified. Taking care of the health of the bee is job one—and a vital one for all of us, considering bees pollinate at least 30 percent of the world's crops and 90 percent of our wild plants. We can't possibly obtain optimal health benefits from products made by unhealthy bees. Indeed, we may find it much more difficult to survive without healthy bees in our world.

Honey in the Medicine Cabinet

Try these effective ways to use honey to heal everyday ailments.

Allergies: Just a teaspoon a day of raw, local honey can decrease symptoms or prevent them altogether. For best results, start this regimen a month before your symptoms typically start to appear.

Arthritis: It may be the alkalizing effect of a mixture of honey and vinegar that seems to relieve the pain and inflammation of arthritis when used over a period of time. This mix is anti-inflammatory, used internally or externally.

Conjunctivitis (pink eye): Combine equal parts warm water and honey; stir to mix well. Allow the mix to cool, then apply as an eye wash. Be aware that honey can sting a bit.

Cough: Mix equal parts vinegar and honey, and add a twist of lemon. Drink a bit of this mixture every two to three hours.

Cuts: A dab of honey underneath a bandage may serve you better than any antibiotic cream on the market.

Diabetic sores: Honey is one of the only treatments that can help an unresponsive diabetic wound. Apply directly to the sore and cover with light gauze.

Diaper rash: No matter how bad the rash, honey was always the best remedy for my kids. Just a thin coating

and a bit of naked time and it healed up like magic.

Diarrhea: Because it has a balancing effect on digestion, honey is useful for relieving both diarrhea and constipation.

Immune support: Routine eating of raw honey increases B-lymphocytes and T-lymphocytes, two types of white blood cells that improve immunity.

Insomnia: A spoonful of honey before bed can help support a peaceful night's rest.

Leg cramps: A mix of honey and vinegar rubbed onto the legs before bed increases circulation and can help prevent leg cramps.

Minor burns: Spread honey liberally over the damaged skin of a burn and leave it open to the air. It's best not to apply anything more than a very light gauze.

Nasal congestion: Add honey to a steam or simply spread it over the sinus areas on the face. Sinus congestion will drain quickly — be ready!

Sinusitis: Add a teaspoon to a cup of saline water and use it in a neti pot. Never use a neti pot while you are congested.

Sore throat: Let a spoonful of honey melt in your mouth or drink it in a cup of hot tea for fast relief from an itching and scratching throat.

Stomach ulcer: Honey inhibits *H. pylori*, the culprit behind most ulcers; eat 2 to 3 ounces a day for three months.

pylori, the culprit behind most ulcers; eat 2 to 3 ounces a day for three months.

How to Buy Quality Honey

There is a myth that raw honey is solid. In truth, honey comes out of the comb as a liquid. Depending on the types of nectar and pollen, raw honey crystallizes at different speeds. There's no good way to know if honey is raw except to check the labels and ask your beekeeper. Here are some questions to guide your next healthful honey hunt.

1. **Do you use chemicals in your hives?** Make sure herbal or nonchemical methods are used.

2. **Do you harvest with an electric knife?** Heated knives can superheat honey, decreasing healthy enzymes.

3. **Has the honey been filtered?** Make sure only the largest particles are strained prior to bottling instead of applying pressure and heat.

4. **Is the honey pasteurized?** While pasteurizing makes honey clear for the store shelf, health and taste are lost.

5. **When was your honey harvested?** For those allergic to spring pollens,

continued back on page 54

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NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER

Beloved Friends,

We are the illuminators of our experience! We are love, light, consciousness, awareness becoming aware of itself! Love sustains everything. Since 1978 the Network of Light has sponsored events where we experience our true nature. Here is what's coming up:

You are invited to the Network of Light Annual Heart to Heart Holiday Celebration on Dec.13th; The Holiday Love Project for the Homeless on the Streets of Washington, D.C.; Satsangs—Finding Love and Truth Within with me, Lakshmi; Healing Through Your Akashic Records with Bill Sanda; and a weekend course in Learning Vedic Meditation with Dr. Mahapatra. Please see detailed information about these events after the Prayer of the Heart a Daily Meditation Gift.

While working with religious and spiritual leaders, I received guidance from within that our spiritual development would be enhanced if we made decisions by consensus. As we planned 12 Heart-to-Heart Festivals and Global Meditation and Prayer for Universal Peace and World Unity days on the Mall, Firewalks for Peace, etc., we paused, closed our eyes, went within and attuned to God's will as many times as it took to reach consensus. Gradually we loved and appreciated each other more and more.

The massive upheaval and transformation in the world today calls us to find connection with God (The Self). We at the Network of Light love you

and we want to give to you the most and best love possible. From our hearts please consider receiving this Prayer of the Heart gift. Our creation of "The Prayer of the Heart—The Interfaith Meditation Process" was a natural outcome of our diving within, dropping our mind's negative considerations regarding our differences, and our melting into the oneness heart/love space. Practicing this meditation can be life enhancing.

Let's help ourselves and the world by focusing within and realizing our loving nature. Through meditation, we can transcend all action, thinking, feeling, and experience the blissful peaceful One Self we actually are.

Blessings, Love, and Peace to everyone everywhere,

Lakshmi Barbara Carpenter, Founder, Network of Light

The Prayer of the Heart: An Interfaith Daily Meditation Process

The Prayer of the Heart is a spiritual meditation in which we merge into our Divine Self. We repeat a sacred prayer word, preferably the Name of God, to quiet the mind and experience the presence of God within us.

Old Testament: "Let them that love Thy NAME be joyful." —Psalm 5:11. "If my people, who are called by My NAME shall humble themselves and pray, and will seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin." —II Chronicles 7:14

Qur'an: "In the name of Allah, the Beneficent, the Merciful, Praise be to

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<p>Sandy Young is a professional & International Angelic Channel & Remote Viewer. Since 1994 over 10,000 readings. She has been featured in print media, National & Local TV & Radio. She co-hosted Angel Talk Radio broadcast live in 2003/04 from DC. in over 5 states and co-host of Angel Talk TV since 2005. Accurately predicting in copyrighted shows as early as 2003 to within a month of occurrence, the stock market crash, the 2007 mortgage defaults, bailout of Fannie & Freddie & the skyrocketing price of gold. Private Readings are available via phone M-F 10am to 9pm. 1-800-860-6605 Special Psychic Reading New Clients- \$55 for 60 minutes (reg \$110)</p>	<p>Contact Information 1-304-567-3354 1-800-860-6605 Website: www.angeltalktv.com Email addresses Angeltalktv@aol.com Sandysangeltalk@aol.com</p>
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NETWORK OF LIGHT NEWS

Allah, Lord of the Worlds." —Surah 1:1-2

Bhagavad-Gita: "The world becomes joyful hearing your NAME and thus do all become attached to you." —Bhagavad-Gita 11:3

New Testament: "If you will ask anything in My NAME, I will do it." —John 14:14. "It is no longer I who live, but Christ who lives in me." —Galatians 2:20. "Our Father who art in heaven, hallowed be Thy NAME...." —Mathew 6:9.

Baha'i Faith: "The greatest NAME carries the highest vibration, the vibration produces a spiritual result." —Abdul Baha'i

Preparation: Begin the prayer/meditation by finding a quiet place without distractions. It is best to sit with your spine straight. You should be comfortable and relaxed and able to breathe deeply from the abdomen without raising your chest and shoulders. Take a moment to quiet your mind—let be—feel the flow of energy and go with it. Take a few deep breaths. Imagine air entering your lungs and center your awareness in your heart. Gently take your mind to your heart and unite with it.

Step 1 (Optional Affirmation):

"I direct my thoughts to the world of my inner being...I forgive myself for all my perceived wrong-doings to others and to myself...I ask for grace to ex-

perience my true nature, the presence of God within me, love...I am a being of love...of light...Deep within myself I am peaceful...Now, I use the Holy Word, God's Name, to quiet my mind and realize His presence."

Step 2:

With your eyes closed, mentally repeat a simple prayer word or phrase, your favorite Name of God. Some suggestions are: I AM, or Jesus, or Adonai, or Jehovah, or God, or Allah, or Ram, or Brahm, or Sat-Naam, or Radha-Krishna, or Baha'u'Llah, or Aum (OM), or Great Spirit, or Love, or Peace, or any other Name for God with which you feel comfortable.

Step 3, After Meditating On God's Name (Optional Visualization):

"With love and devotion and gratefulness for the Divine Presence I take a moment or two after repeating the WORD to visualize myself happy and peaceful...I feel into that place within me that yearns to love others and myself more...I see my family, relatives and friends and those who have passed from this earthly life—men, women and children everywhere joining in harmony, unity and cooperation with each other. I see influential leaders turning to God for direction and guidance...I see world leaders, friends and adversaries joining together in fellowship, resolving issues and dissolv-

ing conflicts, forgiving each other and praying together and for each other." (Thank you for your contribution to World Peace.)

Meditation Process Q&A

• Where should I meditate? Find a quiet, peaceful place without distractions. It is important to avoid tension and strain. Sit in a comfortable, relaxed position. The objective is to quiet both the mind and the body. "Be still and know that I am God." (Psalm 46: 10)

• How often should I meditate? Meditate as often as you wish. Many people meditate twice a day for 15-30 minutes at a time. If you are feeling extremely stressful, sometimes taking a few minutes to meditate relaxes your body and helps you release the stress.

• What should I do when thoughts constantly rush into my head? Notice your thoughts and allow them to pass without analyzing or focusing on them. Just bringing thoughts to the surface can release stress and open up creativity. Go back to the prayer word and center your mind in your heart.

• What if I see visions or images during meditation? Treat them the same as you would any other thoughts that come during meditation. When you become aware that you have lost the prayer word—go back to it—to your heart.

• This isn't working—I fall asleep all the time. Is that alright? Ultimately as you repeat the prayer word, you may enter into a state of deep rest and peace. From time to time your mind will become absolutely still, no thoughts will enter your mind, you will feel renewed, relaxed and peaceful. Return your awareness to the prayer word again and continue the meditation. "I sleep but my heart waketh." —*Song of Songs*

• What if I am overwhelmed with emotion and I start crying? If your thoughts bring tears pause and let the tears flow—go with the energy. Tears are a gift—they cleanse and purify the body and soul. Similarly, other emotions and feelings such as anger, fear, boredom, etc. could arise. Simply experience them as you repeat the prayer word until you pass into a state of calm and tranquility.

• Why should I meditate? People who meditate daily tell us they lead a calmer, more productive, more positive life. They accomplish more with less effort. They enjoy better health. They release stress and feel more relaxed. They feel deep inner peace, joy and love. As you have your own experiences please write and share them with us.

continued on page 72

The Soul Thinks in Images.

—Aristotle



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NETWORK OF LIGHT NEWS

Annual Heart to Heart Holiday Celebration at the Network of Light

"I dropped my armor. The smell, the atmosphere, the people made me feel lighter, happier. Thank you for the peace, love, and joy," —Vivian's remark about last year's Holiday Celebration

The Network of Light is hosting a festive holiday celebration on Saturday, December 13th, 6:30pm at 6304 30th St., NW, DC 20015. The evening features a meditation followed by an opportunity for all to share Heart to Heart led by Lakshmi; and then dinner, music and dancing. Stream and the Blue Dragons, a World Music group playing flutes, Turkish lute, bass, digeridoos, and drums of many kinds will play for us with everyone getting intoxicated with dance, song and love. Their rhythms are inspired by the Middle East, Africa and Brazil. They are terrific!

Please bring to this holiday celebration a favorite dinner dish to share, a new or used gift for someone less fortunate, such as blankets, clothes, coats, hats, gloves, which will be distributed to the needy in January (see below), and a love donation is appreciated... Nonetheless, nobody will be turned away because of lack of funds.

Network of Light's Holiday Love Project for The Streets of Washington

Give to yourself the gift of giving to others this holiday season. Our service

project will be held in Washington, DC, on a date to be announced in January. We will be preparing food donated by local merchants from 4pm-6:30pm, along with the food donations you bring to our Holiday Party. Hot food dishes such as soups and casseroles are particularly helpful. Shanti and Madhu Sudan of Capital City Tours have graciously donated services of a bus that will leave from the Network of Light at 6:30pm. We go to the grates, the parks, and near the bridges where needy people are located delivering food and clothes and personal items.

There is something deep that occurs in the soulful conversations we have while meeting our brothers and sisters on the streets. Our hearts are touched and we are better people for this experience. Just maybe, we are constructing a bridge of love to bring us all together. Please feel free to drop additional donations for the homeless at the Network of Light.

Satsangs...Finding the Truth Within, with Lakshmi

Deep within us is the knowing, "I am the way, the truth, and the light. I am." This inner teacher becomes available to us as we drop our mind's misconceptions, distortions, and programming, which keep us from knowing the enlightened SELF we are. In satsang we have an opportunity to let go of concepts we thought we could not

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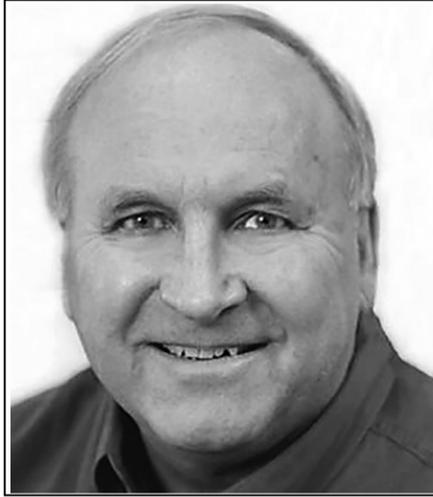
live without in order to EXPERIENCE BEING the pure love we are. May we have the courage to surrender our fear, our pride, and our self will and merge into the innocence and pure love in our hearts. Events take place Dec. 5, Jan. 8, Feb. 5, all at 7:30-9:15pm.

While the experience of enlightenment happens at a cellular level in God's time, we can learn to love everyone equally and express this love because in essence we are all one. Everyone is invited to these free Satsangs and truth-findings at the Network of Light with Lakshmi Barbara Carpenter.

Healing Through Your Akashic Records

What if you could access the lessons of the past, including *the distant past of cellular memories and previous lives*? Imagine how accessing this energy could change your life: you could resolve recurring patterns and issues; heal long-standing challenges; and even empower future growth!

The Network of Light is happy to host Bill Sanda on Thursday, January 30, at 7:30pm for a powerful gathering as he explores and explains the healing and clearing powers of the Akashic Records. Through your Akashic Records, the experiences of your past lives can help you gain new perspectives, achieve healing in your present consciousness, and connect with your eternal Divine Self. Bill's



Bill Sanda

unique gift for clearly accessing the healing capacity available from your Akashic Records, and his compassion and clarity are a positive force for anyone who seeks healing.

Bill Sanda, a spiritual seeker for more than three decades, has studied with some of the most respected spiritual masters of our time. His gift for bringing the healing energies of the Akashic Records to others was revealed to him years ago and now he offers this service to people. He will offer 10-minute mini-healing sessions for participants and close with a group healing. Please call Tracy at 410-489-9483 to be put on the Network of Light mailing list.

Learn Vedic Meditation with Dr. Mahapatra

"Vedic Meditation is so simple, so easy and so natural. One learns how to dive deeply into oneself and fully know oneself. What could be more easy and natural than to experience one's own nature inside?" says Dr. Mahapatra. Dr. Gayanendra Mahapatra, or "Maha" as he is fondly known, will teach the course. One of the world's leading teachers of Vedic meditation, with more than 35 years' experience teaching, Mahapatra has instructed thousands of people from all walks of life.

There is no special religion, belief system, diet or lifestyle requirement for one to learn Vedic Meditation. Many individuals have learned this form of meditation and are experiencing more peace, success and higher states of consciousness. The first evening is devoted to an orientation lecture and is the only prerequisite. Attendees can expect to master the meditation technique in two to three days. In subsequent meetings, students learn an easy, effortless technique for transcending thoughts and experiencing the joy of meditation.

If you are interested in taking the course, please contact the Network of Light at 202-363-9343. We are attempting to work out a date that will accommodate the most people.



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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.



Your Homegrown Organic Grocer Since 1987

MOM's of Rockville

5566 Randolph Rd, 20852
301-816-4944

www.momsorganicmarket.com

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

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

TAKOMA PARK, MD



TPSS Co-Up, Takoma Park

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

www.tpss.coop

Open 9am-9pm Daily.

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

SECRETS OF NATURE

SecretsofNatureHealth.com



Coy G. Dunston

3923 SOUTH CAPITOL ST., SW
WASHINGTON, DC 20032

PHONE
202.562.0041

Secrets of Nature

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

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

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

MOUNT RAINIER, MD

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

Glut Food Co-op, Mt. Rainier

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

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

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

SEVERNA PARK, MD



ORGANIC MARKET

Goodlife Organic Market

485 Richie Hwy North, 21146
410-544-9515

www.goodlifeorganicmarket.com

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

DC NATURAL FOOD STORES



Senbeb Natural Food Coop & Senbeb Cafe

Senbeb Natural Foods Co-Op

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

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

OLNEY, MD



Areas leading natural food market!

Roots Market, Olney

16800 Georgia Ave., 20832
301-774-1344

www.rootsmkt.com

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

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

SILVER SPRING, MD

ECOLOGY HEALTH FOOD

Ecology Health Food, Silver Spring

904 Bonifant Street, 20910
301-589-2188

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

Blue Nile

Blue Nile Botanicals

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

www.bluenilebotanicals.com

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



Market

YES! Organic Market, Brookland

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

www.yesorganicmarket.com

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

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

PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CONT'D



Market

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

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

DC NATURAL FOODS



Market

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

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

FALLS CHURCH, VA



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

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

SPRINGFIELD, VA



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

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



Market

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

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

VIRGINIA NATURAL FOOD STORES



HERNDON, VA



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

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

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

WARRENTON, VA



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

Organic Deli Hours: Mon - Fri, 9am - 6pm
Sat, 9am - 6pm • Sun, 11am - 4pm
We specialize in Organics offering a wide variety of Organic Groceries, Meats, Dairy, Fresh Produce, Vitamins, Herbs, Homeopathy, Cosmetics and have a large selection of Allergy-Free Foods as well. We offer a unique experience in customer service, atmosphere, education and selection of products. You can shop in person,

ALEXANDRIA, VA



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

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

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

LEESBURG, VA

For Goodness Sake Natural Foods

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

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

WOODBIDGE, VA

Natural Grocer Health Food

Essential for Good Living
• Friendly, Personalized Service
• Celebrating 21 Years!

14453 Potomac Mills Road
Woodbridge, 22192
(near Staples)
703-494-7287
Mon-Fri: 10am-8pm, Sat: 10am-6pm



Market

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

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

FAIRFAX, VA



MOM's of Merrifield
8298 Glass Alley, Fairfax 22031
703-663-8810

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

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

MCLEAN, VA



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

www.nourishmarket.com
Mon-Sat: 6:30am-8pm • Sun: 10am-4pm

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

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

Please let them know that you saw them in Pathways or on www.PathwaysMagazine.com



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.

WINTER CALENDAR

DECEMBER

-1-

12/1-13 **Healing Tour to John of God.** Official Casa Guide and medium Kathy South takes groups to see John of God in Brazil.
www.kathysouth.com

-2-

Egyptian Mysteries Class, 7:30pm. NW-DC. www.isd-dc.org

-3-

Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azurebllc.com.

-5-

Meditation Teacher Training with Dr. Norris. Open Enrollment. More Information: www.TheMindfulnessCenter.org or call 301-986-1090. Questions, contact: Roxanne@TheMindfulnessCenter.org.

-6-

Festival of Lights. www.avalon-resort.com

Managing High Blood Pressure with Tom Wolfe, Smile Herb Shop, in College Park, MD. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

One Mind: How Our Mind Is Part of a Greater Consciousness and Why It Matters. Dr. Larry Dossey, Transition Talks, 2pm, Cacapon State Park Lodge, Berkeley Springs, WV. For more information visit www.TransitionTalks.org.

Spiritual Healing thru the teaching of Bruno Groening - FREE. Experience the healing stream first hand & learn how to use it for yourself & others. Medically documented healings presented. 2:15pm. RSVP required, space limited. Contact Elizabeth: 917-572-2349 or elizabethny@earthlink.net. Tenley Friendship Library, 4450 Wisconsin Ave NW, Wash DC 20016

Stress Less, Live More – life coaching and yoga. www.blueberrygardens.org

12/6-7 **Dickens of a Christmas.** Celebrate seasonal cheer and goodwill with activities for all ages throughout the town. For more information visit www.berkeleysprings.com or call 800-447-8797.

-11-

DMV Reiki Share, 7:30pm-9:30pm at Spa Room near Tenleytown. Ample free on-street parking. Register at www.Starchaser-HealingArts.com upcoming schedule.

-13-

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

Healing Angels of the Energy Field at Manifested Harmony in Alexandria. www.manifestedharmony.com

Message Circle. Connect w/Your Spirit Guides, 7:30pm. NW- DC. www.isd-dc.org

12/13-14 **Dickens of a Christmas.** Celebrate seasonal cheer and goodwill with activities for all ages throughout the town. For more information visit www.berkeleysprings.com or call 800-447-8797.

12/13-14 **Two-Day Life Coach or Executive Coach Certification.** Visit: www.certifiedcoachesfederation.com.

12/13-14 **Usui Reiki Level I class:** 10am-6pm. In depth w/lots of practice and individual attention. Bethesda residence near Friendship Heights Metro. Ample free on-street parking, metro pickup/drop off. Register at www.Starchaser-HealingArts.com upcoming schedule or all 301-660-7229.

-14-

Ministerial Ordination, 11am. For Rev. Kathy Gregg. www.isd-dc.org

-15-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30pm. Free screening of *COWSPIRACY* begins at 7pm. As eye-opening as *Blackfish* and as inspiring as *An Inconvenient Truth*, this shocking yet humorous documentary reveals the absolutely devastating environmental impact large-scale factory farming has on our planet. Vegetarian and climate activist, Mike Tidwell, founder and director of the Chesapeake Climate Action Network (CCAN) will answer questions and lead a discussion following the film. The New Deal Café in historic Greenbelt: 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com; visit www.newdealcafe.com/events/reelAndMeal.

Registration Deadline: Thetahealing Practitioner Certification Classes Special Offer for all 3 classes for \$1100 (\$300 savings); 3 weekend classes in January. Or take 1 class – bring a friend and one of you gets a \$100 discount. Sign up on Classes page at www.joyousvibrations.com. Need to have a theta session prior to class if you've never had one. For more information, email Theresa@joyousvibrations.com.

Blessings of the Land and Stones on you and your House! We look forward to seeing you in 2015!



FOUR QUARTERS EVENTS 2015

MOON SERVICES

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

BELTAINE

May 1-3
Celebrating the return of Spring!

DRUM AND SPLASH

July 1-5
Our alternative Fourth of July celebration. A birthday party for the rest of us!

STONES RISING

Sept. 2-7
Ceremony. Sacrifice. Celebration. Building a Stone Circle for the generations to come.

Don't forget to join us for Yule! Dec. 12-14, 2014

FOUR QUARTERS INTERFAITH SANCTUARY

EARTH SPIRIT AND EARTH LIVING IN AN AGE OF LIMITS

WWW.4QF.ORG 814.784.3080 OFFICE@4QF.ORG



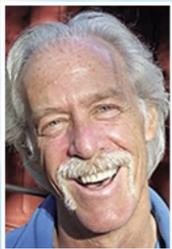


A Positive Path for Spiritual Living

We uphold an inclusive and progressive approach to Christianity that honors the universal truths in all religions.

UPCOMING EVENTS

Jan Garrett & JD Martin Concert
December 3, 2014
7-9 p.m. \$20



"Vital Signs: The Nature and Nurture of Passion"
a workshop with Gregg Levoy
Jan 11, 2015, 1-5 pm \$30

Who is My Neighbor Concert

Soloists, Unity Chorus, New Day Band
February 22, 2015, 2-4pm Suggested offering \$15.

Tickets available at www.unityoffairfax.org or call our office 703-281-1767



2854 Hunter Mill Road, Oakton, VA 22124
703.281.1767
www.UnityOfFairfax.org



Herbal Immersion Retreat
June 20 - 26

A Week of Holistic Education, Nature Adventure, and Healthy Meals

Medicinal Workshops:

- Holistic Herbalism for your Health and Well-being
- Stocking your Herbal Apothecary
- Adrenal Adaptogens for Energy and Vitality
- Respiratory Herbs for Allergies, Asthma, Colds & Flu
- Nervous System Support and Stress Relief
- Digestive Aids
- Musculo-skeletal Herbs to Reduce Inflammation
- Women's Reproductive Health

Plant Identification and Wildcrafting:

- Plant walks daily
- Identify and Index plants found in the environs.
- Gather, harvest and process plants for food and medicine

Medicine Making for Home Use:

- Tea Infusions and Decoction
- Tincture extracts and Cordials
- Syrups and Oxymels
- Salves and Poultices



7 Day Retreat \$800

All meals, materials, notebook and herbs included.. (\$750./earlybird)

Accommodations:

- 6 nights Camping (with indoor facilities) \$60.
- 6 nights Shared room in cabin \$150.
- Local B&B's available

www.GreenComfortHerbSchool.com

WINTER CALENDAR

DECEMBER, cont.

-17-
Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azurebllc.com.

-21-
Children Service, 11am. Children's Music Recitals. NW-DC. www.isd-dc.org

Winter Solstice Service, 7:30pm. Free. Ancient Ritual & Contemporary Spiritual Message. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-24-
Christmas Eve Candlelight Service, 8pm. Contemporary spiritual interpretation of the traditional Nativity Story. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-27-
Wellness Fair: Body-Mind-Spirit. Gifted Healers donate talents for church fundraiser. 11am-4pm. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-28-
Psychic Development Tools. Master's Series w/ Gifted Psychic Rev. James De Biasio. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-31-
Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azurebllc.com.

JANUARY

-1-
January is Healing Arts Celebration! Spa specials, energy medicine classes, meditations and more to help you support your new year's resolutions! For more information visit www.berkeleysprings.com or call 800-447-8797.

Special New Year's Day Yoga Class with Claudia Neuman. Join Claudia Neuman for her long-standing tradition of welcoming the new year. Begin 2015 in the best way possible! Suitable for all levels and families are welcome! 10am-12pm Visit: www.blueheronwellness.org/workshops/#ym_ workshops for more info. Early registration is recommended!

-2-
Winter session of Yoga classes begins at Unity Woods Yoga Center. New students may take their first class free anytime during the session. Studios in Bethesda, MD, and Arlington, VA. For details see www.unitywoods.com.

-4-
Grand Shamanic Healing Ceremony with Caroline Kenner, Monika Lonely Coyote. www.blueberrygardens.org

-8-
DMV Reiki Share, 7:30pm-9:30pm at Spa Room near Tenleytown. Ample free on-street parking. Register at www.Starchaser-HealingArts.com upcoming schedule.

-9-
Advanced Meditation Seminar with Deborah Norris, PhD: takes the practitioner deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. 2-day seminar: 1/9 & 1/10. \$149. www.TheMindfulnessCenter.org; 301-986-1090.

Meditation Teacher Training with Dr. Norris. Open Enrollment. More Information: www.TheMindfulnessCenter.org or call 301-986-1090. Questions, contact: Roxanne@TheMindfulnessCenter.org.

1/9-11 **Basic DNA Practitioner Certification Class**, held at Pathways Magazine Healing Space, 9339 Fraser Ave., Silver Spring, MD 20910. Sign up on Classes page at www.joyousvibrations.com. Need to have a theta session prior to class if you've never had one. For more information, email Theresa@joyousvibrations.com.

1/9-12 **DYNAMIC GENTLE YOGA Weekend** w/ Kripalu's Rudy Peirce at Dream Yoga Studio in McLean, VA. For more information, visit www.DreamYogaStudio.com.

-10-
Introduction to Ayurvedic Herbalism with Tom Wolfe, Smile Herb Shop. FREE. 10am-12pm, open to anyone, especially those wanting to deepen their yoga practice. Subsequent classes: Jan. 17, 24, & 31; \$150. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

Managing High Blood Pressure with Tom Wolfe, Smile Herb Shop, in College Park, MD. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

Psychics Night Out - Psychic Fair, 7pm. Individual readings of insight-guidance. Palmistry-Tarot-Angel Cards & More. www.isd-dc.org

"Tapping the Secret Knowledge of Dreams," 11am-12:30pm. Please share your wisdom during this lively, heart-centered exchange. For details, please contact Eckankar of Northern Virginia: 703-916-0515.

"The Call of Soul," 2-3:30pm. Please join us as we study and discuss this remarkable book about finding spiritual freedom in the Here and Now. For more details, please contact Eckankar of Northern Virginia: 703-916-0515.

-11-
Basic Integrated Energy Therapy (IET), 10am-6pm - energy work modality especially suited for gently releasing past trauma and mental

WINTER CALENDAR

and emotional patterns that no longer serve you. Bethesda residence near Friendship Heights Metro. Ample free on-street parking, metro pickup/drop off. For more info and to register see upcoming schedule at www.Starchaser-HealingArts.com or call 301-660-7229.

-12-

Intermediate Integrated Energy Therapy (IET), 10am-6pm - energy work modality especially suited for gently releasing past trauma and mental and emotional patterns that no longer serve you. Intermediate builds on basic and expands into more deep aura work and at the karmic level. Bethesda residence near Friendship Heights Metro. Ample free on-street parking, metro pickup/drop off. For more info and to register see upcoming schedule at www.Starchaser-HealingArts.com or call 301-660-7229.

-14-

Mind-Body for Cancer with Deborah Norris, PhD: This program is dedicated to providing empowering techniques to improve health and wellness in cancer patients before, during and after treatment. All are welcome, including patients, doctors, caregivers, and those simply looking to learn. 9am-5pm; \$159. 301-986-1090. www.TheMindfulnessCenter.org;

Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azurebllc.com.

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

-15-

200-hr Yoga Teacher Training. Open Enrollment. More Information: www.TheMindfulnessCenter.org or call 301-986-1090. Questions, contact: Jessie@TheMindfulnessCenter.org.

The Joy Diet Revolution Course: 10 weeks, 10 people, 10 chapters...and lots of ways to put some joy back into life so that you can feast on "thinner peace." Begins 1/15/15, ten Thursdays. www.lifedance.me

-17-

Advanced Integrated Energy Therapy (IET), 10am-6pm - energy work modality especially suited for gently releasing past trauma and mental and emotional patterns that no longer serve you. Builds on intermediate builds on basic and introduces techniques for visioning and progressing on one's personal or spiritual path. Bethesda residence near Friendship Heights Metro. Ample free on-street parking, metro pickup/drop off. For more info and to register see upcoming schedule at www.Starchaser-HealingArts.com or call 301-660-7229.

1/17-18 **Beginning Spirit Communication & Mediumship Workshop.** Join Spiritualist Medium Konstanza Morning Star to open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship and how to nurture your gift. Silver Spring. www.silverspringoflight.com

1/17-18 **Michael Harner's The Way of the Shaman Basic Workshop**, Maryland metro area. Taught by Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies (www.shamanism.org) for 28 years. He will be assisted by his wife Shana. They are authors of the book, *Shamanism and the Spirit Mate*. Experiential training introducing the basic methods of shamanism, an ancient spiritual strategy for remarkable personal learning. The focus is on the shamanic journey, the voyage of the shaman into non-ordinary reality (the spirit worlds), aided by drumming. Shamanic divination and shamanic healing techniques will be covered. For information, contact Dana at 410-820-9977 or email dana-cougar@goeaston.net. See his web site at www.shamantracks.com.

-18-

Usui Reiki Level II class: Two Sundays, Jan 18th/25th, 10am-6pm - In depth w/lots of practice and individual attention. Bethesda residence near Friendship Heights Metro. Ample free on-street parking, metro pickup/drop off. Register at www.Starchaser-HealingArts.com upcoming schedule or call 301-660-7229.

-19-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30pm. Free screening begins at 7pm. - documentary to be announced. The New Deal Café in historic Greenbelt: 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com; visit www.newdealcafe.com/events/reelAndMeal.

-23-

1/23-25 **Advanced DNA Practitioner Certification Class**, held at Pathways Magazine Healing Space, 9339 Fraser Ave., Silver Spring, MD 20910. Sign up on Classes page at www.joyousvibrations.com. Need to have a theta session prior to class if you've never had one. For more information, email Theresa@joyousvibrations.com.

1/23-25 **WhiteWinds Institute's Introduction to Integrative Energetic Medicine**, 9:30am-5:30pm, in Winchester, VA. Venue: TBA. Information and registration at: www.featherstoneinstitute.com or call 540-333-2330

continued on page 80



Announcing A New Spiritual Community: Self-Realization Community

~Where All Are Embraced in the Heart of the Divine~

Please join us for a Service of Celebration

MEETING AT

1st & 3rd Sundays at 10:00–11:30 a.m.
Soul Source

18015 Muncaster Road, Derwood, MD
Visit: www.thesoulsource.net

2nd & 4th Sundays at 10:00–11:30 a.m.
District Wellness

1608 20th Street (in DuPont Circle, Washington, DC)
Visit: www.districtwellness.com

We invite you to join us for Sunday Celebrations: Singing, dancing, meditating, spiritual readings and teachings. Children, adults, singles, couples, LGBTQ – all are welcome!

Our affirmation of membership: "I commit to working on myself, being introspective, seeking connection with the Divine, and embodying Divine Presence individually and together within community."

OUR PREMISES

From Buddhism: inner peace is attained through the jewel of non-attachment

From the Self-Realization Tradition: Union with the Divine through Unconditional Love

From Judeo-Christian tradition: Loving God with our whole selves and loving our neighbors as we love ourselves

From Tantra: the Sacred Feminine and the Sacred Masculine dance in harmony together throughout all creation; we embody that dance of love for the benefit of all life, elevating the Sacred Feminine in balance with the Sacred Masculine within us

For more information, please go to:
self-realization-community.org
or call "Nonnie," Rev. Carol Richardson, M.Div., M.P.H.
at 269-365-8939
or email her at: carol.dodson.richardson@gmail.com

Nonnie's role is that of guru-doula, assisting each one of us in birthing the divine within ourselves as well as together in community.

www.PathwaysMagazine.com for updated calendar and resources



SEVENOAKS
RETREAT CENTER

Home of Mid-Atlantic Pathwork®

Find Your Groove at Sevenoaks Retreat Center

Friendly, Full-Service Retreat Center in Central Virginia
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Upcoming Classes:

Saturday, Dec. 6, Fairfax, VA
Universal Laws of Abundance

Wednesday, Dec. 10, Alexandria, VA
Angels & Spirit Guides: the Facts

Saturday, Dec. 13, Alexandria, VA
Healing with Angels Workshop

Saturday, Jan 17, Columbia, MD
Angel Encounter Workshop



Register Now by phoning 540-854-4841 or by
emailing support@communicatewithangels.com

www.CommunicateWithAngels.com/pathways.html

WINTER CALENDAR

JANUARY, continued

-24-

Mushrooms 101 with Jared Urcheck at Smile Herb Shop in College Park, MD. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

Training in Shamanic Healing, Prayer and Ceremony: 9-month training, one weekend/month January-Sept. 2015 with Rose Khalsa. Training dates: Jan. 24-25; Feb. 21-22; Mar. 14-15; Apr. 11-12; May 30-31; June 13-14; July 11-12; Aug. 8-9; Sept. 5-6. www.blueberrygardens.org

1/24-25 **Tuning Fork Therapy Workshop**, Levels 1 & 2 (Level 1 prerequisite for other levels); March 21-22 - Levels 3 & 4. Somatic Energy Therapies, 304-258-9751; www.SETherapies.com.

-27-

Chakra Balancing FREE Introductory Talk by Arlyn Kline, RN, Founder of Braided Way Healing Arts, 6:30-8pm. Ellicott City Wellness Center. Email braidedway@gmail.com or call 443-690-2414. www.braidedwayhealingarts.com

-28-

Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azureblc.com.

-31-

1/31 - 2/1 **Manifesting & Abundance Class**, held at Pathways Magazine Healing Space, 9339 Fraser Ave., Silver Spring, MD 20910. Sign up on Classes page at www.joyousvibrations.com. Need to have a theta session prior to class if you've never had one. For more information, email Theresa@joyousvibrations.com.

FEBRUARY

-1-

YOGA for WOMEN with Shakta Khalsa, at Dream Yoga Studio in McLean, VA. For more information, visit www.DreamYogaStudio.com.

-3-

Chakra Balancing Level One, five-session course, Tuesday evenings, 6:30-9:30pm, beginning Feb. 3, with Arlyn Kline, RN, founder of Braided Way Healing Arts. Ellicott City Wellness Center. Email braidedway@gmail.com or call 443-690-2414. www.braidedwayhealingarts.com

-7-

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

Salves and Infusions, an aromatherapy class with Clinical Aromatherapist Olivia MacMillan, at Smile Herb Shop in College Park, MD. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

-11-

Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azureblc.com.

-14-

Message Circle, 8pm. Connecting With Your Spirit Guides. www.isd-dc.org

-16-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30pm. Free screening begins at 7pm. - documentary to be announced. The New Deal Café in historic Greenbelt: 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com; visit www.newdealcafe.com/events/reelAndMeal.

-19-

2/19-22 **25th Annual International Water Tasting.** For more information visit www.berkeleysprings.com or call 800-447-8797.

-20-

Mind-Body for Fibromyalgia with Deborah Norris, PhD: Reviewing the evidence basis for use of mind-body practices in treatment of fibromyalgia, this program offers you the opportunity of a better quality of life. 10:30am-6:30pm; \$159. 301-986-1090. www.TheMindfulnessCenter.org;

-25-

Organic fruit share service deliveries: Capitol Hill, Mt. Rainier & Cheverly. See website for details and ordering information: www.azureblc.com.

MARCH

-7-

Mushrooms 101 with Jared Urcheck at Smile Herb Shop in College Park, MD. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

-14-

Essential Oils 101, an aromatherapy class with Clinical Aromatherapist Olivia MacMillan, at Smile Herb Shop in College Park, MD. For more info, call 301-474-8791, email smileherbalist@gmail.com, or visit www.smileherb.biz.

Psychics Night Out - Psychic Fair, 7pm. Individual readings of insight-guidance. Palmistry-Tarot-Angel Cards & More. www.isd-dc.org

3/14-16 **George Washington's Bath-tub Celebration.** For more information visit www.berkeleysprings.com or call 800-447-8797.

-27-

Systems Constellation Facilitator Training: 6-month training one weekend/month March-Sept. 2015 with

WINTER CALENDAR

Francesca Mason Boring. Training dates: Mar. 27-29; Apr. 17-19; May 22-24; June 26-28; July 24-26; Aug. 21-23; Sept. 18-20.

UPCOMING

4/8 - 4/16 Take your teaching to a profound level! Apply now for the only 500-Level Kripalu Yoga Teacher Training taught locally in the nation. The 4-Module, national-quality training starts this month at Dream Yoga Studio with **Guiding Kripalu Meditation & Advanced Asana** with Jonathan (Sudhir) Foust & Michele Dalbec. Learn how to integrate practice of postures and meditation to cultivate deep inner stillness in yourself and students. Register by Feb 8 to save \$250 off the first module. At Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. More info at www.DreamYogaStudio.com or call 703/448-YOGA (9642). Find out more at <http://kripalu.org> or email Luann@DreamYogaStudio.com.

4/12 **Pathways Magazine Spring 2015 Natural Living Expo** at the Bethesda North Marriott, 10:30am-7pm. 60+ workshops, 130+ exhibitors, free parking, all for just \$10 with coupon. Full workshop schedule, exhibitor listing, coupons, directions and more available at www.naturallivingexpo.com.

ONGOING

America Meditating Radio Show. Listen 24/7 online for inspiring discussions on ways to combat challenges we encounter along the journey of life. Hosted by Sister Jenna, Director, Meditation Museum. www.blogtalkradio.com/americanmeditating.

Berkeley Springs Farmer's Market on Fairfax Street. Sundays, April-mid Dec., 10am-2pm. www.berkeleyspringsfarmersmarket.org

Combination Yin Yoga & Gentle Flow Yoga Classes offered every Wednesday by Mabelle Lee, certified & registered yoga instructor and massage therapist. Classes alternate starting at 5:30pm and 7:15pm; held at Rivendell Center, 9339 Fraser Ave., Silver Spring. Drop in rate: \$10/class. www.mabellelee.com

Community Yoga Class, All Levels, 6:30-7:45pm, every Tuesday, Rivendell Center. Beautiful space, great group, \$10. Taught by Claudia Neuman, E-RYT, Certified Anusara Yoga Instructor. Visit: www.yogafiveo.com or www.alignwithgrace.com for more information about Claudia.

The Enlightenment Assembly LIFE GROUP! Turn your mindset into a real world experience! Get guidance and support in a Spiritual Community. LIFE GROUP is hosted every Thursday @ 7:30pm. #Magick #Mysticism #Metaphysics #Mind www.enlightenmentassembly.org; 240-317-9808.

Family Constellation workshops led by Randy Goldberg, LMT. Every month; more info at 202-380-6850 or www.arlingtonhealingcenter.com.

Free Qigong Class Sunday mornings in Sligo Creek Park, Silver Spring, MD. Contact Song Ho Health Center for directions & the winter schedule: qiworkers@gmail.com; 301-625-4801. www.SongHo.net

Free grief workshops and support groups. Provided by Montgomery Hospice professional counselors. For anyone who lives or works in Montgomery County, MD. See www.montgomeryhospice.org/GriefPrograms/. Register: 301-921-4400.

Group Gyrotonic and Gyrokinesis classes at The Elements Center, Mondays-Sundays, All levels. \$35 per class or \$250 for 10 sessions. Visit: www.elementscenter.com. Register online at www.elementscenter.com or by emailing frontdesk@elementscenter.com or call 202-333-5252.

Healing Meditation Service: Wednesdays, 7:30-9:15pm. Guided healing meditation based on the Teachings of the Ascended Masters as taught through the Messengers Mark and Elizabeth Clare Prophet. Washington, DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. www.washdctc.org.

Healing Sessions, Fridays, 6:30-7pm. For inquiries or to schedule, email Melody Krafft, spiritualist medium, psychologist at melkrafft@msn.com. 703-631-3244. Manassas, VA. www.melodykrafftartist.com.

Homemade offers Juice Cleanse and Cleanse Packages and more. Check our website for monthly workshops and seminars. Start your New Year Right. www.OrganicjuicebarDC.com

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

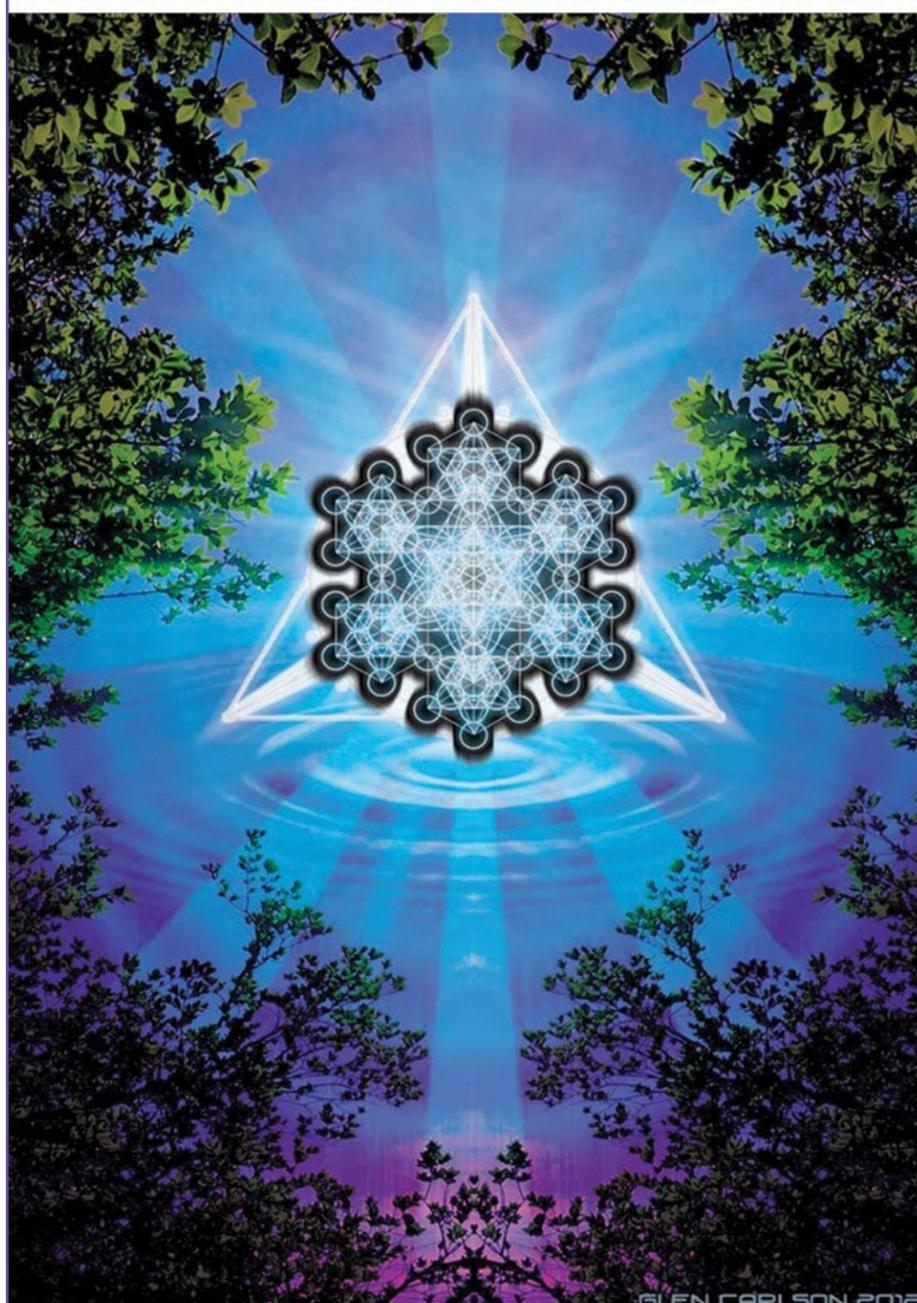
K.O.R.E. Workout: Kettlebells, Oxygen, Resistance and Energy! Open to all levels of experience, this new, dynamic and personalized class builds muscle strength and bone density, strengthens your core, develops cardiovascular endurance and increases flexibility while gaining body awareness. Classes offered every Tuesday from 6-7pm at The Casey Health Institute. 800 S. Frederick Ave. Gaithersburg, MD. Visit www.caseyhealth.org to register or call 301-355-2030.

Ladies First Friday, first Friday of every month, 7pm-9pm. Join Rev. Dorita Dixon and the Ladies and Friends of the Institute For Sacred Evolution for

continued on page 82

KarmaFest

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WINTER CALENDAR

an intimate evening of conversation, fun, laughter, sharing, spiritual enlightenment & healing and self discovery. Light refreshments are served. (Please dial 202-291-5282 from your cell to gain entry into building.) The Institute for Sacred Evolution, NW Washington, DC. www.iseenlightenment.org; www.facebook.com/ISEEnlightenment.

Ligmincha Institute at Serenity Ridge, 554 Drumheller Ln., Shipman, VA 22971. Offering ongoing retreats and teachings in the Tibetan Bon Buddhist tradition. Geshe Tenzin Wangyal Rinpoche Dzogchen, Visit: www.serenityridge.ligmincha.org, or email, office@ligmincha.org, call: 434-263-6304.

Meditation Museum offers free year-round workshops on Meditation, Self-Empowerment and many topics. Contributions appreciated. Check our calendar at www.meditationmuseum.org.

Midday Meditation, Tuesday thru Friday, 12-12:30pm. Experience the power of the breath while accessing your peace and eliminating your stress in our "Taking Back Your Peace" Meditation Classes. Meditation begins at noon so please arrive before 12pm. The Institute for Sacred Evolution, NW Washington, DC. www.iseenlightenment.org; www.facebook.com/ISEEnlightenment.

Monthly Health and Wellness Forums hosted by Indulgence Massage and Bodywork; open to the community. Call 240-221-1629 or check our website for more details: www.indulgencemassagebodywork.com.

New Future Society: Monthly Conferences for Transformation and Exploration. Saturdays, 3-5pm. www.newfuturesocietycenter.com; 301-460-1417.

Sunday Church Service, 11 am, Wash DC NW. Enrich Your Spiritual Journey. For 28 years, a God-centered mystical church & Learning Center for metaphysical living – energy healing-Wellness-Psychic Development. A community that accepts each person's spiritual path as being their own unique journey & is lovingly supported. Come visit & make your own Spiritual Connection. 5419 Sherier Pl., NW DC. www.isd-dc.org

Yoga Classes at Casey Health Institute: All yoga classes are open to the public. These personalized classes use props and equipment that enable everyone, regardless of age or flexibility, to benefit from this practice. The Casey Health Institute. 800 S. Frederick Ave. Gaithersburg, MD. Visit www.caseyhealth.org to register or call 301-355-2030.



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For further details and dates of next weekend workshop see www.thespiritualtarot.com

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What Is My Purpose ? ...continued from page 47

concerned about finding your life purpose?" Joe has to think a while. Then he says, with surprise in his voice, "I guess not. My life has been a lot better. Come to think of it, lately, I haven't gotten around to thinking about my path and my purpose."

You see, Spiritual Seeker, neither purpose nor path is a trivial concern. Yet I'm convinced that an urgent need to find one's purpose is not necessarily about purpose at all. Instead, it is a symptom of being relatively stuck in life. Not consciously, necessarily. Subconsciously. STUFF is astral and subconscious, right? I'd go so far as to put it this way: *A person's need to find life purpose is directly proportional to the amount of STUFF stuck in that person's aura.*

If you seek purpose, do this experiment

Here's a simple experiment in a few steps that can be especially helpful if you have been worrying about finding your life purpose or being on your right path.

1. Take a vacation from Big Purpose, just for three months. (Mark your calendar.) No worrying about finding your life purpose or being on your right path. Seek inspiration with prayer or other techniques of your choice... adding up to no longer than 20 minutes per day,

timed with a clock. Otherwise, simply live your life as best you can. Take it one day at a time.

2. Avoid interpreting your life in terms of a belief system. No seeking guidance, outside your daily Technique Time. Muddle through like a human being. (After your three-month experiment, those goodies of guidance and belief will be there where you left them, right?)

3. During those three months, have five sessions with a mind-body-spirit professional who can facilitate permanent removal of STUFF from your subconscious mind and aura.

4. With less of that STUFF, reassess after three months.

Very likely, you'll be surprised when you come to that date on your calendar. Very likely, you will find, just like Joe, "Come to think of it, lately, I haven't gotten around to thinking about my path and my purpose," because you'll be living it. Spiritual Seeker, enjoy this precious human lifetime.

Rose Rosetree's international bestseller Aura Reading Through All Your Senses has just been published in new editions in China and Estonia. Learn more about all her books, plus personal sessions and workshops at www.rose-rosetree.com. See her ad below.

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Sessions of Rosetree Energy Spirituality start with your choice for personal growth, such as "More self-confidence" or "Make more money." Then I use skills for Energetic Literacy, aura healing, and empowerment to support your intention.

Each session is one of a kind, where I select healing techniques based on what I find in your chakra databanks and subconscious mind. Overall, healing aims to permanently remove STUFF that causes problems, then PUT IN what suits your soul.

Each session is meant to make a difference, but more than one session does bring an extra, cumulative benefit, helping you to move forward on your personal path. (Most of my clients do request more than one session.)

For an appointment, we can meet over the phone — or in person in Sterling, VA — or over Skype video. Making appointments is done personally, so you can ask your questions and receive the respect you deserve.

"Deeper Perception Made Practical," my blog, is also a great place to find a growing community of smart, kind people who are evolving fast.

APPOINTMENTS

Mitch@rose-rosetree.com
703-450-9514

WEBSITE

www.rose-rosetree.com

BLOG

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- 5 Learn stress and anxiety reducing modalities (Qi Gong, EFT, and breathing techniques) for living a healthy life
- 6 Clear your mental clutter, develop solid time management, organizational skills, etc., with a committed accountability partner

View Susan's website to see her on WUSA9TV!

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

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The Cardinal Center for Healing, dedicated to awakening new dimensions in growth and healing, is comprised of professional healing practitioners in the fields of Intuitive Psychotherapy and Readings; Body-Mind Health; Homeopathy; Massage Therapy; Energy Healing; Neuro-feedback; Matrix Repatterning®; and

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American Embassy of Dance on Wisconsin Avenue in Washington, DC between Friendship Heights and Tenleytown; and Sunday at the CityDance Center in the Music Center at Strathmore in North Bethesda. For more information on these, private, or workplace classes, please call 301-562-0992.

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Dream is the only DC-Metro area AFFILIATE of the largest Center for Yoga & Health in North America—Kripalu. Yet walking thru Dream's door feels like "coming home." Our caring staff will meet you where you are...and help you to your next

level of fitness, awareness, self-compassion and joy! The Studio is directed by Luann Fulbright, a professionally-certified Kripalu Yoga Instructor & Yoga Therapist with 35 years of yoga experience.

At Dream—you'll find a broad array of classes & workshops...plus Massage, Aroma Touch & Trigger Point Therapy, Ayurvedic & Nutritional Wellness Counseling, Reiki/Quantum Healing, the amazing Bowen Therapy. You can experience yoga that any body can do—from Gentle Yoga for Creaky People, to Vigorous Vinyasa Flow. Instructors emphasize yoga postures & breathing/relaxation techniques while encouraging inner focus & mind-body awareness. They teach, not just guide.

Dream has Private Yoga/Yoga Therapy & Meditation classes, Prenatal & Family Yoga, Yoga for Tweens/Teens/Special Needs Kids, Tai Chi, Yoga Nidra Guided Meditation, Yoga Parties,

Room Rentals. Plus we BRING YOGA to YOU—at your business, school, early childhood/senior center.

Dream's WINTER SESSION starts Mon., Jan. 5, with special classes/workshops Jan. 1-4 & Spring Break. Join us for our special DYNAMIC GENTLE YOGA Weekend w/ Kripalu's Rudy Peirce, Jan. 9-12; YOGA for WOMEN with Shakta Khalsa, Feb. 1; The YOGA of YES! w/ Kripalu's Jurian Hughes, Feb. 27-Mar. 1; 500 KRIPALU YOGA TEACHER TRAINING, starting Apr. 8-16; & Divine Sleep YOGA NIDRA TEACHER TRAINING w/ Jennifer Reis, Apr. 30-May 4.

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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 50 years experience in T'ai Chi and have been teaching at Glen Echo Park for 22 years. They both have studied

with and received permission to teach T'ai Chi from Robert Smith, 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.

We are pleased to announce that the Hall of Mirrors teaching space for Glen Echo T'ai Chi classes has been beautifully renovated. Winter New Beginners Class will start Sunday, Jan-

uary 18, 2015, 11 sessions for \$210 plus registration fee. Other classes include Saturday mornings at 8:00am and Sunday morning Corrections at 9:30am.

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

More information at www.glenechotaichi.com, www.glenechopark.org or email to 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 for more benefits of membership.

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

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

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



Hot Yoga Spa Nutrition & Wellness is a premier yoga and fitness studio and spa where our mission is to renew your mind, restore your body and rejuvenate your soul. We offer hot yoga, pilates and barre classes (60-90 min., suitable for all levels and will strengthen, balance, detoxify and exhilarate your body & mind), spa (facials, body treatments, massage—Thai, Swedish, Deep Tissue & Sports—lash

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

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

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Classes & Learning Centers



Institute for the Advancement of Service

The Institute for the Advancement of Service (IAS) is an educational and spiritual organization offering classes and trainings in soul development, service, leadership, and organizational design.

The foundation of IAS teachings and practices derives from *The Soul and Service Trilogy of Born to Serve: The*

Evolution of the Soul through Service, The Awakened Leader: Leadership as a Classroom of the Soul, and The Clarion Call: Leadership and Group Life in the Aquarian Era by Susan S. Trout, Ph.D. Celebrated for her ability to translate key spiritual principles into practical blueprints for action, Dr. Trout's books have been used worldwide to trans-

form lives and organizations.

For more information about classes, ordering books or joining the mailing list, visit www.ias-online.org, or email to btsias@aol.com.

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

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

"I have learned there are many

ways to meditate. You brought an ease to the teaching that made it interesting and fun." GK, Contractor

Limited to 6 participants. Approx. 33 hrs. of instruction. Fri. eve. 7:00–10:00pm; Sat. & Sun. 8:30am–10:00pm; Mon. 10:00am–7:00pm.

For details and an application, contact Rev. Jim Wilkins, 703-300-2742, or email j.wilkins@cox.net.



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We offer a weekend space for wellness workshops and trainings. Conve-

niently located of Rt. 29 at exit 13, The Life Dance Loft invites you to come embrace vitality and joy in your life!
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www.lifedance.me



The Meditation Museum is a one-of-a-kind unique space to find yourself. You will view exhibits 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!

This museum 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. This is a national treasure of a place, 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 is located at 8236 Georgia Avenue, Silver Spring,

Maryland.

For info and workshop listings, please visit www.MeditationMuseum.org, or call 301-588-0144. Like us at: www.Facebook.com/Meditation-Museum. Tune in to the America Meditating Radio Program at www.blogtalkradio.com/americanmeditating, or on our free "Pause for Peace" app.



NEW FUTURE SOCIETY

New Future Society is a place where your highest consciousness can be experienced and nourished. Come and visit. We offer Meditation; Yoga classes; Healing Sessions for the Chakras, Body, Mind and Spirit; monthly Spiritual Conferences; Philosophy & Psychology yogic study groups; Day of the Goddess; Yoga Teacher Training 200 & 500 programs;

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Wellness Retreats are available in The Healing Center in Rockville & in The Ananda Retreat Center with the Master Lakshmi Devi on the Caribbean in Colombia, S.A. Our techniques will help you still your mind, improve your health and invite more joy into your life. Experience it for yourself.

New Future Society is located at 10410 Arctic Ave., Rockville, MD. For more information and to register please call: 301-460-1417, or email: savitri@newfuturesocietycenter.com.

Please visit our website: www.newfuturesocietycenter.com. Facebook: Newfuturesociety US

Lunchtime Yin Yang Yoga Tuesdays in Silver Spring



Somatic Freedom Technique

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

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

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

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

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

Patients say: "Kevin's touch is so gentle, but so certain. It's like having the brain cradled gently so that you can really let go." —MN

"He seems to be able to follow the path in which my body leads. I leave feeling stretched out, refreshed, and most importantly, headache free!" —SK

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

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

Classes & Learning Centers



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

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Gendai Reiki Classes—Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles.

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ter, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes—Basic: 12/6, 1/3/15; Intermediate: 12/7, 1/4/15; Advanced: 12/8, 1/5/15, 3/8/15.

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Lightarian Reiki®, Rays® or Angel-Links® Sessions and attunements—By appointment at our center or via telephone.

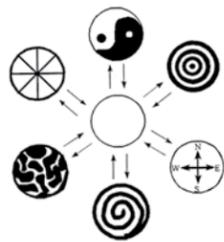
Reiki and IET Shares and Practice Groups—Allow newcomers OR practitioners to receive and experience sessions with one another. Held monthly. Call before attending.

Reiki and IET Student Clinics—Allow the public to receive sessions

from RCGW Reiki Students. Held one weekend day and one evening per month. Call before attending.

Sekhem-Seichim-Reiki (SSR) Classes-Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Practitioner Facets I–II: 2/7–2/8/15; Master/Teacher Facets I–VII: 12/13–12/15/14 and 5/8, 5/15, and 5/22/15.

Usui Reiki Classes—Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 1/24–1/25/15, 2/21–2/22/15; Level II: 1/10–1/11/15, 3/28–3/29/15; Level III: 5/29–5/30/15 (Practitioner) and 5/31–6/2/15 (Teacher).



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

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

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

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

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



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Classes & Learning Centers



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

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

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

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

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

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



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Song Ho Health Center

Qigong and Taiji: Beginners, Intermediate, and Teacher Certification Programs with Master Nianzu Li, a classically trained practitioner of Chinese medicine. In Maryland, Li is a licensed acupuncturist and herbalist, and has taught the traditional healing exercises of China in the DC area since 1981. Peggy Li is a long-time practitioner and teacher of energy medicine, Emotional Freedom Techniques and qigong and taiji (tai chi).

The wonders of qigong and taiji come from the skill one acquires for enhancing the internal energy (qi)—the source of good health, personal development, and joy. Every sincere student can learn the simple methods that strengthen and align the body, calm the mind, and stimulate the self-

healing function. Qi exercise is good for balancing body, mind and spirit, a state you can create on a daily basis.

The winter plan takes both Peggy and Nianzu on some world journeys. We resume our teaching schedule in the earliest of Spring days (Spring by the Chinese calendar, which means early March). Nianzu will once again offer teacher-training; the 2015 program concentrates on tai chi (taiji), one of the most significant and elegant branches of the ancient qigong tree. Email us to sign up for class announcements.

You can see Li's style and many exercises on YouTube; select "qigong" and "Nianzu Li." Join him for his ongoing FREE CLASS in Sligo Creek Park in Silver Spring on Sunday

mornings. Please call or email for directions and his winter schedule.

Qi exercise changes lives, which is why these ancient practices are so beloved and still with us. Classes have been described as "a weekly oasis." Whenever and wherever you practice, the movements and moments of peace and power lift you up and help get more flow into your life.

To find out more about our classes, acupuncture and herbal care, along with sessions in Energy Freedom Techniques ("Tapping"), please call for an information packet and see our website.

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All Unity Woods classes are taught in the Iyengar tradition. Iyengar Yoga develops awareness through precise alignment and attention to the subtle aspects of posture, breath, mind, and spirit. Our faculty is made up primarily of Iyengar certified teachers who have trained for many years. As a

result we are able to guide beginners as well as experienced students in progressing along the path of yoga safely and effectively.

Our winter session of classes begins Friday, January 2. New students may take their first class free anytime during the session. Also contact us about special four-week Introductory Series. For details see www.unitywoods.com.

Health Services

Natural
Healing



Kathleen Erickson-Nord

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

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combined sharings of poetry, wisdom, meditation, music. Hosted by prominent motivational speaker and teacher, Sister Jenna, Director of the Meditation Museum in Silver Spring, MD.

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

app. Also on: Stitcher, iTunes, Aha Radio, TuneIn, and Spreaker. Spread the word and Follow Us! Visit our website at www.meditationmuseum.org, follow us on Twitter @Meditmuseum, and like America Meditating and the Meditation Museum on Facebook. Email: AmericaMeditating@gmail.com.



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

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Cancer patient says:

"I should have come in a lot sooner. I cannot believe how Kevin's treatments turned around my experience of my chemo-therapy." —NG

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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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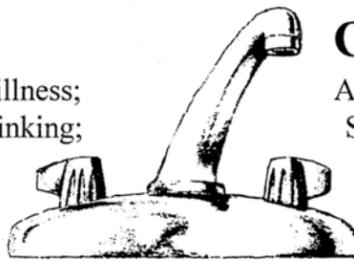
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ACCESSING YOUR INTUITION

The Trance of Scarcity

...continued from page 21

Our thinking and speaking are extremely powerful. Our thoughts and attitudes are like a “magic wand,” constantly fueled by our unconscious beliefs. Bruce Lipton in his book *Spontaneous Evolution* says, “Our subconscious mind is running the show 95 percent of the time. Our fate is actually under the control of recorded programs, or habits that have been derived from perceptions acquired in our life experiences. Becoming conscious of our subconscious beliefs and programming is the gateway to spontaneous evolution.” These “Recorded Programs” eventually permeate our overall attitudes, which in turn continue to be fed by our unconscious beliefs and habits. I am sure you’ve heard it said before—the primary cause of unhappiness is never the situation, but the *thoughts* you are having about the situation.

An Epidemic of Scarcity

Soyes, there is a certain consciousness we hold that will either help us to *expand* our capacity for wealth and prosperity, or a consciousness that keeps us in a state of *constriction* and lack—a consciousness that affects us in many areas of our lives. It is the *quality* of the thoughts we think that contributes to either our prosperity

and abundance, or our scarcity and lack. These are thoughts and corresponding actions so automatic we don’t even realize they are occurring. They contribute to an *epidemic*—an epidemic of scarcity thinking in our world. It drives humanity in a myriad of different ways—everything from holding ourselves back in our

Before we can even begin to understand how to break out of a scarcity state of mind, we need to identify the core beliefs that underlie our negative thoughts. For example, many of us operate out of the unhappy theme of “I am not enough”—not good enough, smart enough, rich enough, young enough, old enough, thin enough, worthy enough. Such limiting core thoughts are the true source of our prosperity issues.

relationships to going to war. When we think a thought, the thought becomes deed. In other words, we are actually releasing our thought’s *latent* power into *action*. Thus, our happiness, success, well-being, and peace all relate to recognizing the power of *thought* in our lives.

These negative unconscious patterns and automatic responses are *exactly*

where we need to focus. Before we can even begin to understand *how* to break out of a scarcity state of mind, we need to identify the core beliefs that underlie our negative thoughts. For example, many of us operate out of the unhappy theme of “I am not enough”—not good enough, smart enough, rich enough, young enough, old enough, thin enough, worthy enough. Such limiting *core* thoughts are the *true source* of our prosperity issues.

The Trance of Scarcity

This “Not Enough” theme *cripples* us in so many ways. Author Victoria Castle calls this a “Global Blight” and names it “The Trance of Scarcity.” She says we are all, in one way or another, in this trance—a kind of daze that controls us most often without our even knowing it. Under its spell, we act out of a very limiting belief system.

This Trance of Scarcity shows up in a hundred various ways in our lives, but the results are usually the same. We experience low self-esteem, self-doubt, over-consumerism, anxiety, depression, overspending, greed, and so forth. Thus, instead of experiencing ease and satisfaction, we come from a *fear-driven place*, creating a continual struggle in our lives.

According to Castle, the Trance of Scarcity permeates our individual consciousness, our culture and even the world—she describes a “culture of scarcity.” The theme I just mentioned—“I am not enough”—also shows up as “*There is not enough*”—not enough time, money, energy, opportunity, love, cooperation, power and so on. Many of us are victims of this “Not Enough” thinking.

Castle calls this Trance of Scarcity the “Reigning Planetary Myth.” Sadly, not only do we see it in individuals and communities, but also in organizations, systems, governments and nations. It has become a universally accepted way of being, without our even realizing it. And when we live in a state of fear, especially about money, there is *no* amount of money that will take away that fear and make us feel safe. I am sure you’ve heard stories of individuals who win the lottery. Many of those winners go broke within five years and their lives are worse than

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ACCESSING YOUR INTUITION

The Trance of Scarcity

...continued from page 97

before they won the lottery! This is proof that no matter how much you have, it can't make you feel safe when you are coming from a *fear-based* consciousness.

So by now you can figure out the answer to what really stops us from manifesting more of what we say we want. It is, as Isaiah says, to monitor the "words, which go out from my mouth," and to observe how they operate in our lives. This is how we begin to unravel our trance, and how we will change the "thistle" into the "myrtle trees" that Isaiah describes.

Awareness as an Agent of Transformation

How do we stop these words and thoughts that block our sense of abundance? Eckhart Tolle says it best: "*Awareness is the greatest agent for change.*" Thus, if we want to interrupt this trance, we need to identify what it sounds like and how it permeates our thinking. We need to become aware of all the insidious ways this "Planetary Myth" operates in our lives—both as individuals as well as in groups and institutions. As we become aware of the thoughts we are thinking, things start to shift.

How does this trance sound in our lives? Here are some examples of the unconscious source thoughts that comprise the "trance."

I am not enough
I will never be good enough
My family was poor, so I am poor
Life is unfair
This can never work
It's impossible
I don't deserve it
I can't do that
I have to control everything to make things work out
I must never disappoint anyone
I have to do everything with perfection

These are the kinds of thoughts operating both consciously and *unconsciously*, and these kinds of thoughts perpetuate our scarcity mind set. This belief in lack and limitation is a *habit*—just a habit! And the more we continue to "practice" these habits, the more you can expect reinforcement of your consciousness of lack.

Begin this process by examining some of your own Trance of Scarcity thoughts, identifying your own habitual thinking. By naming the trance statements operating within ourselves, we will be able to interrupt the hold they have on us. I suggest you take some quiet time and write down your own trance statements. Practice paying attention to your inner dialogue. Gently and lovingly, begin to notice and observe your own self-talk. In the past, one of my big ones has been: "I have to control everything to make sure it will work out." Living this way, trying to control everything, has been exhausting!

The famous basketball player Kareem Abdul-Jabbar says, "I can

do something else besides stuff a ball through a hoop. My biggest resource is my mind." Thus, to change successfully from scarcity and struggle to abundance and ease, we must start with our minds—by identifying, then interrupting, dislodging and replacing these old patterns so ingrained in our psyches. It's time to snap out of the trance; but first we must know the enemy, keeping an eye to dislodging them for good.

The Talmud says, "We don't see things as they are, but as *we are*." If we believe ourselves to be unlovable, unworthy—"not enough"—then we will experience ourselves to *be* these things. If we believe there is a scarcity of time, money, resources, love, and energy, then this is what we will reinforce and create in our lives. It is only by becoming aware of our Trance Statements that we can then change our beliefs. So become aware of your inner core beliefs and then come up with practical ways to embody a state of abundance, of living in the world with greater effectiveness and ease.

Belief-Changing Modalities

So the first step: *awareness*. Next, we start to practice a variety of belief-changing modalities. Identify, then repair and replace through affirmations, creative visualization and the like. As we continue to observe exactly what we are impregnating into our minds, we can begin to counter them, immediately. One common method encourages us to say "cancel" when these thoughts come up. It may take some practice to remember to do this, but soon enough you will be using it less and less.

Another belief-changing modality is the writing of affirmations. Maybe some of you have worked with affirmations. When used correctly and consistently, affirmations can transform your life. An affirmation is a positive statement designed to counteract negative, long-held beliefs. They help "reprogram" us in a direction in keeping with what we say we want. Examples of affirmations are: "I am a grateful for all the Universe has given me," or "I deserve the abundance the Universe has for me."

Still another belief-changing modality we can use is creative visualization. This is where images from the Tarot might help. Creative visualization is a technique that utilizes *positive imagery* to help you attract your desires, to change inner patterns and beliefs, or to reinvent yourself. In creative visualization, you focus on a mental picture—imagining that which you seek, as if it were already so. There is an expression that states, "Change your thoughts, change your destiny." This is the principle underlying the use of creative visualization. Using the Tarot imagery, you can change your lack consciousness to one of creative abundance. In fact, you can use this mental imaging in any area of life. As

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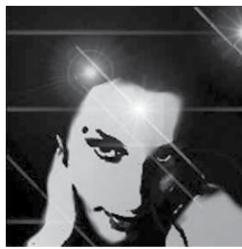
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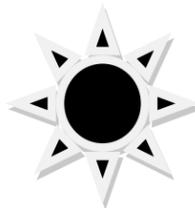
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PATHWAYS INTERVIEW

The Healing Power of Plants: An Interview with Jim Duke, PhD

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competitive, the narcs would just pay more. It was a non-winnable situation. I don't think the USDA would say that, though. Frankly, I think ganja is a great medicinal plant, much better than the synthetic copycats, which cost much more.

More recently, in the spring of 2012 you visited Cuba as part of a professional research exchange. Cuba is held up as a model of agricultural sustainability. What are some of the best practices you witnessed on your trip?

I fear my trip to Cuba was my swan trip; my wings have been clipped surely by stenotic neuropathy, possibly synergic with residual Lyme disease. Both Mrs. Duke and I are in our 80's and have been diagnosed with Lyme. Our itinerary in Cuba was such that we saw more of medicinal plants than of agriculture. It was clear that the Cubans have one of the best health care systems in the world, for the people, cradle to the grave. And clearly from the few farms we visited, they believe in organic agriculture, as do I, with scientific intercropping and disease and weed control.

Do you have any future trips planned? Is there any country in particular you've never visited that's on your research trip bucket list?

I rarely leave home anymore, dependent on both rollator and walking cane. But if a magic carpet could magically volatilize me in Nepal or colder Tibet, with a good bilingual herbalist, that would be my choice.

You've authored or co-authored many books on herbs, spices and foods. Some are academic treatises and others, like the classic bestseller, The Green Pharmacy, are for general audiences. Looking back on your publishing life, what work or works do you recall as the most satisfying, either because you loved writing them or because of the influence they had on readers?

Every time someone comes to a tour of the garden here, we show them a few of the books that I have on hand. And when they ask, "Which one would you buy if you were only going to buy one?" I always say *The Green Pharmacy*. It sold over a million copies in English and is now translated into eight languages. It was a turning point for me and I actually retired from the USDA a year early so I could work on that. I think it was one of the best decisions I ever made. That's why I have the Green Pharmacy Garden, with 300 species of plants, mostly built like the chapters of that book. We have a stone in the middle of a plot, say the Alzheimer's Plot. There, we'll see rosemary, sage, periwinkle and some of the plants that are still arguably better than the pharmaceuticals like Aricept.

Any new publications in the works?

I'm frantically trying to list the more important natural antiviral phytochemicals. There are many natural antivirals that are completely disregarded by Big Pharma, the CDC and FDA. They do not have our health in mind, rather Big Pharma's bottom line. And I mean bottom.

Tell us more about the Green Farmacy Garden [GFG].

It's a south-facing slope on my home property here. The garden on the south slope has four long rows that are sort of like sloped terraces, and in each we have about 20 plots. In each plot, we've gathered the best medicinal plants for different ailments. For example, we have a Prostate Plot. We have the best sources of lycopene there—the saw palmetto, which we have to bring in before frost arrives, the stinging nettle, and the African pygeum, proven to help the prostate. That's just one of the 80 plots in the garden. I can send to those who wish a map of the garden,

continued on page 112

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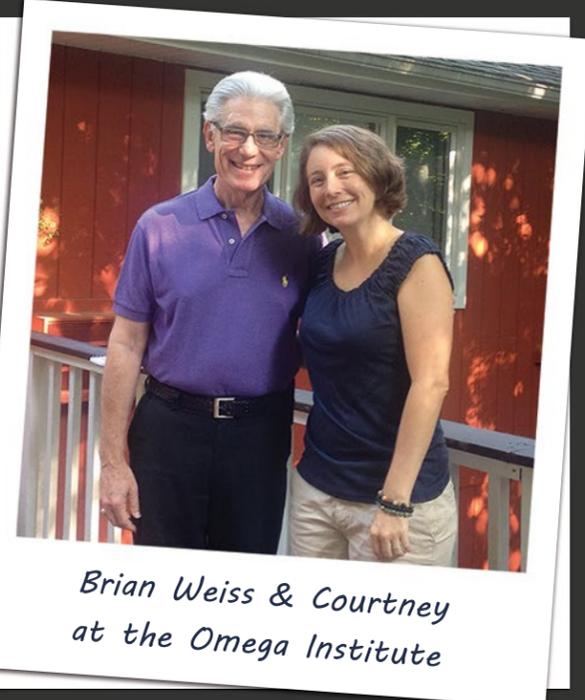
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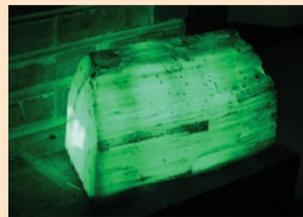
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PATHWAYS INTERVIEW

**The Healing Power of Plants: An Interview
with Jim Duke, PhD**

...continued from page 111

listing all the species in each plot. It's sort of like a catalog.

Science marches on and we keep learning new things that might be promising. And frankly, I'm really eager, as is my head gardener, Helen Metzman, to get the latest into them. She is being paid by Tai Sophia. She is hardworking, an artist. She builds beautiful structures out of bamboo and vines to keep the garden a place of beauty as well as a place of education.

Tai Sophia is now the Maryland University of Integrative Health (MUIH). Are you and the GFG still involved w/ their herbal Masters program?

Since I have become handicapped, I do not lecture there any more. And intense classes in the garden have diminished, but GFG did have acupuncture, herbal, nutritional, and TCM visitors this year from MUIH. They have switched more into an online modus operandi, and apparently will have diminishing needs for touring the garden and library. I hope that trend will reverse and more students can experi-

ence hands-on the beauty, smell and touch of a multidimensional garden of 300 of the world's most important medicinal plants.

Mrs. Duke and I, in a life estate arrangement donated our property, home, garden and library to Tai, now MUIH. They inherit it when we have passed.

How do you prepare the GFG for the winter? For which spices was the harvest particularly good this year?

This year the great garden ladies Helen, Hillary and Wendy, aided by my son John, and a lot of good volunteers worked intensively, getting the many tropicals up under a beech tree and gradually into an overcrowded greenhouse. As usually we had a positive harvest of turmeric—probably the most important anticancer, antiviral herb, followed perhaps by garlic. But the garlic is hardy and was not part of the fall crunch. It was a bad year for the saffron crocus still probably the most expensive spice. It was so cold—I speculate in early November—that we had



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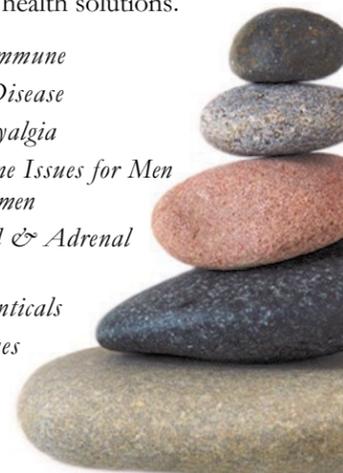
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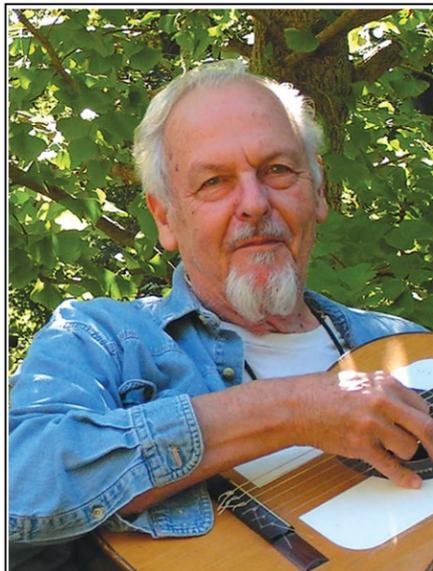
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PATHWAYS INTERVIEW



America is run on a faulty premise, "Better living through chemistry." And we have been convinced (though I've never been convinced) that herbs are dangerous and that synthetic chemistry is the answer to all our problems, when literally it is the genesis of most of our problems.

fewer flowers than ever. And no flower, no saffron! Interestingly, a bumper year for turmeric, and our worst year for saffron, but both good for many maladies, even Alzheimer's.

John just mulch mowed the leaves today and yesterday and blew them onto the rows adding a blanket and nutrients to the soil. We leave many herbaceous plants up for winter botany but remove them as they blow down and fall apart.

A century or so ago, there was a massive shift in the practice of medicine from plants

as the primary healing agents (which had been true since the dawn of humanity) to synthetic pharmaceuticals. What would you say was lost and gained in that shift?

Synthetic pharmaceuticals, your genes have never known. And that's why these FDA-approved synthetic chemicals kill over 100,000 people a year. People have no genetic experience with them. We've lost the synergies of the mixtures of the 5000 chemicals in each herb, which your genes have known for thousands of years (if you're Biblically oriented) or millions

of years (if you're evolutionarily oriented).

Each herb, from turmeric to hot pepper, contains about 5000 biological chemicals, or phytochemicals. All are biologically active. I mean, that's incredible! It's chaotic. Your genes know these things that your ancestors ate, and your genes will mine them like menus of active chemicals, and pull out the ones it wants and piss out the ones it doesn't want. [See the Multiple Activities Menu at www.ars-grin.gov/duke/dev/all.html]. That's what homeostasis is. You and I and most alternative practitioners know about that, but few of the allopaths think about the fact that the synthetics are unknown to your genes. When you take them, it's going to throw you out of balance. It might help you in some ways, but it might throw you out of balance in other ways. And then you'll return to the physician to find out what to do for the problems the synthetic caused.

In some other countries, medical physicians prescribe herbs far more than American doctors. For example, German MDs prescribe St. John's wort for depression more often than prescription medications like Prozac and Paxil. Why is there such a difference?

America is run on a faulty premise, "Better living through chemistry." And we have been convinced (though I've

never been convinced) that herbs are dangerous and that synthetic chemistry is the answer to all our problems, when literally it is the genesis of most of our problems.

Speaking of problems, climate change has impacted growing cycles and conditions around the world. How has it impacted your gardens? Are certain spices thriving while others are suffering as a result? Are certain plants good indicators of the health of the climate?

Last year's winter took its toll on the garden, eviscerating a ten-foot diameter rosemary Helen had nursed through earlier winters unscathed. But the scarred rosemary is bracing for another bad winter. Our chocolates and coffees took a beating.

As far as indicator of climate change, we have kept the phenology of the blooming times, frog calls, leaf bud emergence, and migrating bird appearances. It is difficult to gauge the climate change, since for many years, unseasonably warm winters had earlier than normal dates; but as we saw from last winter, this is not consistent year after year.

You mentioned something about people visiting your garden and spoke about the MUIH students coming there to learn

continued on page 114



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Tamara is the Center Director, a Nationally Certified Counselor with a Masters Degree in Counseling and is currently a PhD Candidate. She is a Reiki & IET® Master Teacher and Instructor. Tamara offers Reiki & IET® sessions and classes, meditations, intuitive development, as well as a variety of workshops. Contact: Tamara@Joy-of-Being.net



Gary is the Shamanic Samurai Medicine Man & Diplomat of Pastoral Science (D.PSc). He uses a plethora of Energetic Modalities and is known for his Vocal Vibrational Toning, Sounding Healing and Anger Management, guiding & facilitating individual and group sessions, classes, workshops and Shamanic Journeys. Contact: Gary@Joy-of-Being.net



Deborah is a Certified Angel Messenger who provides powerful, amazing messages directly from the Angels to individuals in person, on the radio, at events and via phone. She offers Emotion Code, EWBP, Spiritual Dowsing, Yuen Method, Sound Healing sessions & Dowsing workshops. Contact: Deborah@Joy-of-Being.net



Jensy is the published Author of "Your Wide Awakening: A guide to Anorexia Recovery". She is a Speaker, Life Coach, Certified Angel Card Reader and Certified Quantum Healing Hypnosis Therapy Practitioner (QHHT). She offers a body image workshop as well as individual sessions. Contact: Jensy@Joy-of-Being.net



Micha has been practicing Reiki since 2004. She is a Reiki Master/Teacher, whose focus is on traditional Japanese Reiki. Micha offers meditations, Reiki sessions, classes and workshops. Contact: Micha@Joy-of-Being.net



Terri is the Center Coordinator. She has over ten years in metaphysical exploration, a passion for crystals, astrology, customer service and creating community. Contact: Terri@Joy-of-Being.net

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PATHWAYS INTERVIEW

The Healing Power of Plants: An Interview with Jim Duke, PhD

...continued from page 113

about the plants. Do you encourage visits
by others who are interested?

We provide tours of the garden during the gardening season, and over this winter, we will be developing and scheduling dates for tours, workshops, and classes for the public to learn more about medicinal plants. We will announce many of these dates in early spring.

Daniel Redwood, DC, the interviewer, Daniel Redwood, DC, is Director of the Master of Science in Human Nutrition and Functional Medicine program at the University of Western States. He is Associate Editor of Topics in Integrative Healthcare and a member of the American Chiropractic Association's editorial advisory board. He lives in Portland, Oregon.



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Energy Enhancement: Herbal Alternatives to Sugar, Alcohol and Caffeine

...continued from page 15

things grow, which is the way of sugar. Pitta (Fire) changes things and makes them flow, which is the way of Booze. Vata (Air) puts things into motion, which is what Caffeine does. So come with me on this journey as we look at herbal alternatives to Sugar, Booze and Caffeine to make that degree of plant use more professional, moderate, and intelligent.

Basically during these trying days we are seeing a planet of people way out of balance. The natural elements of Ether, Air, Water, Wood, Fire and Earth are each causing a disease of excess that is epidemic. The statistics on this epidemic are not from the alternative health community but from mainstream medicine. In the U.S., more than half of us over the age of 50 have one or more of the following diseases: Anxiety, Osteoporosis, Depression, High Cholesterol, Hypertension, and/or Diabetes. Those of you who have been reading my *Pathways* articles know it is clear that the epidemic of chronic illness that plagues our land matches up perfectly to the six elements of Ayurveda and Traditional Chinese medicine. See if you can match the six elements listed in the prior sentence (in excess)

to the six diseases listed earlier in the paragraph. I'll give you a hint: they are in the same order.

Friends, the same truth of excess in one or more of the elements making us sick is also manifesting in the excess of extreme tastes we over enjoy. The



link of the elements of Kapha (Water and Earth), Pitta (Fire) and Vata (Air) to excess consumption of Sugar, Booze and Caffeine leads us to simple herbal protocols that can reverse the etiology (path leading to) disease. Does it make

sense to you that Caffeine gets us moving like air, Booze is hot like fire (hence firewater) and Kapha is sweet like sugar? If the pattern is clear to your learning eyes, let's look at some simple herbal remedies that are our allies for a more balanced approach to the energy we all need to get by.

Sugar's Truth is Bittersweet

In the 60's during the beginning days of the natural foods movement, we used to call sugar the "white

The herbal alternative to refined sugars does not necessarily mean giving up the sweet taste. Instead it involves reducing refined sugars and refining your taste for sweetness to be more subtle. Sweet herbal alternatives to refined sugar include: Cinnamon, Fennel seeds, Anise Seeds, Licorice and Stevia.

death." Sugar is the extreme form of Kapha, which is characterized by the sweet taste. If you do not believe ingesting refined sugar in excess is a problem, please watch "Sugar: The Bitter Truth" on YouTube. Over two mil-

lion people have watched Dr. Lustig's lecture where he presents a compelling case linking refined sugars, specifically high fructose corn syrup (HFCS), to inflammation and 8 major epidemic diseases: Hypertension, Myocardial infarction, Dyslipidemia, Pancreatitis, Obesity, Hepatic dysfunction, Fetal insulin resistance, and Habituation/Addiction. He also demonstrates direct links between increased consumption of HFCS over the last 30 years and the nation's obesity epidemic, especially in children.

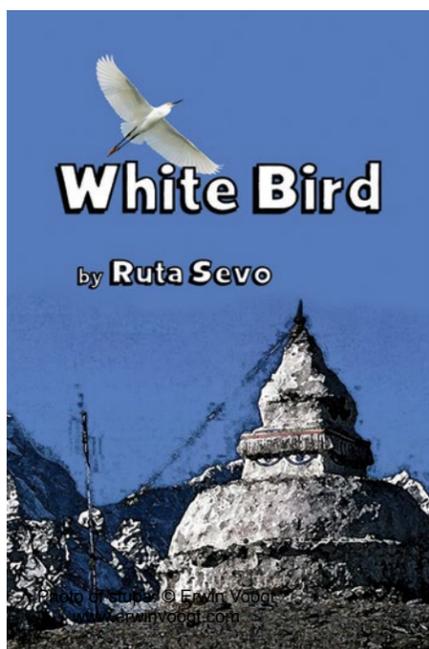
The herbal alternative to refined sugars does not necessarily mean giving up the sweet taste. Instead it involves reducing refined sugars and refining your taste for sweetness to be more subtle. Sweet herbal alternatives to refined sugar include: Cinnamon, Fennel seeds, Anise Seeds, Licorice and Stevia. Of course whole grains are the food holding sweetness that don't cause the inflammation and diabetes.

Alcohol: A Spirited Discussion

The spirit of spirits is a challenging one. The current statistics on "firewater" are staggering. The National Institutes of Health reports that 15% of the people living in the United States are considered "problem drinkers." Of this 15%, 5%-10% of the males and 3%-5% of the females could be labeled as alcoholics. Another study found that ap-

continued on page 116

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THE HERB CORNER

Energy Enhancement: Herbal Alternatives to Sugar, Alcohol and Caffeine

...continued from page 115

proximately 30% of people in the U.S. report experiencing an alcohol disorder at one point in their lifetime. Researchers from the University of California in San Diego have found that the lifetime risk of alcohol-use disorders for men is greater than 20%. They share that there is a risk of around 15% for alcohol abuse and 10% risk for alcohol dependence.

The World Health Organization estimates 140 million alcoholics around the world! Recently, a study conducted in Canada on alcoholism statistics showed that 1 in 25 deaths around the world can be attributed to alcohol in one way or another. The harmful effects of alcoholism also have an impact on current alcoholism statistics. It is estimated that close to 30% of all males in their teens and twenties have experienced a blackout due to overconsumption of alcohol. Today's stats show that nearly 2 million Americans suffer from alcohol related liver disease. Cirrhosis of the liver affects nearly 20% of all heavy drinkers/alcoholics. Alcoholics are also 10 times more likely to develop infections, cancer and problems with platelets and blood clotting.

Alcoholism has a negative effect on society as a whole. Research has shown

that alcoholism plays a major role in aggression, with as many as 40% of all aggressive incidents involving alcohol in one way or another. Police officers reportedly spend 22% of their time on cases involving alcohol such as violence on the streets or domestic violence while under the influence. Employers also suffer due to their employees' alcohol problems. Approximately 13% of all employee sick days are alcohol related. Data also shows that employees who have problems with alcohol produce at least 10% less work than their co-workers.

A beginning herbal alternative to alcohol involves getting fire another way than through booze. Herbs to provide fire instead of firewater are Ginger, Cayenne, Wasabi, Mustard Seeds, and Horseradish. New Chapter Herb Company has a great new product called Liver Take Care, which builds up the liver with Milk Thistle and Cilantro as it provides heat from Wasabi.

The second approach is to use herbs that have traditionally been used to curb the desire for alcohol. Herbs traditionally used to curb the craving for alcohol are: Angelica Root (*Angelica archangelica*), Calamus Root (*Acorus calamus*), and Lobelia inflata (Indian to-

bacco), a more controversial and lesser-known option.

The Buzz Kill for Caffeine

A walk down any grocery store aisle reveals the staggering variety of products available to us containing caffeine—from coffees and teas to candy, sodas and other "energy drinks" to over-the-counter remedies like NoDoz and Vivarin. The FDA reports through their educational materials, "80 percent of adults consume caffeine every day—the average adult has an intake of 200 mg per day, the amount in two 5-ounce cups of coffee or four sodas. A study of 7th, 8th, and 9th grade students in Ohio found that students took in an average of 53 mg of caffeine per day, but almost one in five students took in more than 100mg of caffeine each day."

Though there is a growing body of research about the dangers of caffeine—there are studies linking caffeine and bone loss, not to mention to high blood pressure and stomach ulcers—this stimulating substance in moderation is generally not a large issue for most folks. Caffeine can increase stamina, stimulate hair growth, and even increase memory. Yet we all know and feel the overuse of this strong stimulant in the buzzy behavior and ragged nervous energy that comes from overindulgence, the so-called "caffeine high." And we know that what goes up, must come down. Caffeine withdrawal has

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THE HERB CORNER



The problem is just that we are using a sledgehammer of refined substances when gently nutritive herbals could do the same job. All it takes is a bit of patience and education to gain the same joyful experiences without starting down the painful path to chronic illness and inflammation.

its own set of effects, including headache, drowsiness, difficulty concentrating and depressed mood.

Again, here with caffeine, I have to preach the virtues of finding balance with herbs that can emphasize the goodness and dull the negative of this substance. Herbal stimulants that replace or reduce the addiction, like to coffee and tea, are Peppermint, Ginger, Prickly Ash Bark, Mate, Rhodiola, and a traditional Ayurvedic compound known as Trikatu (Three Peppers).

Let us not think of this Trinity of Sugar, Booze and Caffeine as evil. Rather, I hold it as an extreme use of refined herbal substances due to lack of knowledge about more subtle stimulants, fire, and sweetness. The problem is just that we are using a sledge-

hammer of refined substances when gently nutritive herbals could do the same job. All it takes is a bit of patience and education to gain the same joyful experiences without starting down the painful path to chronic illness and inflammation. Let us join together as educated brothers and sisters in God's plan to learn how to take care of ourselves using these green angels we call herbal medicines.

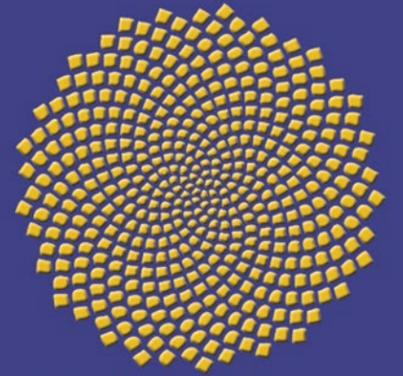
Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom teaches classes at Smile Herb Shop throughout the year (except for the months of May, August and December; in May he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with

herbs. If you go to Smile's website, www.smileherb.biz, there is a list and description of classes, and each individual herb mentioned in this article is linked to a much more detailed description. The ten or so fragrant and greening Smile Herbalists may be reached for questions at Smileherbalist@gmail.com. See the ad for Smile Herb Shop on page 38.



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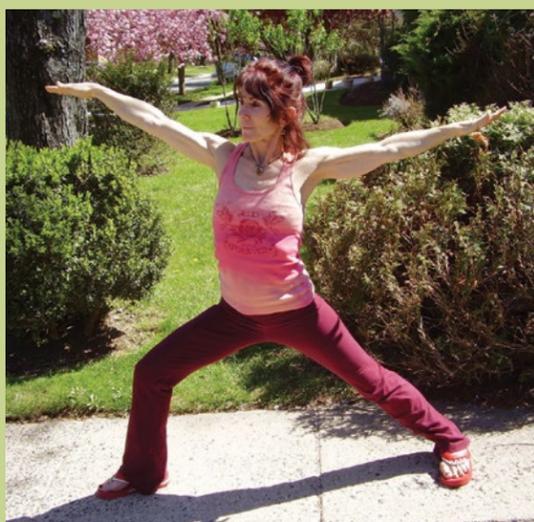
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ORIENTAL MEDICINE

The Eight Principles: Yin and Yang

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fruit (which carries seeds for new life). These concepts represent the growth of Yin.

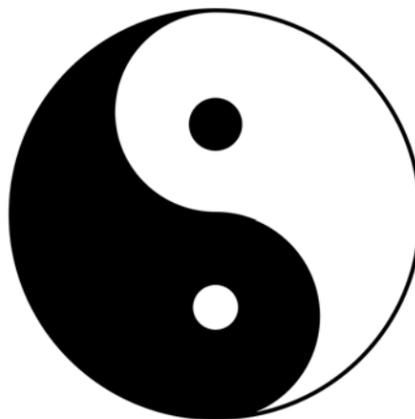
Winter brings the greatest expression of Yin. The plants have no leaves or fruit, and the nights grow longer. The weather is cold and several species of animals hibernate. It is as if life in the natural world has slowed to a crawl. Winter represents Yin within Yin.

The abbreviated table below demonstrates some representations of the concepts of Yin and Yang:

<i>Yin</i>	<i>Yang</i>
Moon	Sun
Rest	Activity
Right	Left
Light	Dark
Cold	Warmth
Grows	Generates
Contract	Expand
Below	Above
Material	Immaterial
Descend	Rise
Conservation	Transformation

Although Yin and Yang are a duality, each contains a part of the other as demonstrated in the example of the four seasons. Another good example

of Yin and Yang is in the symbol below. The dark circle within the white area



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represents Yin within Yang, and the white circle within the dark area represents the Yang within Yin. Yin and Yang do not exist or operate separately from each other, but rather they co-exist and each contains a piece of the other. This symbol demonstrates that there is an interdependent relationship between Yin and Yang – one cannot exist without the other.

Medical Application

In acupuncture and traditional Chinese medicine, Yang is what warms the body and Yin is the body's cooling system. They work together to maintain a consistent level of balance. If the system falls out of balance, this creates a pathology that could develop into a more serious condition. However, Yin and Yang can be applied to a variety of medical concepts.

The most common application is Interior and Exterior, which are two of the other dualities of the Eight Principles. The concept of Interior and Exterior apply to organ systems as well as Qi. There are Yin organs and Yang organs, but most importantly, there are forms of Qi that are more Yin and some that are more Yang.

If you are beginning to understand the concept of Yin and Yang, you will notice that the Eight Principles are a representation of Yin and Yang in a very general sense. Interior, Deficiency, and Cold are generalizations of Yin, and Exterior, Excess, and Hot are generalizations of Yang.

All symptoms are considered to be an imbalance in Yin and Yang. This makes the theory of Yin and Yang fundamental to the practice of Chinese medicine; however, this duality pair is far too general to produce an accurate diagnosis or create an effective mode of treatment. Yin and Yang need to be

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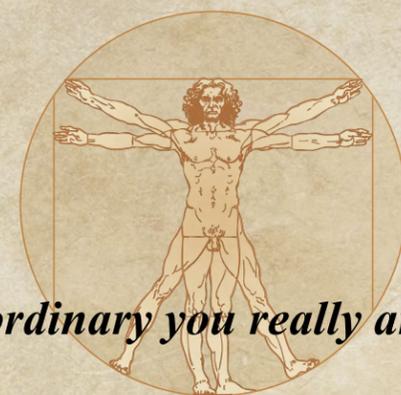
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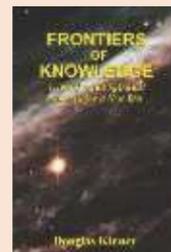
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ORIENTAL MEDICINE

integrated with other theoretical foundations before a mode of treatment can be determined. That being said, the following chart provides a very basic breakdown of symptoms that can be categorized as either Yin or Yang:

<u>Yin</u>	<u>Yang</u>
Chronic condition	Acute condition
Onset is gradual	Onset is rapid
Disease lingers	Disease changes rapidly
Cold	Heat
Weak/shallow breathing	Rough breathing
Pale, profuse urination	Dark, scanty urination
Loose stools	Constipation
Listlessness/Sleepiness	Restlessness/Insomnia
Cold body/limbs	Hot body/limbs
Pale complexion	Red complexion
Desires to be covered	Desires to be uncovered
Desires to curl up	Desires to stretch out
Desires hot drinks	Desires cold drinks

Pathology

There are four pathologies of Yin and Yang: Deficiency of Yin, Deficiency of Yang, Collapse of Yin, and Collapse of Yang. Deficiency of Yin and Yang will be explained in detail when we explore the concept of Deficiency and Excess. Let us focus on the Collapse of Yin and Yang.

A collapse of Yin or Yang is a serious condition that is usually only seen in hospitals, assisted living facilities, and hospice care. These patterns mean that the pathology of Deficiency of Yin or Deficiency of Yang has deteriorated to the point of total collapse. At this point, Yin and Yang are no longer interdependent, but rather, they have separated. When either Yin or Yang collapses, this becomes a possibly fatal condition.

The symptoms of Collapse of Yin or Collapse of Yang are presented in the following chart:

<u>Yin Collapse</u>	<u>Yang Collapse</u>
profuse perspiration	profuse oily perspiration
skin feels hot	chilliness
hot limbs	cold limbs
dry mouth	no thirst
desire to sip cold drinks	weak breathing
urinary retention	frequent and profuse urination
constipation	loose stools or incontinence

The concepts of Yin and Yang are utilized in many different schools of Chinese medical thought, and they are fundamental to the practice of acupuncture and Chinese herbal medicine. Each represents a polar opposite of a duality – Yin is receptive and Yang is expressive. While the majority of symptoms are rooted in Yin and Yang, these concepts are too broad to produce an exact diagnosis in Chinese medicine. An accurate diagnosis and treatment plan requires additional evaluation tools, such as the Eight Principles. Our exploration of these vital Chinese medicine concepts continues next time.

Adam Miramon, L.Ac., Dipl.Ac., is a licensed acupuncturist in the State of Maryland and the District of Columbia. He holds his Diplomate of Acupuncture through the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). Adam is founder and owner of Ixchel Wellness (www.ixchelwellness.com), an acupuncture practice based in Washington, DC.

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ENVIRONMENT AND JUSTICE

How We Win on Climate Change

...continued from page 13

pensive. They can come and go without apparent impact. But they can also be amazingly effective, often in ways that are hard to see.

Last century, mass strikes built the labor movement. They withstood violent corporate/government assaults. Without them, we would have no unions. In 1932 Herbert Hoover attacked a "Bonus Army." Two marchers were killed. It seemed a dismal failure. But it opened the door to the New Deal. During World War 2 the mere threat of a mass march by labor leader A. Philip Randolph extracted major civil rights concessions from a reluctant Franklin Roosevelt.

Martin Luther King's "I Have a Dream" march changed civil rights forever.

LBJ and then Richard Nixon scorned the anti-war gatherings. But both were forced to resign, and Nixon (NEVER forget this!) said those marches stopped him from nuking Vietnam.

Civil disobedience at Seabrook, Diablo Canyon, and other reactors prompted a flood of cancellations, and opened the door to Solartopia, a green-powered Earth.

Ronald Reagan scorned the millions

who marched to freeze nuke weapons, but somehow went eight years without using one.

Bush/Cheney "ignored" 15 million marchers and attacked Iraq. But what more would they have done had we not marched?

Now millions have gathered against global warming—and the day after, Barack Obama attacked Syria. Did we fail? Should we march again soon, this time with massive civil disobedience?

3. As we work this through, there are inter-related issues we can't avoid.

NET NEUTRALITY defines the core nervous system of what's left of global democracy. The corporations want it killed. This demands everyone's immediate attention.

CORPORATE PERSONHOOD must die by Constitutional Amendment.

ELECTION PROTECTION demands universal hand-counted paper ballots, an end to Jim Crow vote theft, and a ban on the corporate billions that poison what's left of our democracy.

SOCIAL JUSTICE, including workplace democracy and a universal living wage, means we can all live and work with integrity, no matter our diverse

religions, race, gender, sexual preference, etc. Poverty is an unsustainable form of planet-killing pollution.

PEACE means ending the suicidal idiocy of permanent imperial war.

All these difficult issues are essential to the health of our species. We don't get to a green-powered Earth without bringing them with us.

4. For each of us there's also a deep internal dimension to this work.

Being an activist is itself a great leap of faith. It can have a long list of personal costs. But the rewards—spiritual, of the heart, in terms of inner peace—can be incomparable. If undertaken in good faith, and with success, the ability to do movement work can be one of life's great gifts.

Amazing joy can come with saving our only home. After all, we are seven billion sentient beings, thinking and breathing together; inseparable from each other and the planet that gives us life. One way or another, our Mother Earth lets us know how to undo the damage done by our baser instincts.

Our greatest test now is to cure the

cancer of the global corporation. To fight it, we might listen to our gut instincts, accept what we're good at doing, heed our natural passions, respect our comfort zones, heal in concert with our fellow citizen who are struggling to do the same. As the good Dr. Spock once told the young mothers of a new generation, "You know more than you think you know."

No victory is too small to count; no polluter is too big to beat. As we saw on this march, and in so much else we do, when we fly with non-violence and consensus, our living planet gives us generous margins. So the specifics of our next moves are up for a good, healthy debate; but we all know we have no choice but to win—and that as we work our newfound power toward joyful agreement, and a peaceful trust in the will of our species to survive, we cannot fail.

Harvey Wasserman wrote Solartopia! Our Green-Powered Earth and edits www.nukefree.org. His Spiral Of Our History is in progress. See his Solartopia ad on page 119.

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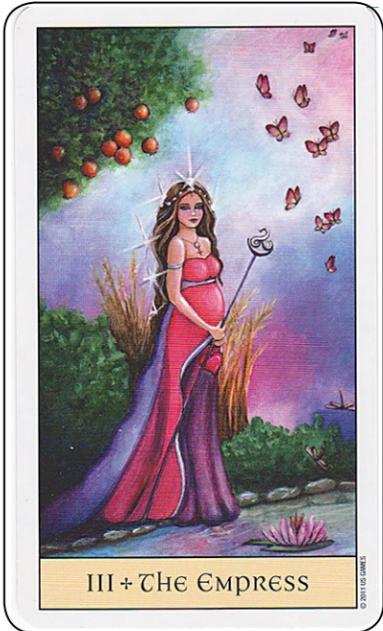
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ACCESSING YOUR INTUITION

The Trance of Scarcity

...continued from page 98



Empress image from *Crystal Visions*
Tarot by Jennifer Galasso

the saying goes, "A picture is worth a thousand words."

Which Tarot card works best for this lack-busting work? There are numerous ones, but the most obvious is the Empress (See card above), Key #3 of the Tarot's Major Arcana. She represents nurturing and creative

energies. The symbolism of the card is lush and fertile. As you use this card for your own creative visualization exercise, you can begin to impregnate your consciousness with the same lush and abundant imagery.

As we use these various methods to free ourselves from the Planetary Myth

As "sparks" from the eternal flame of the Divine Mind, we can help create a consciousness of plenty to help all of humanity.

of Scarcity, it will translate and spread from our own personal transformation to a global level. Therefore, know that as you observe your own thoughts of limitation and lack, you are working on behalf of all beings, everywhere. The more each of us chooses to live and breathe and move within a consciousness of sufficiency and inclusion, the quicker we will break free of the Trance that now holds our world in its control.

As we gently observe our own scarcity thoughts, and lovingly repair and replace them, my wish for all of us is that we will be able to transcend the Trance of Scarcity, that we will begin to embody a state of abundance and a consciousness of the infinity of

resources the Divine has in store for each one of us. As "sparks" from the eternal flame of the Divine Mind, we can help create a consciousness of plenty to help all of humanity.

May God Bless You.

Reverend Geraldine Amaral is the author of *Tarot Celebrations: Honoring the Inner Voice*, creator of "Tarot 1-2-3," an instructional video and has been writing for *Pathways* for 20 years. She fell in love with the Tarot about 30 years ago when she

had her first reading and has been using, studying and writing about the Tarot ever since. She utilizes Jungian/archetypal psychology and Divine Metaphysics in her work and is a respected/gifted intuitive counselor and nationally-known teacher. She focuses her work on how to apply the Tarot's esoteric principles in pragmatic ways as well as for insights and personal transformation. Her classes provide a unique blend of spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She is an ordained minister in the United Metaphysical Churches. She can be reached at 703-671-7421 or geraldine@thespiritualtarot.com. You can visit her website www.thespiritualtarot.com. See also her ads on pages 71 and 82.

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Transforming Fear to Wisdom the Yin Yoga Way: Lower Back Poses to Relieve Pain

...continued from page 11

people spend hours a day in a seated position, the arch in the low back is lessening, which is structurally linked to disc compression and degeneration. This is also a primary pose for stimulating Kidney chi as it tugs on the meridian through the torso as well as physically compresses and stimulates the kidney organs, which is quite rejuvenating.

Perform: Lying stomach down, place elbows under the shoulders to create a relaxed back bend. If there is any sensation that is sharp, walk arms



farther forward to make pose gentler.

Half-Butterfly Pose (above)

This pose tugs the back of the leg (hamstrings) as well as the OPPOSITE

side of the spine (i.e., right leg forward tugs the left side of the spine). The vertebra is densely encased with sheathing of connective tissue, and this asymmetric pose works the line closest to the side of the spine, which also corresponds with the Urinary Bladder meridian channel. This pose releases tension in the back and helps to correct energetic/circulatory imbalances through the back and legs.

Perform: Sit with one leg stretched forward and the other leg bent with foot close to knee or groin. Drop the chin to the chest and lean forward allowing the back to round. If there is discomfort, place hands on the floor to help support the torso weight. If there is a great deal of tightness behind the knee or low back, consider sitting on a cushion to tilt the pelvis gently forward, or placing a rolled up towel under the knee to let the leg remain bent.

Twisted Roots (above, next column)

This pose relaxes tension in the spine and is particularly good for relieving tightness or pain in the SI joints as the twist coaxes the back side of the hips gently away from the sacrum in a



therapeutic traction. Since the Urinary Bladder meridian runs down either side of the spine, this twist soothes the nervous system and physically stimulates the kidneys.

Perform: Lying on the back with both feet on the floor, cross the right leg over the left with the knees stacked and drop both knees to the left. Use a cushion or block under the knees if the twist feels too strong. Repeat on other side.

Sleeping Swan (below)

The Sleeping Swan pose gently turns the femur (thigh bone) outward (external rotation) in the hip socket, which creates a tug on all the muscles and connective tissues on the outer side of the buttocks, thigh, and IT



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YOGA TODAY

band, releasing tension in the hips and low back. This pose is generally considered a Gall Bladder meridian pose, but it also puts compression on the Kidney meridian near the inner groin. These "pigeon" variations are key for transforming anger or depression to compassion thus supportive with the Kidney energy of releasing fear to cultivate wisdom.

Perform: Starting from a position where you are on your hands and knees, move left-front knee forward between hands and wiggle the left foot towards the right until a stretch is felt on the left side hip. Work right leg as far back as comfortable and rest on forearms. Repeat on other side.

A gentler version for the knees is Reclined Pigeon/Eye of the Needle pose, where one rests on the back with knees bent and feet flat on the floor. Place left foot on right knee/lower thigh and then coax the right leg towards the chest either by holding on to the right hamstring or by resting the right foot on a wall/furniture. Repeat on other side.

Performing a simple Yin Yoga prac-

tice even once a week will have a powerful effect on one's physical, emotional and mental capacities. In short, slowing down and breathing into the layers is, at times, more healing than running fast and getting it all done. In this case, fairy tales really do come true.

Machelle is a certified and registered yoga instructor, massage therapist, and has earned Masters degrees in mythology and depth psychology. In tending the physical body, Machelle weaves ancient yoga teachings with modern scientific research on the health and rehabilitation of muscle, connective tissues, and joints. In tending the psyche, she infuses storytelling, poetry, and modern psychology through Vinyasa and Yin Yoga practices in a creative and grounded approach to self-development. For more info, visit www.machellelee.com. See also her ad below.

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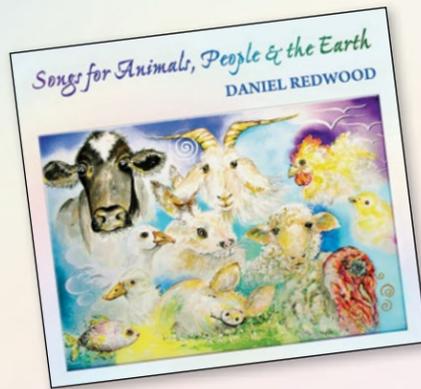


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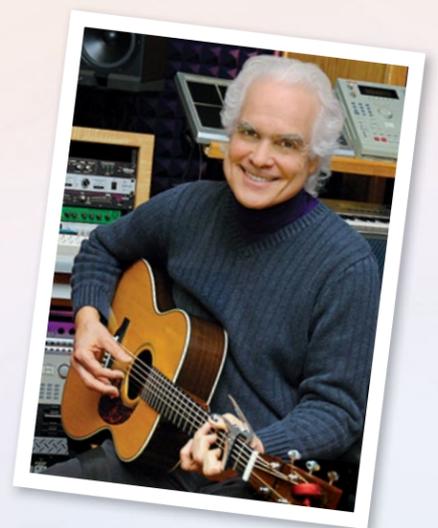
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Fighting for a Sane Food System

...continued from page 9

into our food system without a cultural shift in behavior is fundamentally flawed. The choices are not really complicated, but quite worthwhile. Preparing a home-cooked meal with your family might allow you to get acquainted with each other in new ways. "Cheap food" might be the beans you bought in bulk, prepared ahead of time and froze as individual lunches. You might end up waiting to take your vacation until after the tomatoes have frosted—you'll still get the trip, plus bounty in the larder and food that won't go to waste.

Many modern, sophisticated Americans have abdicated their hands-on participation with food. The inevitable and obvious result is "foodstuff" that your great-grandma would not recognize. Another result of this abdication is ignorance about food—and we all know that ignorance breeds fear. Many people these days know nothing about where their food comes from and actually fear food: They're afraid to thaw a chicken and they're suspicious of but-

ternut squash with a few dirt particles on the outside. When you start working with food, knowledge will replace ignorance and fear.

Are You Growing Vegetables and Fruits or Raising Animals?

Certainly some folks have a hard time growing vegetables and fruits, but most places have room for some kind of garden. Thinking of getting a pet? Opt for two chickens to eat kitchen scraps and lay eggs in return—the cheapest and best food you can imagine.

Container gardening is handy and cool, as are stackable containers. Raised beds in the backyard with floating row covers over hoops that allow unprecedented season extension and on-site food integrity? Cooler still. How about selling your gigantic flat-screen TV and using the money to install a solarium on the south side of the house? Passive solar heat and hardy greens all winter instead of a steady stream of televised mayhem? A good trade.

Compost and perlite to grow veggies on the roof? Honeybees in the backyard? Gardens in every vacant urban lot? Edible landscaping? The solutions are endless. It doesn't take any more work to grow an apple tree than a flowering ornamental. Replace the roses with tomatoes. A do-it-yourself dinner can be the cheapest you'll ever have, and if it costs a few couch-potato hours, you've replaced a health liability with a health-giving asset.

Asking to-the-point, sound-bite questions can help all of us engage constructively with opposing views. These are some that I've found helpful in the food-snob debate. I hope you can adapt them to focus your discussions about rebuilding integrity in our food system, to alter the conversation about affordable food, and to empower some of those "victims" who just can't.

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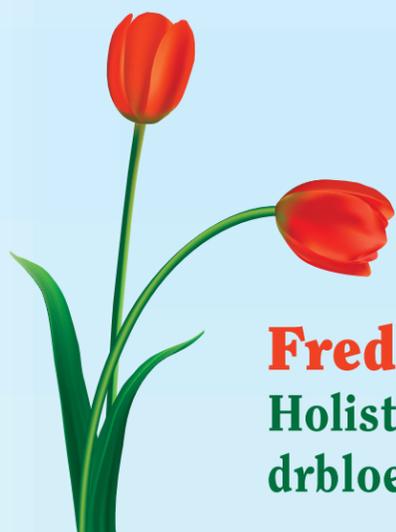
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