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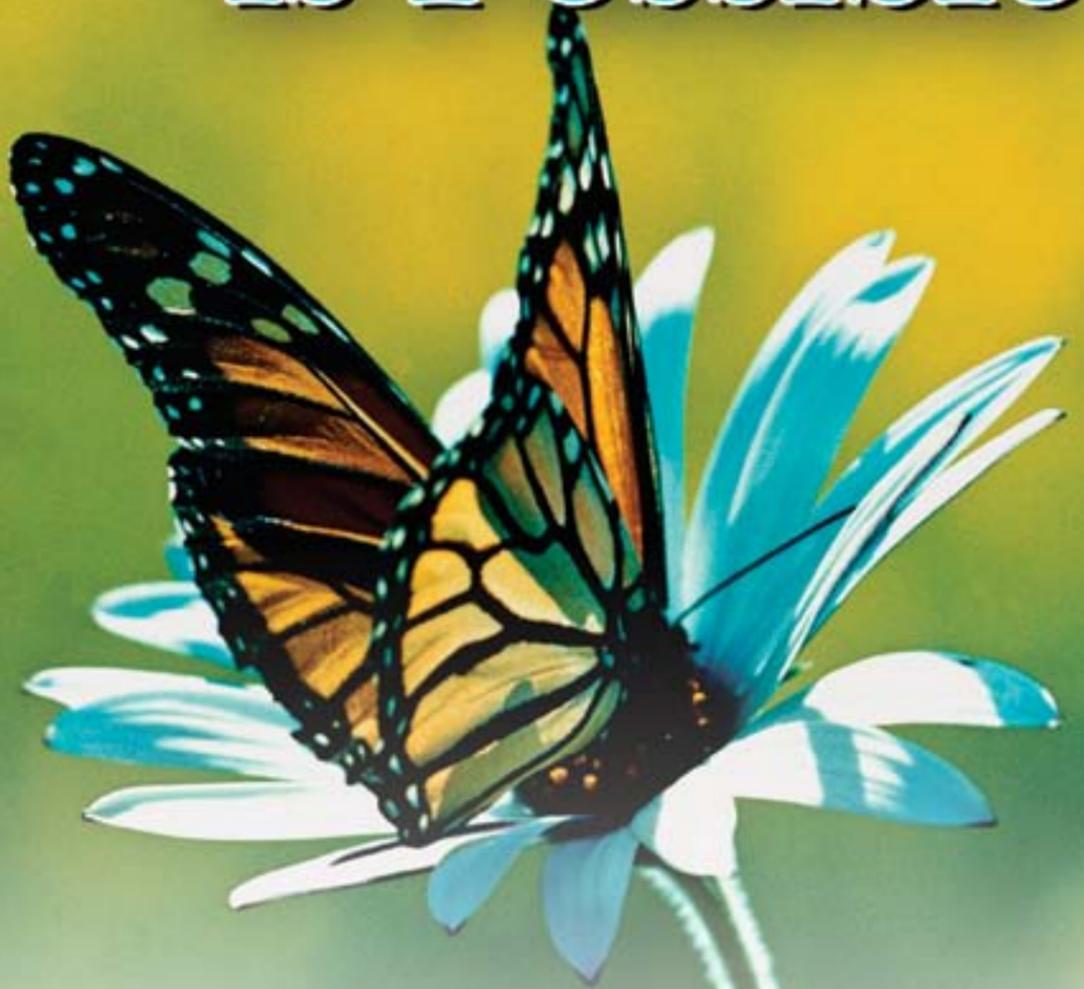
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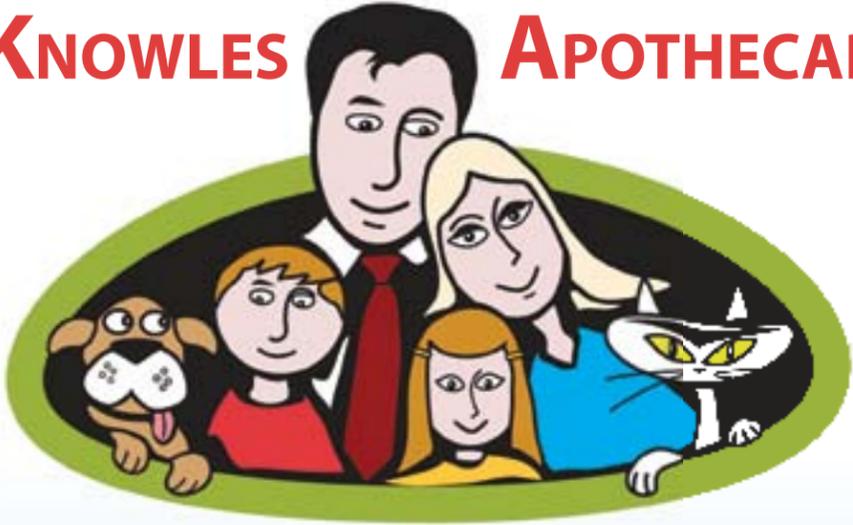
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*The world public has become disenchanted with both the political and financial leadership, which it no longer trusts to solve the problems of historical crises. Further more, all the individuals of humanity are looking for the answer to what the little 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.

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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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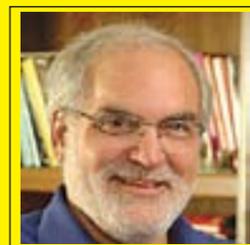
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June 21

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September 6

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## Happy Heart, Peaceful Mind, Playful Spirit Donald Pelles, CHT

September 13

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## Bring Your Questions Trude Blomso

September 27

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<http://trudetruth.blogspot.com>

## Journey to Higher Self Joanne Selinske, M.S.

October 4

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[comingfullcircle.org](http://comingfullcircle.org); [starchaser-healingarts.com](http://starchaser-healingarts.com)

## Fun Impairment Disorder? Cured! Cathy Roberts, MS, LCPC

October 18

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challenge yourself to make "fun dates" a regular part of your life.  
[www.CathyRoberts.net](http://www.CathyRoberts.net)

## Past Lives and Past-Life Regression Joseph Mancini

October 25

I will be discussing past lives and what is important to know about regression. I will also be facilitating a brief regression to positive experiences in this lifetime.  
[www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)

## Healthy Foods and Healthy Relationships: Recipes for Mind, Body and Spirit Nana Kwabena and Iya Mari Brown

November 1

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# Gambling with Our Genetic Future: GMOs and the World Food Supply

INTERVIEW BY  
DANIEL REDWOOD, DC

Jeffrey M. Smith is a consumer advocate who has written extensively about genetically modified organisms (GMOs). As executive director of the Institute for Responsible Technology, he advocates against their inclusion in the food supply.

In this interview with Dr. Daniel Redwood, Smith describes the scientific studies that raise red flags about the safety of GMOs; several European nations' current bans on GMOs in foods and how their regulatory process differs from the United States; the British scandal in which veteran scientist Arpad Pusztai's work was suppressed until revealed by a Parliamentary inquiry; court documents revealing that FDA scientists were overruled by a political appointee to allow the first introduction of GMOs into the U.S. food supply in the 1990s; and the revolving door that has allowed a top Monsanto official to rotate back and forth multiple times between corporate and regulatory positions of power in the U.S. federal government. Smith also explains that as a non-scientist writer and advocate, he follows a policy of having his writing reviewed for accuracy by at least three scientists prior to publication.

Smith's first book was *Seeds of Deception: Exposing Industry and Government Lies about the Safety of the Genetically Engineered Foods You're Eating*. His second, the comprehensively documented *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*, covers research linking GMOs to a wide variety of health risks in humans and animals. In his foreword to *Genetic Roulette*, former UK Environment Minister Michael Meacher writes, "This is a brilliant book which combines shrewd dissection of the true nature of GM technology, a devastating critique of the health and environmental hazards of GM crops, and scarifying examples of the manipulation of both science and the media by the biotech industry."

Jeffrey Smith has lectured in 30 countries and has been quoted in *The New York Times*,

*Washington Post*, *BBC World Service*, *Nature*, *The Independent*, *Daily Telegraph*, *New Scientist*, *The Times (London)*, *Associated Press*, *Reuters News Service*, *LA Times*, *Time Magazine* and *Genetic Engineering News*. His radio and TV appearances have included *BBC*, *NPR*, *Fox News*, *Democracy Now* and the *Dr. Oz Show*. He writes an internationally syndicated column, *Spilling the Beans*, and has a regular blog on *The Huffington Post*.

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*Note: An electronic version of this interview that includes specific scientific references for the studies described by Jeffrey Smith can be found at [www.redwood-healthspeaks.com](http://www.redwood-healthspeaks.com).*

## Deception and Manipulation: The Revolving Door

*Pulitzer Prize winning ecological poet and essayist Gary Snyder was once asked what he feared most. This was a broad, open-ended question—his answer could have been Alzheimer's, starvation, fascism or anything else. Snyder's answer was, "Contamination of the gene pool." You've devoted your life to this issue. To begin at the beginning, what is a genetically modified organism and how do these GMOs become part of the food supply?*

GMOs are organisms—plant, animal, etc.—where genes from the DNA of one species are forced into the DNA of other species. In our food supply, foods like soybeans and corn have been genetically engineered with bacteria genes, allowing the crop



Jeffrey Smith

to withstand doses of herbicide, or in the case of corn, to also produce their own toxic pesticide.

They were introduced into our food supply through deception and manipulation. The person in charge of policy at the FDA was Michael Taylor, the former attorney to biotech giant Monsanto, who claimed in the policy of the FDA that the agency was not aware of information showing that these foods were significantly different. Therefore, companies like Monsanto, who had previously told us that PCBs, Agent Orange and DDT were safe, were able to determine whether their GMOs were safe; no safety studies were required. They can introduce a new GMO without having to tell the FDA or consumers.

But documents made public from a lawsuit (*Alliance for Bio-Integrity v. Shalala*) revealed that the policy at the FDA was based on a lie. In fact, the overwhelming consensus among the FDA's own scientists was that genetically modified foods were not only different but dangerous and could create hard-to-detect allergens, toxins, new diseases and nutritional problems. They had urged their superiors to require testing but were ignored.

Michael Taylor then went on to become Monsanto's Vice President and chief lobbyist. He is now back at the FDA as the U.S. food safety czar.

*This sounds like one of the more extreme examples of the proverbial "revolving door," in which a corporate special interest group (in this case, Monsanto and the biotechnology industry as a whole) is able to dominate government policy over an extended period of time. Which foods in the U.S. food supply are genetically modified and are you aware of any plans to expand this?*

The stated goal of the biotech industry, as revealed by consultants and insiders a decade ago, was to genetically engineer one hundred percent of all commercial seeds in the world and patent them. This was described by a representative of Arthur Anderson, Monsanto's consultant, in a January 1999 conference in San Francisco and reported to me by an attendee.

There have been hundreds of foods in various stages of production, but the only crops that are commercialized today are nine—soy, corn, cotton, canola, sugar beets, alfalfa, papaya from Hawaii and China, and a little zucchini and crookneck squash. There's also milk from cows treated with genetically engineered bovine growth hormone, which is linked to cancer and banned in most countries (and now kicked out of Wal-Mart, Starbuck's, Yoplait, Dannon and most American dairies). Aspartame [NutraSweet] is an example of an ingredient that is created from genetically engineered microorganisms.

## The Need to Study Long-Term Effects

*In your view, what are the essential, legitimate criteria that should be used to determine whether GMOs should be legally permitted to enter our food supply?*

Most fundamentally, they need to be proven safe by independent studies conducted over a long period of time. The technology must be predictable and precise, and the interactions with humans, animals and the ecosystem must be well defined. This is particularly important because the products of this infant science are being fed to the entire population and released into the environment, where the self-propagating pollution of the gene pool can never be recalled. The genes already released by Monsanto are now part of the gene pool of certain crops and can outlast the effects of global warming and nuclear waste.

*How long-term would studies need to be to determine long-term safety in humans? Since we're talking about altering the genetic code of living organisms, would we need human studies lasting multiple generations?*

I think that we have to be as cautious as we have ever been with any technology, given the unrecalable nature and profound ramifications of this technology. I have interviewed scientists around the world on this very question, and many believe that the current understanding of DNA is insufficient to even create a testing paradigm, because our assumptions and knowledge base on DNA shifts so dramatically, and so too our understanding of the potential side effects of this engineering. Others will conservatively suggest 25 or 50 years of testing; a few might suggest shorter periods.

But unfortunately, we have a situation now where the foods are virtually untested and the few studies that have been done show a huge variety of very serious health problems in animals, as well as case studies of serious problems in livestock

*continued on page 11*



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## Jeffrey Smith: Gambling with Our Genetic Future: GMOs and the World Food Supply

...continued from page 9

and humans. [Note: References for many of these studies can be found in Jeffrey Smith's book, *Genetic Roulette*, and at [www.responsibletechnology.org](http://www.responsibletechnology.org).]

In the European Union, policy is generally based on the precautionary principle, which says that changes with potentially large impacts should not be undertaken until reasonably proven to be safe. In the United States and Canada, the opposite approach is used. Here major changes are allowed unless proven to be dangerous. What are your thoughts about these two competing methodologies?

In the case of genetic engineering, the precautionary principle is the *minimum* level of criteria, again because of the irreversibility of the technology and its exposure to the entire population by manipulating the most profound level of biology we have encountered.

What we have in the U.S. is a hijacking of the regulatory agencies, of scientific institutions and of reasonable policy. In spite of overwhelming evidence of harm, we are aware that the U.S. government has fast-tracked GMOs, with the intention of [corporate] economic gain. And even when that hope turned out to be false, and when GMOs cost the U.S. economy billions of dollars (from lost corn sales to Europe, contamination by StarLink corn and unapproved GM rice by Aventis, etc.), the influence by the biotech industry remained in place and the U.S. continues to promote GMOs and bully other countries into doing the same.

### To Label or Not to Label & The Pusztaf Affair

Should GMO-containing foods be labeled as such?

It is my personal opinion that GM foods should be eliminated from the food supply and no genetically modified organism should be allowed outdoors where it can propagate and multiply. While GMOs are on the market, certainly we must give consumers the right to choose whether they want to be part of this uncontrolled experiment.

I know of numerous, in fact thousands, of health care professionals, who prescribe non-



**The U.S. continues to promote GMOs and bully other countries into doing the same.**

Let me ask, who was the scientist and who gagged him?

The scientist, Dr. Arpad Pusztai, was working at the Rowett Institute on a UK government grant to figure out how to evaluate the safety of GMOs. His protocols were supposed to be implemented as part of the European Union regulatory system. He discovered that the process of genetic engineering itself, not the particular gene that was inserted, caused massive damage to the health of his rats in just ten days.

He went public with his concerns and was a hero at his institute, for two days. Then, we are told, two phone calls from the UK Prime Minister's office, forwarded through the receptionist to the director, resulted in his being fired after 35 years and silenced with threats of a lawsuit. The team was disbanded, they never implemented the protocols, and he was the target of a widespread campaign to destroy his reputation and thereby protect the reputation of biotechnology.

He was invited to speak before the UK Parliament seven months later, which forced the gag order to be lifted. Within one month, over 700 articles on GMOs were generated by the UK press. And ten weeks later, the tipping point of consumer rejection was achieved, when most food companies committed to eliminate GMOs from their European brands immediately.

We have seen a tipping point against bovine growth hormone in the United States, as we educate consumers about the links to cancer. We believe that as little as five percent of U.S. shoppers avoiding GM ingredients would demonstrate a drop in market share that the food companies would be able to link directly to anti-GMO sentiment rising in the U.S. And that, we believe, will be the food industry "sell signal" that will force companies to eliminate GMOs to protect their market share. This is particularly easy because GMOs offer no consumer benefit. No one wakes up in the morning clamoring for their dose of Roundup® (the herbicide) in their Roundup®-ready crops or the pesticide Bt-toxin in their corn.

GMO diets. The American Academy of Environmental Medicine ([www.aeonline.org/gmopost.html](http://www.aeonline.org/gmopost.html)) urges all doctors to do so, and not only calls for a moratorium, but for labeling as long as GMOs are on the market. This organization has also identified harm from animal feeding studies, including reproductive problems, accelerated aging, immune system problems, organ damage, gastrointestinal dis-

orders and problems with the regulation of insulin and cholesterol.

*With the influence that companies like Monsanto exert over both state and federal legislatures and regulatory agencies in the United States, what mechanisms strike you as being most likely to succeed in accomplishing your goals?*

There are two ways that

we see for how to end the genetic engineering of the food supply, in the short-term. One is through a tipping point of consumer rejection. This eliminated GMOs from Europe, in terms of direct ingredients, and occurred very quickly. Within ten weeks of the gag order being lifted on a prominent scientist in 1999, allowing him to speak about his discoveries of serious harm....

continued on page 125

# HEALING AS NATURE INTENDED

## Colon Hydrotherapy

### What is colon hydrotherapy?

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

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Helps eliminate and control: allergies, asthma, aches, pains, stiffness, bad breath, painful or difficult BM, constipation, chronic fatigue, food cravings, depression, difficulty sleeping, stress, gas, headaches, body odor, irritability, lack of vitality, overweight conditions, protruding abdomen, skin problems and foul stool odor.

*“Every tissue is fed by the blood which is supplied by the intestinal system. When the intestines are dirty, the blood is dirty and so are the organs and tissues. It is the intestinal system that has to be cared for first before any effective healing can take place.”* — Dr. Bernard Jensen, Ph.D.

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- **Whiplash injuries:** including Levator Scapular, Scalenes, and SCM, pain “between the shoulder blades”, and repetitive use problems involving Rhomboids, mid and upper traps
- **Sports injuries:** including Plantar Fasciitis, heel pain, shin splints, knee pain, Hamstring, Quad, and IT band problems, and Adductor and groin injuries
- **Fibromyalgia and Thoracic Outlet Syndrome** including myofascial pain syndrome and primary fibromyalgia

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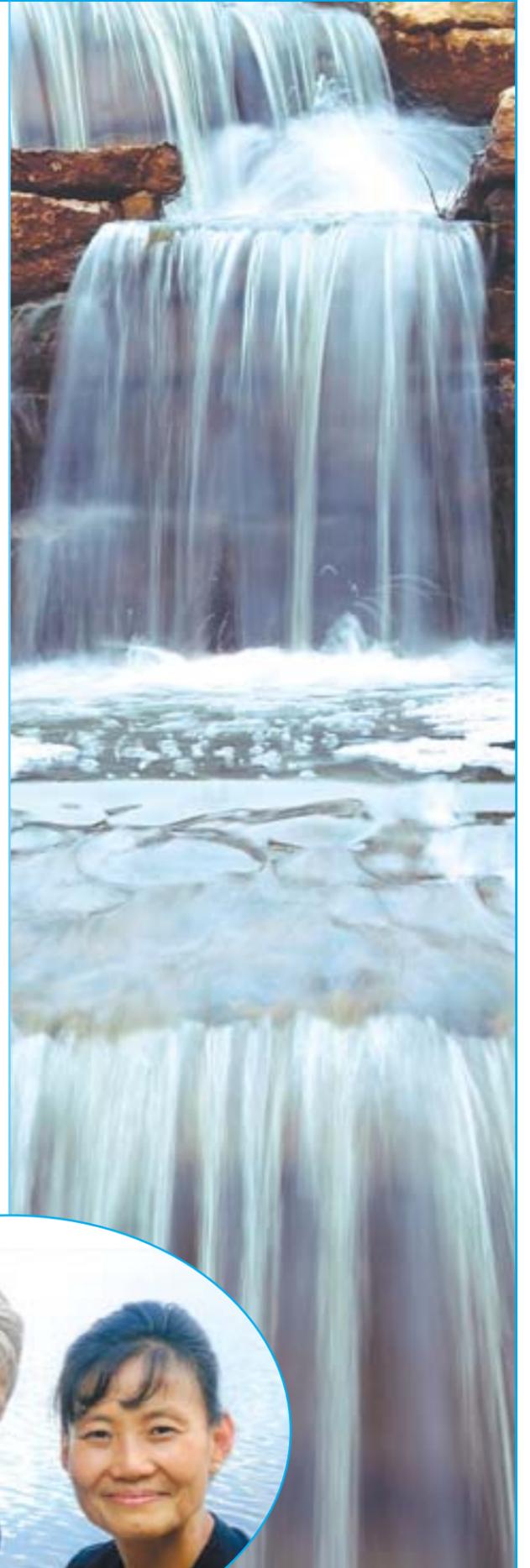
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Instruction given by Robert Jordan and Isabel Hon – 22 years combined background in raw foods preparation and Living Foods Lifestyle

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



**Robert Jordan,**  
M.A.Ed., LMT, NCTMB, I-ACT

**Isabel Hon,**  
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# Herbs For Too Much Earth

## The So-called Obesity Epidemic and The Ten Top Plants For Balancing the Heaviness of Earth

BY TOM WOLFE

An experimental obesity pill on Thursday May 10th, 2012 won the support (with a vote of 18 to 4) of a panel that advises the FDA bringing the medication one step closer to US approval as one of the first new weight loss treatments in more than a decade.

~ Anna Yukhananov, "FDA Panel Backs Obesity Pill," *The Washington Post*, May 11, 2012

OK, let us leave off judgment, and also honestly admit that something very significant is going on with a lot of beautiful souls in the United States of America with increase in the Earth element. Please note that when talking about herbal solutions to this issue I choose not to use "obesity" and "overweight" and surely not "morbidly obese" as the words to frame the imbalance. The reason for this will become clear later in the article. However let's read how western medicine frames the challenge first.

According to western science (i.e., the CDC) in 1990 no states had a prevalence of obesity equal to or greater than 15%. In 2010, just 20 years later, not a single state had a prevalence of obesity less than 20%. Colorado was the last state to tip the scale to 21% within the last two years. There are 12 states where obesity rates are 30% or higher—Alabama, Arkansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Tennessee, Texas, and West Virginia. This means that 20 years ago no state in our union had a medical challenge that is now found in every state (see the CDC map at the end of this article).

Oh Friends, something very powerful is increasing the earth element in our country. What do you think it is that is increasing the earth element when, according to western science, 3 out of 10 of us at last count are "overweight" in the U.S.? More importantly what do you think the beauty of the earth element is and what gifts does it give us when it is in balance? Most importantly, would you agree with your *Pathways* herbalist that we need desperately to regain our ability to taste the six tastes and that herbs are an inexpensive way to delightfully achieve our return to Eden?

The six tastes are Sweet, Bitter, Salty, Sour, Astringent, and Hot; and there are many green friends we call herbs just waiting to restore our ability to experience the taste of God's garden. We are the rightful heirs to the kingdom/queendom and we deserve better than the tastes we are being sold as "food." Certainly our children deserve better.



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*The obese people in our country are the victims, not the perpetrators, and certainly not gluttons and sloths. We are now seeing an epidemic of obese 6 month olds...how do you explain that with our current models of blaming those who are overweight? We now consume on average 65 pounds of High fructose Corn Syrup per person in the USA. By 2030 it is predicted that 42% of us will be obese and the countries that have adopted our diet (China, India, Japan, and Korea) are seeing the same problem.*

~ Dr. Robert H. Lustig, M.D. Professor of Pediatrics at UCSF; excerpt from *Sugar: The Bitter Truth*, a MUST SEE hour long video on YouTube, which has been watched by over 2 million people

Let's explore the current "wisdom" and expand on the concept of "energy" using a quote from the *U.S. Surgeon General's Call to Action to Prevent Obesity* from 2001 (online at [www.surgeon-general.gov/topics/obesity/](http://www.surgeon-general.gov/topics/obesity/)):

"Overweight and obesity result from an energy imbalance. This involves eating too many calories and not getting enough physical activity. Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status. Behavior and environment play a large role causing people to be overweight and obese. These are the greatest areas for prevention and treatment actions."

Of course, western medicine means primarily calories in and out relative to calories burned when it speaks of an "energy imbalance." However, Friends, this trend of more and more and still yet more of the earth element in our nation is more than calories in and calories out. The data overwhelmingly suggest this material-in compared to material-out approach to an imbalance in the earth element has not worked at all. Again, as is the case in most chronic imbalances leading to illness, herbal medicine makes more sense, is cheaper

and plant based healing is more effective in chronic conditions. When a more intelligent approach to energy is understood and herbs are wisely applied balance is available. So let's explore herbs for to balance the earth element and how earth flows as an element in our physical and emotional body.

### Balancing Earth Elements: Herbal Remedies

The earth element flows from digestion to the blood and then accumulates in the stomach, so when we gain earth our stomach grows first and then sends heaviness to the rest of us. Most importantly, there is nothing "wrong" with the earth element—the earth element tastes sweet like love. The beauty of Kapha, or the "Earth Type," that holds water, earth and growth is that unconditional love that comes with the abundance of the harvest in late summer when the fruit turns sweet. This is my biggest beef with the dietary in and out model of western science. The calorie counting approach focuses our intelligence on the earth element as something to be eliminated as "bad" (Fat is bad, right!) It is more realistic to appreciate what the earth element is supposed to give us, celebrate that

love and generosity, and bring it into balance rather than fighting it as something to get rid of. So our question is not, "How do we "fight fat?" rather it is, "How do we bring the earth element into balance using herbs?"

The key is to think in terms of changing metabolic rate rather than fighting fat. Herbs can do this if used in an intelligent way. Herbs for weight and energy balance herbs that will have the desired effect on metabolic rate are selected primarily by taste. So we are going to say yes! Yes! YES! to the tastes of Hot, Sour, Bitter and Astringent and "not so much" to the sweet and salty taste. Here are our top ten herbal plant allies to achieve balance in the earth element:

- **Ginger** (*Zingiber officinalis*) increases blood flow to the digestive tract, which allows us to break down food more efficiently, and keeps things flowing instead of stagnant.

- **Lemon** (*Citrus limon*) is our sour. Drinking unsweetened lemonade in the morning cuts through the built-up earth element and tones the liver. Lemon also combines very agreeably with ginger for a combination of sour and warming.

- **Yarrow** (*Achillea millefolium*) is the herb that made me decide to be an herbalist when it reduced the earth and water element (other wise known as mucous) in my throat when I was first at Smile in 1974. Yarrow is bitter, and as most bitters do, raises the metabolic rate, which reduces the earth element.

- **Bayberry** (*Myrica cerifera* or *Myrtle*) revealed itself to me as an earth reducing ally as I was sitting on the porch of our beach house in Ocean City. There is a twenty-foot high Bayberry tree that grows along the porch probably fifty years old. I kept eating the leaves as I sat on vacation and I noticed the astringency was shrinking me. So I decide to try it for the entire two weeks as an earth element-reducing herb, and boy did she do good work.

- **Holy Basil** (*Basilicum sancticum* or *Tulsi*) is my favorite herb for stabilizing blood sugar as the earth element is transformed. Holy Basil is also especially valuable in dietary change because she reduces cortisol levels, which helps with stress. We have three incredible patches of the three types of Holy Basil growing at Smile and they are arguably the most vibrant plants in the entire garden.

- **Gymnema** (*Gymnema slyvestris*) is

*continued on page 15*



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**The So-called Obesity Epidemic and The Ten Top Plants For Balancing the Heaviness of Earth**

...continued from page 13



**HOLY BASIL**

often called the “sugar destroyer.” It helps to metabolize fat, stabilize blood sugar and reduce sugar cravings.

• **Trikatu** (*Three peppers*) increases digestive fire and helps the body burn off heavier meals and carbs. Trikatu

also reduces mucous in the body.

• **Triphala** (*Three fruits*) is herbal king of digestive tonics. Triphala increases the efficiency of digestion, tones the colon, and reduces toxins and mucous buildup in the digestive tract.

• **Rhodiola** (*Rhodiola rosea*) is a Russian herb that many have found boosts metabolism sufficient to notice a change in the earth element. As is often the case with herbs that reduce earth in our bodies, Rhodiola lifts the mood.

• **Guggul** (*Commiphora guggul*) is used to normalize cholesterol levels. Cholesterol is a precursor to cortisol and other “stress hormones” that encourage the body to store fat for an emergency rather than burn it as fuel. In addition to lowering cholesterol, Guggul also helps with skin conditions and arthritis, which makes it a great ally for any program to balance the earth element.

**Kapha Dosha: Water and Earth Elements**  
According to Ayurveda (the Herbal Medicine of the Yoga tradition), excess weight is due to an excess of Kapha Dosha, or the elements of Water and Earth.

Whether or not you know “your” Dosh, you can still lose weight by reducing Kapha Dosha (Earth and Water Elements) in your body. If you’ve only ever studied Western herbalism, some of the concepts (and words) in Ayurveda may seem strange at first, but bear with me and I’ll give you some simple guidelines according to this ancient wisdom system for making healthier, happier food choices.

Kapha Dosha includes the following attributes: cold, oily, sticky (mucous-producing), heavy and dense. Some attributes that reduce Kapha Dosha are: hot, dry, rough, light, and dispersing. The tastes that increase Kapha are sweet and salty. The tastes that reduce Kapha are hot/pungent, sour, astringent, and bitter.

All we have to do to reduce Kapha, and therefore extra weight in the body, is to avoid Kapha-increasing herbs and foods and seek out Kapha-decreasing herbs and foods.

**We want to increase our intake of the hot, bitter, sour and astringent tastes:**

- Spicy foods
- Bitter vegetables (especially dark leafy greens)
- Astringent fruits (like apples, cherries, persimmon, pomegranates, prunes)
- Dark meat (dark meat poultry, rabbit, venison)
- Freshwater fish

- Beans (except soybeans)
- Raw honey or agave as sweeteners
- Barley, corn, millet, and rye as major grains

**And we want to decrease our intake of the sweet and salty tastes:**

- Refined sugar, cane sugar, molasses
- Sweet fruits
- Oily (deep sea) fish
- White meat poultry, pork, beef, and lamb
- Tofu, soybeans, and soy protein
- Dairy (except goat milk which is more stimulating than cows milk and clarified butter)
- Sweet vegetables (sweet potatoes, squash, zucchini)
- Oils (a little corn, almond, or sunflower is ok for cooking)
- Nuts and seeds (except sunflower and pumpkin seeds)
- Salt
- Wheat, oats, and rice (a little brown basmati rice is ok)

In my experience people are most successful with lifestyle changes when they’re done slowly, in small increments. Try introducing some of the kapha-reducing foods first and when you’re accustomed to them you can begin removing foods. Note which foods are hardest for you to give up and promise yourself (and keep that promise!) a “treat” of those things from time

*continued on page 98*

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## Stroke, Paralysis, Pain, Tremor, Migraine: Can Acupuncture Help?

BY CLAIRE M. CASSIDY, PHD, LAC

A recent study found that European acupuncturists seek more scientific research on using acupuncture to enhance fertility and decrease pain, while acupuncturists in China want research to treat neurological conditions. The large difference in perception is because the Chinese regularly use acupuncture to treat neurological conditions, whereas elsewhere this capacity of acupuncture is largely unknown, or disbelieved, except by *acupuncturists*, who daily treat neurological pain and movement problems!

### Why Acupuncture Helps

According to its own medical model, acupuncture helps neurological conditions because it enhances the flow of Qi (energy) throughout the body, breaking open blockages, and ensuring that all parts function in harmony with all the other parts. From a 'western' physiological point of view, the success acupuncture has is not yet fully understood. However, it is now known that the signals created by acupuncture needles (or pressure, lasers, electrical instruments, etc.) travel fast through the connective tissue, releas-

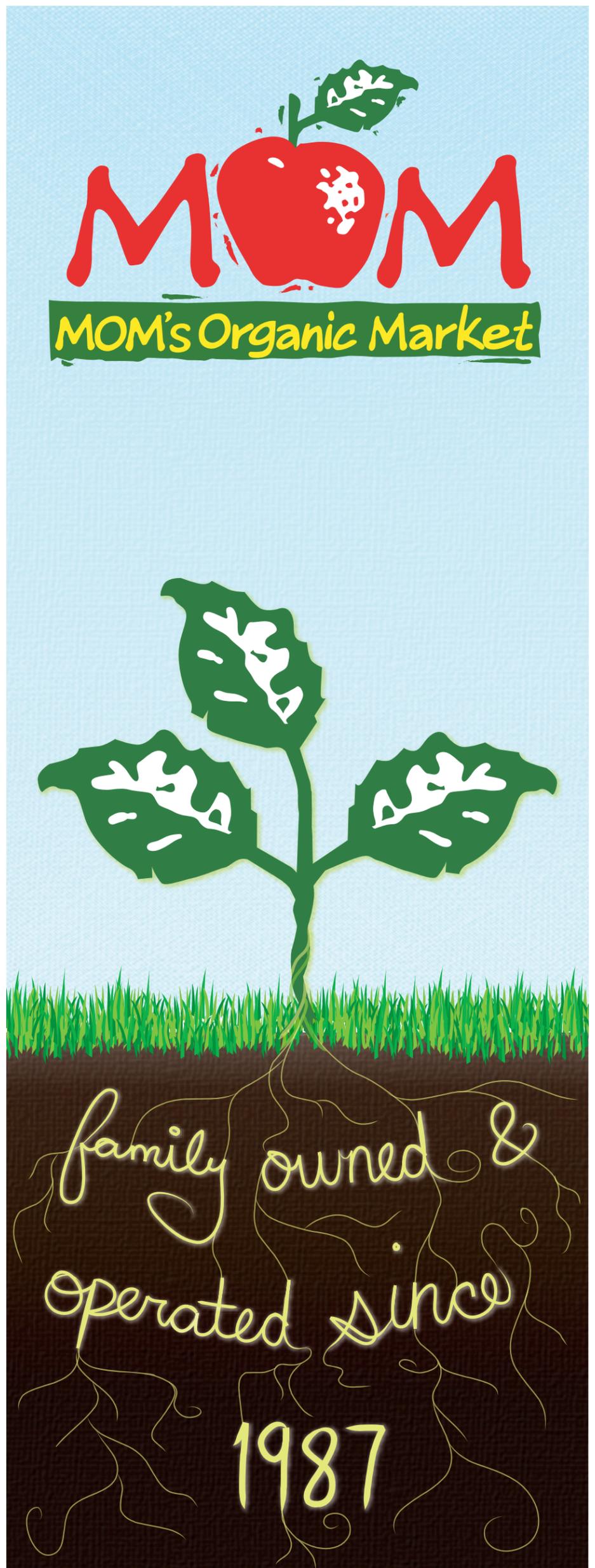
ing strictures wherever they occur (muscles, blood vessels, nerves, etc.), thus enabling the signaling pathways of the body to work unimpeded.

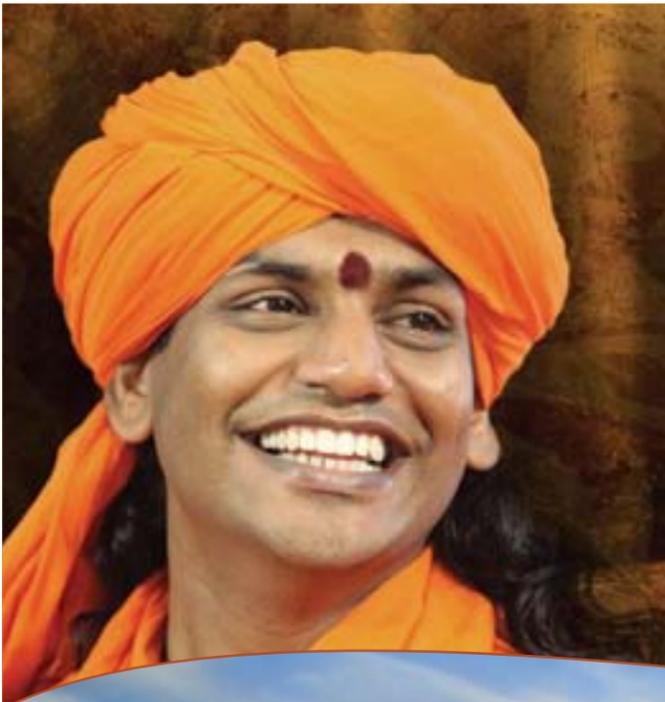
With pain syndromes, it is known that acupuncture needling delivers signals to the spinal cord, and then to the brain, that 'turn off' nerves employed by the body to warn of damage (pain), and 'turn on' the release of healing and calming hormones. With movement limitations, the issue of limited signaling is central; if those barriers can be overcome, if signals can flow smoothly, then symptoms—such as tremor, paralysis, or rigidity—can diminish. And both pain and movement disorders *do* respond to acupuncture care!

If you, or someone you know, have a neurological deficit, please consider trying acupuncture care. Why? Because being able to feed oneself again, walk again, or simply stop having so much pain is worth a little experimentation, as with acupuncture. If you agree, here are some points to keep in mind:

- Acupuncture is incredibly safe. Worldwide safety assessments show that in the hands of professional acupuncturists, harm from acupunctures is extremely rare.

*continued on page 19*





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## ORIENTAL MEDICINE

### Stroke, Paralysis, Pain, Tremor, Migraine: Can Acupuncture Help?

...continued from page 17

#### Some Examples of Neurological Problems Acupuncture Can Treat\*

##### PAIN ISSUES

Bell's Palsy	Shingles
Trigeminal Neuralgia	Phantom Limb
Carpal Tunnel Syndrome	Sciatica, Scoliosis
Reynaud's Phenomenon	Peripheral Neuropathy
Headache—tension, migraine, etc	

##### MOVEMENT PROBLEMS

Cerebral Palsy	Multiple Sclerosis
Effects of Stroke	Parkinson's Disease
Symptoms of Post-Polio Syndrome	

\*If your issue isn't listed, phone an acupuncturist for guidance

- For those who fear needles, be assured these are not even necessary. One can use laser, electrical stimulation, or acupressure instead.
- Acupuncture has a long and clinically successful history of treating neurological problems—all of it *drug-free*.
- Recent scientific research finds that, while not always but very often, acupuncture proves to be useful in the treatment of neurological problems.

When the nervous system doesn't work quite right, problems with perception, pain, movement, and control of bodily functions typically show up. Here I'll focus on conditions like those listed in Table 1—pain and/or movement complaints.

#### Acupuncture For Neurological Pain

Nerve pain is not particularly unusual, and acupuncturists can often make rapid improvements. Complaints such as **carpal tunnel syndrome**, **sciatica**, and **headache** are widely known to respond well to acupuncture. **Bell's Palsy** is a painful acute attack of nerve pain affecting the face, usually accompanied by a degree of paralysis, but it has a long history of successful treatment with acupuncture. **Trigeminal Neuralgia**, a condition in which the trigeminal nerve (which serves the face) becomes inflamed causing sudden sharp spreading facial pain, often responds well to acupuncture. **Raynaud's Disease** is a condition in which the hands and/or feet suddenly become icy cold as a result of a spasm of blood vessels associated with sympathetic nervous system over-activation—again, acupuncture can be helpful.

**Peripheral Neuropathy (PN)** is a fairly common condition in the legs and feet, often associated with diabetes, sometimes with neurotoxic chemotherapy. Loss of normal nerve conduction is accompanied sometimes by

pain and/or swelling, often by numbness. PN can lead to leg and foot damage, even demanding amputation. A German study found that 76% of patients offered acupuncture improved both symptomatically, and objectively by nerve conduction studies, whereas in the same time period, in the control group, only 15% improved. Further, only 3 patients in the acupuncture group showed no change during treatment, whereas 27% of the untreated had no change and 58% had an aggravation of symptoms. A pilot study of 5 patients with chemotherapy-induced PN was small but offered 'encouraging' results—in short, patients felt and functioned better after acupuncture.

**Shingles** is a painful inflammation of nerves that tends to occur in middle-aged to elderly people who had chicken pox as children. Caught early, pain can be controlled and the condition stopped with a combination of acupuncture and Chinese herbs (or biomedical antivirals). Sometimes shingles becomes chronic and people experience a painful breakout of sores along the affected nerve branch. This late effect can be successfully treated with acupuncture, and this has been so long known that a special, nicely poetic, name has been given to one technique: "chasing the dragon's tail."

The Internet offers reports from several case studies on shingles, and one Chinese study of 68 cases in which success was good; but there do not appear to have been clinical trial studies so far. Speaking personally, I once treated a woman who'd had a post-shingles breakout for seven years. After needling her along the nerve route in the specified pattern, both she and I waited to see what would happen. She phoned with news a week later: "I felt even worse for 24 hours, and then suddenly, all the sores dried up, the pain disappeared, and I am okay!" And she stayed okay from that time forward. Acupuncture is a good choice for those

continued on page 21

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**Stroke, Paralysis, Pain, Tremor, Migraine:  
Can Acupuncture Help?**

...continued from page 19

who are suffering from an acute attack of shingles, and it can markedly decrease symptoms in those who have developed late chronic symptoms.

**Migraine headaches** are related to abnormal vascular responses in the head and can be incredibly debilitating to sufferers. Typically, these come and go, hence the symptoms come and go. Because migraine is painful, most patients would like to be as free of it as possible, and acupuncture has a good history of reducing both the frequency and severity of migraine attacks. (For more about acupuncture treatment for headaches, see the article, "Ohhhh My Aching Head! Headaches and Oriental Medicine," in the Winter 2011-12 issue of *Pathways*.)

With migraine, acupuncture is best combined with herbal care. Herbs help manage pain and vascular responsiveness between acupuncture treatments, and can maintain patients almost migraine-free for years at a time. Scientific research on migraine is encouraging. Several studies indicate acupuncture is superior to pharmaceutical care in the short term *and in the long term*. In other words: acupuncture can reduce

illness from migraine for up to two years after acupuncture treatment ends.



...acupuncture can reduce illness from migraine for up to two years after acupuncture treatment ends.

**Acupuncture For Movement Problems**

Neurological disorders characterized by problems with movement have shown, in varying degrees, to be lessened or even alleviated with acupuncture. Scientific and anecdotal evidence from studies here, and in China and Europe, in addition to my own clinical observations in patients, show that this is an area with tremendous promise, and some real success, for several conditions.

**Stroke** is a rightly feared condition, when lack of blood to the brain, or bleeding from a blood vessel into the brain, traumatizes the brain tissue. This damage can show itself as paralysis, blindness, deafness, and/or inability to speak. Acupuncture can address all these, but most research has been done to treat paralysis.

There have been several scientific studies of the effects of acupuncture on stroke. Taken together, these reveal several things. If damage to the brain is reasonably local (say, all on one side) then acupuncture has a good chance of helping the patient recover. Using current brain scan technology, studies have shown that acupuncture addresses the *specific locales* of damage, improving blood flow and responsiveness, i.e., improving the body's ability to recover lost functions. Treatment is most effective if started promptly—within a couple weeks or less of the stroke event—

but often, it is helpful even years later. Studies show that about 70% of stroke patients receive significant benefit from acupuncture, and the cost of stroke care *including* acupuncture turns out to be less than biomedical care alone. Why? Because patients recover faster, and more completely.

A DVD I can warmly recommend is called *9000 Needles* (2011; see clips on YouTube), and it tells the story of a healthy man in his thirties who experienced a brain stem stroke that left him without speech, blind, and paralyzed in all four limbs. After hospitals 'released' him in the U.S. (as being as well as they could manage), his brother gathered charitable donations to get him to China, where he remained in a special hospital for 4 months, receiving daily acupuncture treatments plus physical therapy. During his treatment he got his speech and sight back, got hands and arms working again, and began to walk, if clumsily. It is a marvelous story, and the treatments are shown in the DVD. What we can take from this documentary is this: first, that acupuncture can help even very extreme strokes; and second, wouldn't it be nice if American hospitals ensured that stroke patients could get regular acupuncture nowadays? *But to get there we're going to have to demand it!*

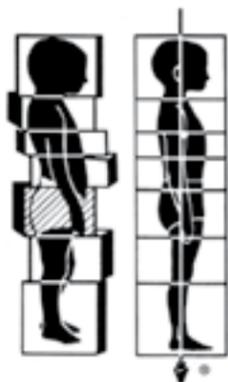
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# Hope for the American Economy:

Compassionate "Benefit Corporation" Legislation, First Passed in Maryland, is Changing the Way America Does Business

## American Crossroads: "Vulture Capitalism" Sinking, Benefit Corporations Rising

BY SENATOR JAMIE RASKIN

*"The state need not permit its own creation to consume it."*

~ Justice Byron White, *First National Bank of Boston v. Bellotti* (1978)

*"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."*

~ Buckminster Fuller

I will always remember 2010 as a crucible year for America. It was a year when we were buffeted by the staggering environmental, workplace and economic crises caused by the depraved corporate practices of BP Oil, Massey Coal, and AIG and other

The Cultivating Compassion Column is Edited by Cam MacQueen

profiteers on Wall Street. But it was also the year that I found some practical hope for our economy. Through my friend, the progressive entrepreneur Jim Epstein, I found a movement of socially responsible businesses building a serious alternative to what even Republican presidential candidates, like Rick Santorum and Sarah Palin, would soon come to call "vulture capitalism" and "crony capitalism."

It was clear to me that America was at a crossroads. In one direction lay the road we were on: the road of constantly expanding and totally unconstrained corporate power. This was the road to the oil poisoning of the Gulf of Mexico, which destroyed entire eco-systems and inflicted billions of dollars of damage on coastal communities; the collapsing and exploding coal mines in West Virginia that suffocated 29 workers as the Massey company flouted the law and corrupted politicians; and the

sub-prime mortgage meltdown that destroyed trillions of dollars of the people's wealth in the form of their homes, their pensions, their investments and their city and state treasuries.

This was the road to ruin.

The other road I found through B Lab, the visionary alliance of businesses nationwide committed not just to bottom-line profitability, but to comprehensive workplace ethics, environmental best practices and the delivery of concrete positive goods to their communities. This road—a long road, to be sure—pointed us in a direction where doing well will go hand-in-hand with doing good, where profit is not the sole measure of business success, and where the private corporation can be transformed back into a positive social asset that operates within democracy and the rule of law. This was a road that connected back to the nation's first corporations, which were chartered for specific public purposes and were accountable to the state legislatures that chartered them.

However, all signs in 2010 pointed

to the road to ruin as something inexorable and inescapable. Indeed, the Supreme Court, in its 5-4 decision in the *Citizens United* case the same year, declared the path of unlimited corporate power—not just over our economy but over our politics—to be compelled by the First Amendment. Chief Justice Roberts and the conservatives demolished the wall of separation between corporate treasuries and public elections, "opening the floodgates," as President Obama said, on corporate spending in our political campaigns. Justice White's ominous suggestion in *First National Bank of Boston v. Bellotti* was coming true: The Roberts Court was telling the States that they *must* permit their own creatures to consume and devour them.

In the 2010 midterm elections, even as the nation staggered under the weight of the crises caused by corporate capture of government regulatory agencies, corporate crime and corporate plunder, hundreds of millions of corporate dollars poured into the elec-

*continued on page 25*



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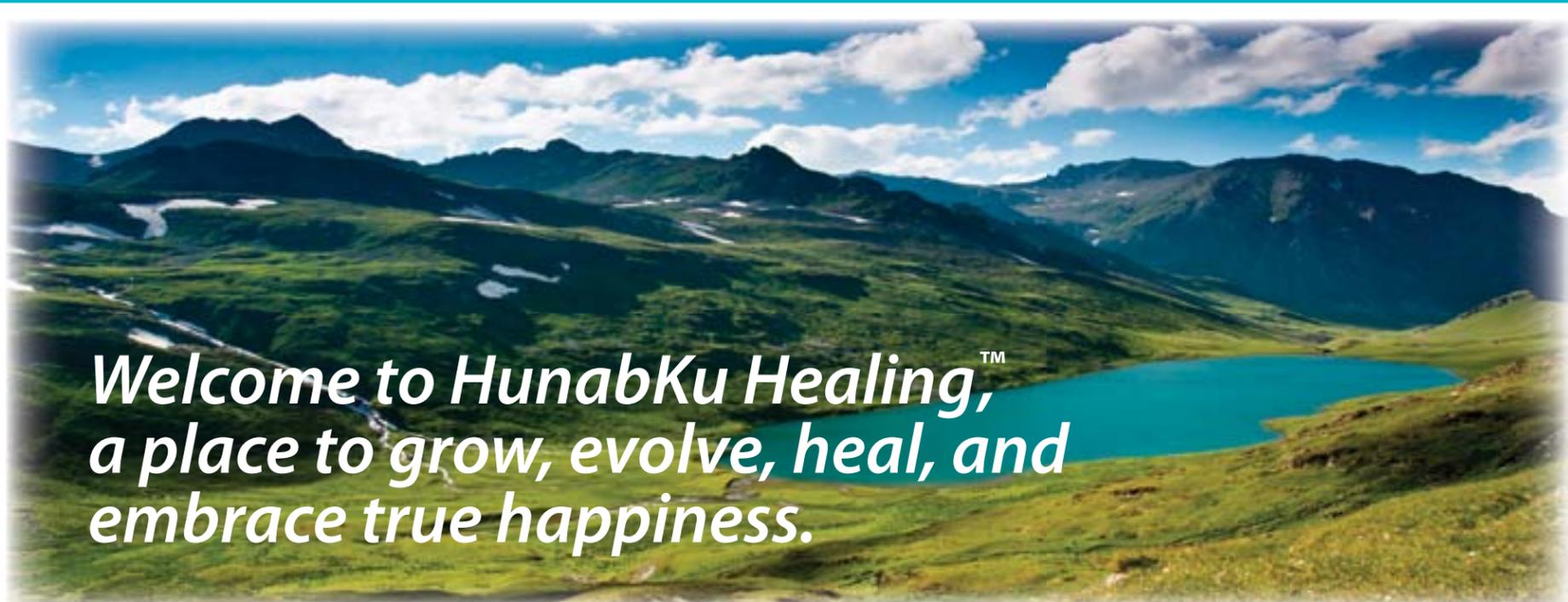
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### American Crossroads: "Vulture Capitalism" Sinking, Benefit Corporations Rising

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toral process. This money paid for Tea Party victories in Congressional races across America. What was the theme of these campaigns? What else—deregulation! This was their exciting new idea.

When I met with the founders of B-Lab, Jay Coen Gilbert and Andrew Cassoy, I learned that there was an authentically new idea out there for re-making American economics on a far more stable and ethical plane. They had been organizing hundreds of successful businesses—worth billions of dollars—to commit to a "triple bottom line" including business profit, social and workplace responsibility, and environmental stewardship—and to be bound by actual certifying procedures and reporting requirements.

All of this was being done on the basis of purely *voluntary* agreements. As we talked in my office in Annapolis, I got so excited that I jumped to my feet and offered to introduce the nation's first "benefit corporation" legislation. This would give the "b corporations" the opportunity to incorporate on that basis and to protect boards of directors and executives from being sued for not pursuing profit above everything else.



Senator Jamie Raskin with friend and constituent Tebabu Assefa, the founder of Blessed Coffee, one of the nation's first Benefit Corporations.

Passing a law was something, they said, that they had imagined happening one day, but perhaps five or ten years in the future, after the movement had grown so large it could no longer be ignored. I told them I thought we

couldn't wait any longer and we could get it done in Maryland. It would help the movement grow.

In the 2010 legislative session, we did just that. The Maryland General Assembly overwhelmingly passed the nation's first Benefit Corporation statute, authorizing for-profit corporations to register in such a way as to commit the company to render both a positive material impact generally on society and in specific ways written into the corporate charter.

My colleagues were fascinated by the idea. Progressives liked the idea of a positive pro-business agenda that bolstered other social priorities. Conservatives liked the idea that this was voluntary for businesses that chose to do it. Environmentalists liked the requirement of "third-party validation" by B-Lab or other outside groups to minimize the practice of "greenwashing," in which polluting businesses spend some money on a river clean-up and then call themselves "green" without any meaningful certification. The corporate bar liked the fact that socially conscious businesses like Ben & Jerry's could turn away a lucrative takeover bid if they were convinced the acquirer would ignore the other stated goals of the company.

Above all, green and progressive businesses throughout the state came to Annapolis to lobby for it because

they understood that "benefit corporation" status would become a powerful branding mechanism.

And so it has become, for businesses all over the state and in my district, like the popular The Big Bad Woof, a pet supply store that works with local farms and producers to offer goods supporting the local economy, and provides free space for companion animal adoption events on the weekend; or the inspiring Blessed Coffee, begun by Tebabu Assefa, which imports coffee on a fair trade basis from Tebabu's native Ethiopia and sells it in Maryland, sharing profits with community education efforts in both places. The coolest restaurant in the whole Washington area, Busboys & Poets, a haven for progressives, slam poets and young rebels, became a Benefit Corporation. These businesses all send a powerful message to potential consumers, workers and investors by registering and advertising as private companies with a public mission. They are also able to form into a network of like-minded progressive business that can bolster one another, creating over time, we hope, a vibrant capitalist counter-culture.

These are the kind of companies, which can rightfully claim credit to the badly misrepresented legacy of Adam Smith, the author of both *The Wealth of*

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# Develop An End Game: The Changes Are Only Starting

BY MISTY KUCERIS



The summer of 2012, especially the month of June 2012, is a critical time period astrologically because it sets up the energy not only for this quarter but also for the next three years.

The summer of 2012, especially the month of June 2012, is a critical time period astrologically because it sets up the energy not only for this quarter but also for the next three years. The cascading planetary events in June lead up to the first (of seven) squares between the planets Uranus and Pluto. With Uranus in Aries, some people want to create change in the world but they aren't necessarily thinking about the end game: What those changes will mean. With Pluto in Capricorn, other people want to hold on to the past because they believe the power lies there, but they haven't considered the fact that change needs to occur in order to improve economic situations and live in a diverse world. Again, they aren't considering the end game.

When the month of June 2012 begins, there is a partial eclipse that occurs on June 4<sup>th</sup>. This is the second eclipse of the year and occurs at the time of a full Moon when the Sun is in Gemini and the Moon is in Sagittarius. Venus is retrograde at this point and

the eclipse falls on this Venus. Because eclipses tend to obscure matters, you may feel confused about various financial situations, not only in the world but in your own life. You can see this playing out in the world with confusion about the Euro and how the stock market reacts to this confusion. To increase the confusion, the eclipse forms a square to Neptune, which is one of the strongest indicators that information is often withheld. So, if you don't feel like you're able to grasp things right now,

you're not alone. This is a time period to reflect on your life rather than take immediate action. You need to understand why things aren't working. More importantly, you need to give yourself time to see what is not working in your life.

On June 5<sup>th</sup>, in the western hemisphere, a rare astronomical event occurs when Venus passes between the earth and Sun: the Venus Transit. If you're in the right location and have the right equipment to peer at the Sun,

you'll be able to see a small black disk move in front of the Sun. That's Venus. The Venus Transit occurs in pairs of two. This is the second time for this transit. The first one occurred on June 8, 2004. The next time this transit occurs won't be until December 11, 2117.

The role of the Venus Transit is to bring awareness to the feminine side. For women, this means you need to understand and embrace your warrior princess. For men, this means you need to embrace your prince charming. But power struggles over the role of women in the world will be at the forefront. In the United States, you'll hear about the importance of the women's vote in the upcoming elections. Around the world, you'll see struggles between women's need for independence and men's desire to keep them in their place. While it may be difficult, it's very important to try and understand where the different sexes have similarities and where they have differences. And, rather than try to stifle the power of the feminine, it's time to elevate the

*continued on page 28*



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**Develop An End Game: The Changes Are Only Starting**

...continued from page 27

role all humans have in the world.

On June 11<sup>th</sup>, a new 12-year cycle begins as Jupiter enters the sign of Gemini. This cycle will last until June 25, 2013. This is when you start reaching inward for understanding. You want to guard your neighborhoods and your private life. You start understanding just what it means to be so computer savvy when it comes to social networking and how much of the inner you is lost. Even government agencies become concerned with the loss of important data, because once it's in the cloud it's very difficult to bring it back to earth; specifically, if you want to store data on your computer, that's fine. But if the technology changes and you don't have hard copies of that data, such as personal pictures, you may not be able to retrieve the information and you may just lose it.

It's important to embrace your relationships in real time, not just through social networking. While the benefits of social networking have allowed you to reach out to distant people, it's important you remember to reach out to those people closest to you. Pick up the telephone and call once in a while.

Go out to lunch and communicate face-to-face. What happens to you locally will have an effect on what happens in the world.

The new Moon that occurs on June



It's important to embrace your relationships in real time, not just through social networking. While the benefits of social networking have allowed you to reach out to distant people, it's important you remember to reach out to those people closest to you.

19<sup>th</sup> is what is called a void-of-course Moon. This means both the Sun and Moon in Gemini are in late degrees. Usually a new Moon is the time to start new activities in your life. But this new Moon is different. This is the time to create ideas but not necessarily act on them or share them. Think about the way you'll want to imple-

ment your new ideas. Write them down in a journal. Consider various options. When it is time to act, you'll know exactly what to do.

When the Sun enters Cancer on June 20<sup>th</sup>, one quarter of the astrological year is over. This is the time of the Summer Solstice in the western hemisphere. Usually the Summer Solstice is very significant as an indicator that you need to consider the last three months

busy just trying to survive to take care of important things in your personal life. Or, perhaps you've been too busy taking care of other people and forgetting you're important. The reality is you can't help anyone any more than you can help yourself. So use the energy of this Summer Solstice to slow down, focus inward, and create a safe space where you can nourish yourself.

June 24<sup>th</sup> is the date. This is when Uranus in Aries forms a square to Pluto in Capricorn and a new energy, which you've actually been feeling over the past year, really comes into being. As already mentioned, this new energy will be in effect from now until March 2015. In a lot of ways, this new energy is a like a dance. Uranus in Aries represents the need to make changes in both your life and the world. But the danger is that you don't really think about the end game. You get so caught up in making changes that you don't think about the result of those changes. Pluto in Capricorn represents the desire to maintain power by maintaining the past. You are so concerned that the changes to come will disrupt your life that you do everything possible to prevent those changes. You're seeing this manifest in the world in so many ways: the Occupy Wall Street movement; the Euro crisis; the political situations in China and India; not

continued on page 33

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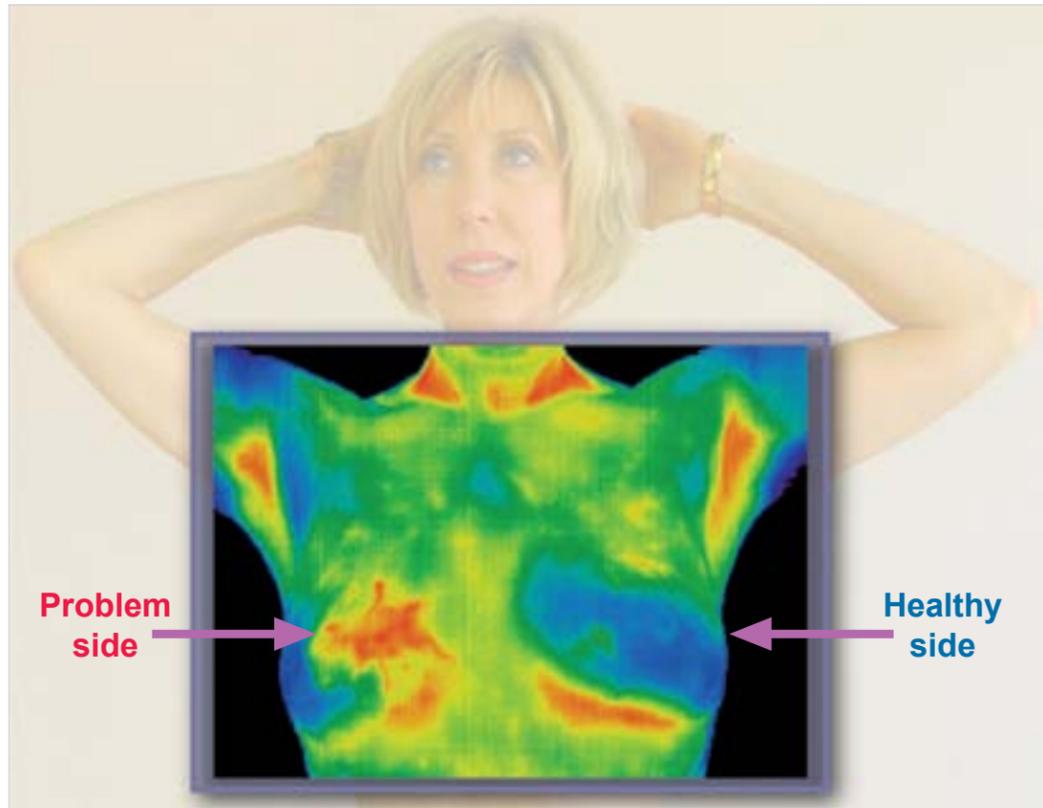
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\*Note: the red (warm) areas in the armpits, necks base and under the breasts are normal for those locations. A red (warm) spot such as the one seen in the right breast above is not normal and is considered suspicious.

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**\*\*Referenced articles**

- Ries LAG, Harkins D, Krapcho M, et al. *SEER Cancer Statistics Review, 1975-2003*. Bethesda, MD: National Cancer Institute, 2006.
- Parisky, Y R, et al. Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *American Journal of Roentgenology*, January 2003, 263-69. The article states that Th-1 and Th-2 (i.e., thermographic risk levels 1 and 2) scores can be reassured with a 99% level of confidence that they do not have breast cancer.
- *The Breast Journal*, Volume 4, 1998, 245-51, Keyserlingk et al documented 85% sensitivity in diagnosing breast

cancer using clinical examination and mammography together. This increased to 98% when breast thermography was added.

- Gautherie, M, and Gros, C M. Breast Thermography and Cancer Risk Prediction. *Cancer*, 1980, volume 56, 45-51: The article reports that fifty-eight thousand patients with breast complaints were examined between 1965 and 1977. 1,245 patients with abnormal Th-3 mammothems had normal breasts by mammography, ultrasound, physical exam, and biopsy. 38% percent of women with normal breasts and 44% of those with mastopathy (i.e., breast problem) developed biopsy proven breast cancer within five years. In 90% of patients with a Th-4 or Th-5 (thermographic risk level of 4 or 5), a diagnosis of cancer was made on their first visit.

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## ASTROLOGICAL INSIGHTS

### Develop An End Game: The Changes Are Only Starting

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to mention the political upheavals in the Middle East. There is always a crisis between the public and leadership during this time period. The public wants its basic rights and the leadership wants to maintain its definition of power. Economically, the old western model doesn't work right now. Corporations need consumers to purchase their products in order to make profits. Investors need corporations to lower their operating costs in order to make profits. Labor is the highest operating cost, which tends to be cut first in order to make profits. Consumers are out of jobs and can no longer purchase the products that make profits. Suddenly governments are looking for austerity programs because the money isn't circulating in the fashion it once did. And, austerity programs tend to cycle downward and hit the consumer first.

Living within your means becomes more important, but it also becomes more difficult. There's a tendency to become more conservative, and you'll see this politically as well. The key to all of this is to understand that certain things in the world will change. But for the change to be successful, it's important you understand the potential impacts of those changes in your life. You need to have an end game. You need to know your goals. They don't need to be so stringent that you can't make changes as you go along. But they need to be clear enough that you can develop and judge those milestones along the way. While the economy may make some small gains of improvement, it really won't begin to improve until the year 2014 and we won't be out of this mess until the year 2015. It doesn't matter who is in office. The cycles need to develop in their own time.

On the following day, June 25<sup>th</sup>, Jupiter forms a square to Neptune retrograde. Again, there is a lot of information hidden from you. This is a day when you need to take time and meditate. Through meditation some important information may surface that can help you understand your needs in the future.

On June 27<sup>th</sup>, Venus turns direct. It turned retrograde on May 15, 2012. During that time period you may have felt very confused about relationships and finances in your life. Perhaps some people from your past re-entered your life. Or, you needed to deal with financial matters that were unresolved. At this point, it will be easier for you to correct any financial difficulties. Information that was hidden from you will surface. Also, you'll be able to resolve any relationship difficulties at this time.

The month of June emphasized the cardinal energy with the square between Uranus in Aries and Pluto in Capricorn: the need for new energy to enter the planet and the desire to maintain the status quo. Throughout the first two weeks of July, this cardi-

nal energy will continue to operate on a subconscious level.

Mars enters the sign of Libra on July 3<sup>rd</sup> and will form a cardinal T-square between Uranus and Pluto. Mars is not comfortable in the sign of Libra because Mars likes to take action and not wait for anyone else. Meanwhile, the sign of Libra is the sign of negotiation and compromise. So, when a planet is in the sign of Libra, it needs to use its energy to find ways to resolve issues. Mars doesn't really understand how to compromise very well. For this reason, you may feel frustrated that either you are asked to give up too much through compromise, or you are unable to get the other person to compromise. You'll feel this energy until July 18, 2012, when Mars forms an opposition to Uranus. At that time you'll be able to decide whether it's worth it.

Also occurring on July 3<sup>rd</sup> after Mars enters the sign of Libra is a full Moon with the Sun in Cancer and the Moon in Capricorn. This is the time to determine how compromising will impact your family and your job. Perhaps you haven't been spending enough time with the family. If so, think of ways you can do some activities together.

When Mercury in Leo turns retrograde on July 14<sup>th</sup>, you'll be able to reflect on what people say. Mercury will be retrograde until August 8, 2012. Yes, you need to watch out for the usual Mercury retrograde matters, such as best to put off signing contracts until it goes retrograde. Or, if you accept a new job during this time period, it could be the best thing you ever did but the duties you were hired for will definitely change. Still, this will be a fairly benign retrograde period. Usually when Mercury is in Leo, there's a lot of bravado. People feel they can say anything and get away with it. But this time it's different. You'll scrutinize every word other people say, and you won't let them get away with anything disrespectful. You'll feel your own personal sense of power and well-being.

The new Moon occurs on July 19<sup>th</sup>, the day after Mars forms an opposition to Uranus and the cardinal T-square energy created by Mars moves out of influence. With both the Sun and Moon in Cancer, you'll be able to feel as if you can get your life in order. All those special things that you did for your family a few weeks ago will generate some very loving rewards today.

As the full Moon occurs on August 1<sup>st</sup>, you still feel a sense of optimism and well-being. The Sun is in Leo and the Moon is in Aquarius, so you feel things can work out in the world. Still, this is a full Moon, which means you need to make decisions about what activities support your family relationships and what activities get in the way and need to be deleted from your life.

Again, the cardinal energy created

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# Do You Have Hidden Food Allergies?

## Are these your symptoms?

**Fatigue**

**Itching**

**Hives**

**Memory Loss**

**Menstrual Problems**

**Psoriasis**

**Respiratory Problems**

**Sex Problems**

**Infertility**

**Muscle pains**

**Digestive Disorders**

**Depression**

**Headache**

**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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## Develop An End Game: The Changes Are Only Starting

...continued from page 33

by the square of Uranus in Aries to Pluto in Capricorn continues throughout the month of August with the planet Venus entering the sign of Cancer on August 7, 2012. This underlying energy will continue until August 16, 2012, when Venus forms a square to Uranus retrograde. This energy may be a little gentler than the cardinal T-square energy created by the planet Mars in July 2012. Venus enjoys being in the sign of Cancer. Venus represents the need to have meaningful relationships in your life, and the sign of Cancer likes to feel secure. Therefore, it's important for you to have relationships that give you a sense of security. Meanwhile, Venus also represents financial matters, and in the sign of Cancer it can indicate you are worried money isn't providing you the secure foundation you need.

Mercury in Leo, which went retrograde on July 14, 2012, turns direct on August 8<sup>th</sup>. While this was a gentle retrograde period because many people held back their thoughts, you'll feel as if you just entered a maelstrom of thoughts and concepts when Mercury goes direct. Suddenly people can't keep their ideas to themselves. They feel as if they have all the answers.



Take everything that is said, especially in the political arena, with a grain of salt. The bravado you hear expressed doesn't mean the individual will necessarily follow up on. It's all talk but not necessarily much action.

The new Moon that occurs on August 17<sup>th</sup> happens one day after Venus forms a square to Uranus and the energy of the cardinal T-square abates. This is actually what happened during the month of July 2012 when Mars was forming the cardinal T-square. So, you may feel a sense of déjà vu. You may

feel as if you're able to get your life in order. This time, however, the new Moon occurs in Leo. So, focus on having fun.

As this quarter starts to wind down, the Moon's North Node enters the sign of Scorpio and the Moon's South Node enters the sign of Taurus on August 29<sup>th</sup>. This is a cycle that occurs every 19 years and will stay in effect until February 18, 2014. The Moon's North Node represents what a country strives to achieve in this cycle. The Moon's South Node represents what a nation attempts to hold on to and how it uses the public's fears to maintain old structures. It's very important you hold on to your value systems and not get sucked into negative media frenzies right now. Whether you like it or not, nations can't be isolated from world events. You may want to become more private about matters in your life, but world events are making it more difficult to maintain privacy. Also, there are shifts of power with various countries and who maintains the highest economic position as the global leader. During the 1.5 years that this cycle is in effect, you will continue to see the economic rules changing. You'll see the power struggles between the new and the old continue. You may want to make changes but really aren't certain of how to proceed. Again, it's important to try to set goals and develop an end game.

As this quarter ends, a full Moon occurs on August 31<sup>st</sup>. On a spiritual level this makes a lot of sense. What you will see during this quarter is an intense level of activity as people try to make changes in their lives without losing their power of enjoying being alive. You'll continue to see struggles between various factions, especially political factions that come from two opposing viewpoints: Change now—maintain power now. With the Sun in Virgo and the Moon in Pisces at the time of this full Moon, the main emphasis is discernment. Don't lose your dreams because of your fear of changes. Don't let the tension of power struggles interfere with your daily routine. What you need to do at this time is use the energy of discernment to determine what's important for you. You need to think about your goals and end game. And you need to hold on to your dreams with the understanding and compassion that you'll be able to move into the future with no fear.

*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](http://www.enhanceoneself.com). Contact her at: [misty@enhanceoneself.com](mailto:misty@enhanceoneself.com). See her ad on page 83.*

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HCG, which stands for human chorionic gonadotrophin, was extensively studied for its mechanism of action in treating obesity by endocrinologist Dr A. T. W. Simeons. HCG resets metabolism of fuel sources such as fat and sugar through the hypothalamus in the brain. Dr. Simeons explained that it influences the hypothalamus of the brain to guide the metabolism of fat. A scientific discovery of leptin, which is a protein hormone, directs the body to burn fat by communicating with the hypothalamus. This is a significant scientific discovery on fat metabolism in the past century. The key point stated in the Journal of Endocrinology (Aug. 2007) is "HCG significantly stimulates the secretion of the pro-adipogenic factor, leptin, from human adipose tissue." The interdependence of HCG, leptin, and insulin, is at the core of how we store and burn fat.

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Our goal is to keep the weight you lose off by enhancing, optimizing and maintaining quality of daily life choices. Our program resets your hormonal metabolic programming where you lose weight as well as engages patients in daily wellness, with a healthy diet and structured regular exercise program that your lifestyle.



**Dr. M. Defrawy, MD**

is a licensed physician who combines the best of conventional and integrative medicine. For over a decade Dr. DeFrawy, MD was Assistant Medical Director at Patient First, an Urgent Care center affiliated with Johns Hopkins Hospital treating

patients at 5 different Hopkins clinic sites. He has extensive experience in Primary Care, Internal Medicine, Acute Care, Urgent Care, and Emergency Medicine, both in the hospital and in private practice settings.

Combining his extensive knowledge and experience, Dr. Defrawy, MD is proactive and attentive in providing exceptional, personalized medical care. He treats most medical conditions including endocrine (thyroid, diabetes, adrenal), digestive (IBS, Crohns, Ulcerative Colitis, GERD, Gas, Allergies), immune (infections, autoimmune, allergies), respiratory (asthma, COPD) and cardiovascular issues. He is excellent in treating chronic pain (fibromyalgia, neck/back injuries, sprains/strains, headaches/migraines, muscle spasms, arthritis), anxiety, depression and stress with osteopathic manual and zero balancing bodywork along with other effective integrative medical therapies. Learn more at our website at [www.vipimed.com](http://www.vipimed.com)



**Dr. Janet Brown, MD** is a gynecologist physician with a primary focus in Women's Integrative Health combining the best care in conventional and integrative medicine.

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and working together as a partner for each patient's optimal wellness.

Dr. Brown, MD completed her residency in Obstetrics and Gynecology at Washington Hospital Center/Georgetown University. She completed specialized residency rotations in Gynecological Pathology at Johns Hopkins Medical Center; as well as Reproductive Endocrinology and Gynecological Oncology at Walter Reed Medical Center. She received her Doctorate of Medicine from University of Oklahoma College of Medicine.

Dr. Brown, MD treats most women's health issues including menopause, osteoporosis, PMS, uterine fibroids, ovarian cysts, endometriosis, interstitial cystitis, infertility, and more. She treats endocrine related issues such as fibromyalgia, chronic fatigue syndrome, thyroid (hypothyroid, hashimoto's) and adrenal issues, metabolic syndrome, diabetes, and obesity/weight loss. Email: [vipimed@yahoo.com](mailto:vipimed@yahoo.com)

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# Cuba's Food Pharmacy: A Trip Report

BY JAMES A. (JIM) DUKE

I am an ethnobotanist, retired from USDA back in 1995. I have led a lot of tours since retirement—mostly to the Amazon (where I have led 57 week-long ecotours), Africa, Central America, and a wine tour of the Rhine River—but I had always wanted to go to Cuba. After over a year of planning, our group, the Professional Research Society, went to Cuba on an educational exchange program, arriving in Havana on March, 24, 2012. With us were 14 other North American travelers—for the most part retired scientists, including many pharmacists, teachers, nurses and the like—ten of whom had previously joined me on more biological ecotours in other parts of the world during the last decade or so.

Other travel professionals met or joined us in Cuba, and we had nearly a dozen speakers and guides here and there, mostly Cuban or Cuban American professionals, all of whom presented. Although the tour had more cultural than biological aspects, I seized this opportunity to meet also with a professional Cuban botanist and a Cuban physician with whom I have been corresponding for 5 and 20 years



Favaceae, Apilaceae, and Brassicaceae on display at the Havana farmer's market.

respectfully. Over these years I had electronically sent them many treatises on perhaps 500 different medicinal plants of Latin America. I have already published a book on some 750 medicinal plants of Latin America, but am

now focusing on the Caribbean uses of these plants, especially in Cuba and Haiti.

Cuba is a remarkable little island that has shown tremendous resilience in the twenty plus years since the fall

of the Soviet Union (and thereby the end to food subsidies it was receiving), and the grip of the U.S. Embargo on trade. Prior decades of economic and social hardships ravaged food production, forcing the Cuban government and its citizens to seek other ways to get their food. Cuba is known to have excellent educational and healthcare systems, so the populace, especially in the urban areas, is often very educated but underemployed. Add this fact to the unemployment rates in rural areas, and you have a situation where seeking agricultural alternatives was life and death. So the Cubans got creative.

Loosened government policies gave rural farmers leave to cultivate many more small farms, where they are working toward sustainability by producing for more open markets. In the cities you now find cooperative organic gardens (known as *organopónicos*) that join into this new system of small farms, along with local markets and local distribution channels, all working toward a model of organic and sustainable agriculture. It's not a perfect system, but it's making progress.

I presume that nutrition is like health and literacy—very high on Cuba's pri-  
*continued on page 39*

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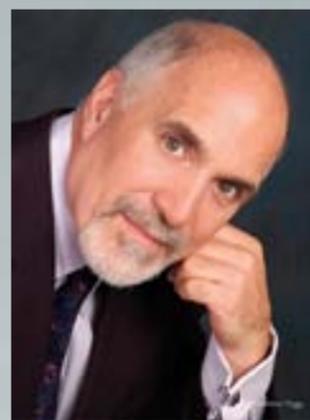
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Cuba's Food Farmacy: A Trip Report

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orities. We did not commingle with typical families to see what they ate; but we are told the general populace gets staples at subsidized rates 1/28th of the costs to us in government hotels. On this trip, we observed the foods in the markets, organic farms and at both government-run and private facilities. Naturally my attention was focused on the bounty of what can be found in the Cuban Food Farmacy, and I'm happy to report many of my findings here, particularly some health aspects of the Cuban meals we experienced.

Mojitos, Paella and More

At the luncheon we enjoyed at the Cuban Botanical Gardens, there was a healthy and delightful array of fruits and veggies. Here I enumerate some of the more important items I enjoyed during that marvelous and healthy luncheon.

First there was the welcome drink—the eternal infernal mojito with its diced spearmint (*Mentha spicata*). Ironically, spearmint contains several volatile compounds, which do what Aricept® (a drug for dementia) does, namely preventing the breakdown of acetylcholine, the cerebral messenger at the synapses. Aricept® contains one unnatural anticholinesterase chemical

with lots of side effects. However, as of my last tally, my computer listed 15 natural anti-acetylcholinesterase phytochemicals, absorbed via inhalation, per orally, or transdermally (carvone, carvacrol, 1,8-cineole, p-cymene, elemol, isomenthone, limonene, menthol, menthone, piperitenone, pulegone, gamma-terpinene, terpinen-4-ol, thymol, and viridiflorol; from Duke's Phytochemical Database). My mojito probably contained most of these, all of which have been described from spearmint, and indeed many other mints, such as rosemary (*Rosmarinus officinalis*), sage (*Salvia officinalis*), and lemon balm (*Melissa officinalis*), all proven to slow the breakdown of the cerebral messengers (acetylcholine, butylcholine, perhaps choline itself), and all in my cream d'mentia. Please remember though—easy on the alcohol! It is contraindicated in Alzheimer's, cerebral plaque and dementia.

With many of us approaching the age of dementia, we should recognize the Spanish paella, which some of us experienced while in Cuba. Paella with mojitos (remember, very weak or non-alcoholic) might be a double whammy as a dementia preventative. Most Spanish paella is colored yellow with expensive saffron (*Crocus sativus*), which

has some chemical or chemicals that have been proven to help with both dementia and depression. Iran, a major producer of the labor-intensive saffron, has performed clinical studies showing that very small amounts of saffron have impressive effects. I recommend it. A number of people come back at me and say they would not believe an Iranian study. I disagree heartily feeling that in most countries the agencies try to help the citizenry. My advice: Be generous with the *Crocus sativus* in your paella and other dishes.

In Cuba, for economic reasons, paella is more likely to be colored with cheaper locally grown turmeric, which we saw being grown at one of the local organic farms. I inserted this as this article was going to press. On May 15, 2012, the TV news was raving about Beta-Plaque Inhibitors being what Big Pharma is exploring in their quest for better Alzheimer-fighting drugs. That is more good news for the turmeric, which has already been proven to inhibit the brains Beta Plaque, and might induce me to add turmeric powder to my mojito. In Latin America, an even cheaper herb, achote (*Bixa orellana*), source of an FDA-approved food colorant, is also widely used to color rice dishes like paella.

Back at lunch at the botanical garden, I had never seen so many cases of the color code in action. Eat as many colorful veggies as possible for better

health—the wider the variety, the better. They were especially generous with many examples of good sources of lycopene, with four foods or beverages made from guava (*Psidium guajava*), almost a weed tree in tropical America. And there was the African watermelon (*Citrullus lanatus*), the American tomato (*Solanum lycopersicon*), and the pink grapefruit (*Citrus paradisi*), which, unlike the yellow grapefruit, is rich in lycopene. Any and all of these might reduce your odds of hormone-related cancers. But the red hibiscus petals some of us ingested with our luncheon were healthy due to anthocyanins and beta-hydroxy acids, also good for the complexion.

Many if not all members of the cabbage family contain cancer-preventing isothiocyanates and indoles. The purple cabbages also contain anthocyanins. And a few cabbage varieties contain sulforaphane (the more piquant the better.) So do the petals of the nasturtium flowers some of us ate, as well as the horseradish tree (*Moringa oleifera*) we talked about in those lovely mountains above Trinidad, Cuba.

The fruta bomba (*Carica papaya*), known elsewhere as papaya, and pineapple (*Ananas comosus*) contain proteolytic enzymes with a lot of proven biological activities. Of course, papaya juice and citrus juice was available at all our breakfasts.

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—Heather McDonald, Washington, DC

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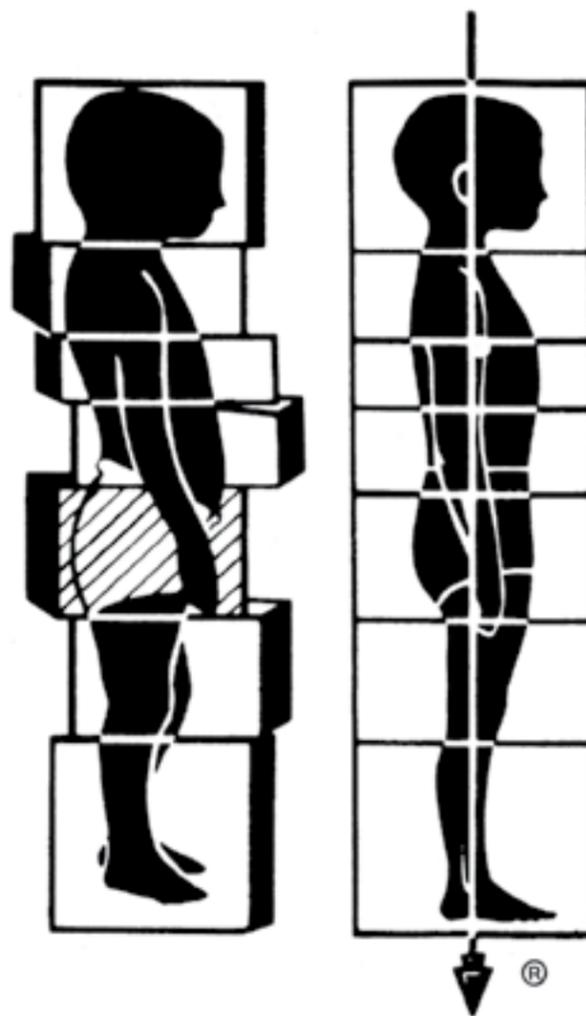
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## THE SPICE CHEST



Tumeric drying in an organic cooperative farm, Alamar Organopónico, in Havana.

### Cuba's Food Farmacy: A Trip Report

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#### The Beauty of Beans

What could be more important to those who are vegetarian (by religion, choice, or for wise fear of red meat) than beans? Black beans and rice have a rich historical background in Cuba food culture, and is a staple meal enjoyed there universally. In the U.S., we have been over promoted with soy and under promoted with our native American beans (*Phaseolus vulgaris*), like butter beans, lima beans, navy beans, pinto beans, string beans, and most important of all, the Cuban black beans—the blacker, the better, as far as anthocyanins are concerned. The white navy and pinto beans have little or no anthocyanins. Surprisingly all these American beans have the same estrogenic isoflavones—biochanin, daidzein, formononetin, and most ballyhooed, genistein. Some of the American beans have more isoflavones than the soybean. In moderation, the isoflavones seem to favor anticancer activity. For years, soy claimed that it alone contain genistein. Bunk.

Most bean dishes (not just black beans) function as gentle herbistatins, raising the good HDL cholesterol and lowering the LDL cholesterol, especially if spiced with herbistatic spices: black pepper and turmeric most importantly; and, to taste, cinnamon, coriander, cumin, fenugreek, garlic, ginger, lemon, onion, and sage. Add any combination of this wondrous mix along with other herbistatic vegetables like other beans, chickpeas, lentils and other legumes, put it over black rice, and you have a great recipe for Herbistatic Bean Soup. (See the article in Spring 2012 issue of *Pathways*, "Herbistatins: Safe Herbal Alternatives to Dangerous Statin Drugs," for more information.)

Fewer members of the bean or legume family are well endowed with

L-Dopa, which has several biological activities, including a tendency to help Parkinson's disease. A search in the USDA Phytochemical Database will show L-Dopa also as an agent for these biological activities: Analgesic; Anticerebralpathic; Antimorphinic; Antineuroleptic; Aphrodisiac; Arrhythmic; Natriuretic MAR; and a Prolactin-Inhibitor RAI, just to name a few. Major sources of L-Dopa are found in the flowers, pods, seeds and sprouts of the fababean, as well as in fenugreek (*Trigonella foenumgraecum*) and the Velvetbean seed (*Mucuna pruriens*).

The Biblical fababean (can also be allergenic) and fenugreek have been grown in Cuba; and the velvetbean (prurient) is apparently native there in Cuba and elsewhere in Tropical America and Tropical Asia. We have all three growing here in my Green Farmacy Garden.

#### Plentiful Purslane and Cilantro

On the streets of Havana, I showed most of my co-travellers the ubiquitous weed purslane (*Portulaca oleracea*), which ranges in America from Amazonia to Alaska. It is one of the world's richest sources of beta-carotene, vitamin C and E, all wrapped up with the highest omega-3 composition of any leafy vegetable. One more Latin American herb with high omega-3s is the chia of chia pet fame. But to me, purslane is one of the most delicious of weeds, raw or cooked or pickled; and if you get caught without your adrenaline kit, ball some up under your tongue and you will get a sublingual equivalent of adrenaline.

Since returning from Cuba, I have resumed my study of Cuban medicinal plants, already nearly a thousand species. I was delighted in updating my database account (April 2012) to find two new PubMed study abstracts—one

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## THE SPICE CHEST

### Cuba's Food Pharmacy: A Trip Report

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Korean, one Yemeni—that listed many activities that lead me to call the edible purslane an herbistatin, an herb that lowers the bad LDL cholesterol, while raising the good HDL cholesterol. And as almost always there were many beneficial anti-diabetic and cardioprotective “side effects” cited. Excuse the technical words for these beneficial effects of the purslane: hypocholesterolemic; hypoglycemic; hypolipidemic; hypotensive; hypotriglyceridemic; insulinogenic; and MMP-2-Inhibitor (X21718775; X22474522). That is why I am so interested in herbistatins.

A lot of my traveling companions got more cilantro than they wanted here and there while in Cuba. To me, it is a love/hate herb, and about ten percent of the people in my classes hate it. Fortunately for me, my garden crew likes it. In temperate America, the cilantro flavor and health benefits are due to the temperate herb, coriander (*Coriandrum sativum*). In tropical America, this is due to a weedy herb that looks like a thistle, called culantro (*Eryngium foetidum*), and the coriander haters will agree, it smells fetid, like its epithet. I like it.

On April 20, I was visited by a companion-plant master gardener wanting to protect his tomatoes from stick

bugs, which incidentally have been aromatically linked to the aroma of cilantro. He speculates that coriander or cilantro might help. I voted instead for pulegone-containing mints, many of which grow in Cuba,

I'll have afterthoughts about our Cuban food pharmacy for years to come, and I may be compulsive enough to provide more information to you. I'd like to go again, but only when I can fly straight from Baltimore to Havana, and when I can have more time in the country and less on the quaint cobblestone city tours. Cobblestones and cities are not my element. My element is the greenery.

#### The Cuban Food Pharmacy

Beans, beans, good for the heart  
The more you eat, the less you infarct.

1. Ananas comosus L. Bromeliaceae. “Piña,” “Piña negra,” “Pineapple”: bromelain
2. Annona muricata L. Annonaceae. “Guanábana,” “Graviola,” “Soursop”: acetogenins
3. Arachis hypogaea L. Fabaceae. “Maní,” “Peanuts”: daidzein; genistein; resveratrol
4. Bixa orellana L. Bixaceae. “Achote,”

“Achiote Amarillo,” “Annatto”: carotenoids

5. Capsicum spp. L. Solanaceae. “Aji,” “Hot Pepper”: capsaicin; carotenoids

6. Carica papaya L. Caricaceae. “Fruta Bomba,” “Papaya”: chymopapain; papain

7. Cucurbita maxima Duch. Cucurbitaceae. “Zapallo,” “Pumpkin”: selenium; sterols; zinc

8. Elaeis spp. Aracaceae. “Palma aceite,” “Palm Oil”: carotenoids; tocotrienols

9. Lycopersicon esculentum Mill. Solanaceae. “Tomate,” “Tomato”: lycopene

10. Persea americana Mill. Lauraceae. “Palta,” “Avocado”: lutein; MUFA; vitamin D (?)

11. Phaseolus vulgaris L. Fabaceae. “Frijole,” “Bean”: daidzein; genistein

12. Theobroma cacao L. Sterculiaceae. “Cacao,” “Chocolate”: caffeine; theobromine; theophylline

13. Zea mays L. Poaceae. “Maiz morado,” “Maiz,” “Blue Corn”: anthocyanins; corn silk

#### Additional Resources

Green Pharmacy Garden - tours and/or personal consultations by appointment only. Available for consulting (in-depth reviews of herbs of interest): [thegreenpharmacygarden.com](http://thegreenpharmacygarden.com)

Jim thoroughly enjoyed his Cuban excursion. See a clip of him playing

“Guantanamera” at the Hemingway Bar, online at YouTube: [www.youtube.com/watch?v=RCLABxxWAw0](http://www.youtube.com/watch?v=RCLABxxWAw0).

Phytochemical Database: [www.ars-grin.gov/duke](http://www.ars-grin.gov/duke)

Multiple Activities Menu: [www.ars-grin.gov/duke/plants.html](http://www.ars-grin.gov/duke/plants.html)  
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*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 Pharmacy online, which is 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. A full interview with Jim Duke can be found in the Winter 2010 issue of Pathways. For more information, see his Green Pharmacy Garden ad on page 132.*

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## Obama's Atomic Solyndra?

BY HARVEY WASSERMAN

The future of nuclear power now hangs on a single decision by President Obama—and us.

His Office of Management and Budget (OMB) could cave to the unsustainable demands of reactor builders who cannot handle the standard terms of a loan agreement. Or he could defend basic financial procedures and stand up for the future of the American economy.

You can help make this decision, which will come soon. It's about a proposed \$8.33 billion nuke power loan guarantee package for two reactors being built at Georgia's Alvin W. Vogtle Electric Generating Plant, known simply as Vogtle. Obama anointed it last year for the Southern Company, parent to Georgia Power. Two other reactors sporadically operate there. Southern just ravaged the new construction side of the site, stripping virtually all vegetation.

It's also stripped Georgia ratepayers of ever-more millions of dollars, soon to become billions. This project is in the Peach State for its law that forces the public to pay for reactor construction in advance. When the project fails, or the reactors melt, the public still must pay. A taste of what's coming has emerged in shocking defects in poured concrete at the site, which will cost millions to correct and months of delay on a project whose construction has barely begun. Nonetheless, Southern runs virtually no financial risk. It actually has an interest in never finishing. (Florida is now in turmoil, trying to rid itself of a similar Construction Work in Progress law.)

Worldwide estimated reactor costs have jumped from \$3-5 billion each a few short years ago to \$10 billion or more, and rising. Uranium prices are set to soar as the supply of Russian weapons-based fuel is about

done. And renewables have long since outstripped atomic energy as being cheaper, faster to build, cleaner, safer, more reliable and open to community ownership.

There are virtually no private investors willing to back new reactor construction. There are no private insurers willing to take the risk on operating reactors. There is no place to store the radioactive wastes they generate.

Operating reactors in Vermont, New York, California and elsewhere now face ferocious public uprisings to get them shut. Governors, U.S. Senators and entire legislatures are joining them. Peter Shumlin, Governor of Vermont, has appeared at a major public rally to shut Yankee (Vermont Yankee Nuclear Power Plant). The legislature long ago voted (26-4) the same way. U.S. Senator Bernie Sanders, who has issued a stunning denunciation of the loan guarantees, has also joined Shumlin. And U.S. Senator Ron Wyden of Oregon has published a serious warning about the on-going dangers of Fukushima, which he recently visited. Once the public kills one of these elderly reactors, a tsunami of shutdowns among the 104 currently licensed in the US will follow.

Mexico has also said it won't build new nukes, while Germany and much of the rest of Europe have abandoned the technology. Bulgaria has just scrapped plans for two proposed generators. Major banking institutions have warned potential investors in Britain's planned reactors that if they proceed, they will lose their financial standing.

In Asia, only one of Japan's 54 licensed reactors now operates, and it may soon shut. Huge demonstrations and hunger strikes are raging against a proposed project at Koodankulam, India. The Philippines says it won't build any reactors at all. China, the last

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Obama's Atomic Solyndra?

...continued from page 43

bastion of any apparent large-scale interest in multiple nukes, seems to be wavering, in part because of the rise of a No Nukes movement there.

Here in the U.S., two reactors barely beginning construction in South Carolina are also in deep trouble. Their builders need massive rate hikes in North Carolina to proceed, and the opposition there is fierce. But the lynchpin is Vogtle. The construction loan guarantee program got \$18.5 billion from George W. Bush in 2005. With the industry in deepening chaos, it took until last year for a president to designate less than half that money. For the first time in years, there is no Executive or Congressional request to put more money into the fund. The French National Utility EDF did step forward to get funding for Maryland's proposed Calvert Cliffs project, but haggling over terms contributed to its demise.

Now Southern faces the same abyss. It refuses what the mortgage community would consider a normal 20% down payment on its taxpayer-funded loan. Southern wants to put virtually none of its own money into the project, leaving the radioactive gamble totally to the public. Apparently the Office of Management and Budget is demanding something more reasonable and



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because the OMB is a White House agency, Obama holds the key. It's our job to make him turn it in a green direction.

A short while ago, this package was considered a done deal. But the GOP uproar over the failed \$535 million loan to the solar company Solyndra changed the context. Initiated by Bush, Republicans have made Solyndra the poster child for bad federal loans. Vogtle involves some 15 times Solyndra's liability. And it's all Obama's. At least

three petitions are circulating against the package.

There are many ways to finally shut down what has been the most expensive technological failure in human history. Fukushima and the killing power of radiation, the unsolved problem of radioactive waste, the campaigns against failing reactors such as Vermont Yankee, Indian Point, San Onofre and Davis-Besse—all are key. The first weekend in May, a conference convened by the Sierra Club in Washing-

ton, DC, will weigh the various strategies.

Killing this loan guarantee package could finally kill the prospect of new reactors in the U.S. The astonishing rise of Solartopian green technologies has far outstripped atomic energy in the marketplace. Every delay deeply diminishes the possibility of building more of these profoundly uneconomic anachronisms.

In the long run, Vogtle, Summer and any other new nukes that seem to slip through in the short term will almost certainly be stopped by what has become one of the most powerful non-violent social movements in human history. But right now, it's up to Obama—and us. Does he really want an atomic Solyndra on his hands? Will we really let this happen?

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Harvey Wasserman's SOLARTOPIA! Our Green-Powered Earth is at [www.harveywasserman.ning.com](http://www.harveywasserman.ning.com), along with Harvey Wasserman's History of the U.S. He edits [www.nukefree.org](http://www.nukefree.org), and his Green Power & Wellness Show airs at [www.progressiveradionetwork.com](http://www.progressiveradionetwork.com). Originally published by <http://freepress.org>. See his Solartopia ad on page 99.



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# Small-Space Gardening

Growing food in small spaces can be fun and productive—you just need a little sunshine and some imagination.

BY ROGER DOIRON,  
FROM MOTHER EARTH NEWS

My first experiment in small-space gardening was in Brussels, Belgium, on a rooftop with no guardrails. While my official goal was container-grown tomatoes, my unofficial one was to avoid becoming human gazpacho on the pavement five floors below. Now, 15 years later, I'm still practicing my small-scale growing skills, this time in the safety of a 10-by-10-foot plot in the suburbs of Maine. I've learned that no space is too small for growing food. Whether your garden consists of a window box in the city or an acre in the country, you can still benefit from applying the techniques of small-space gardening.

### Soil Is No Small Matter

All successful gardening endeavors, big or small, start with fertile soil. If you have a large plot, you can get away with having less-fertile soil by planting more and spacing out your crops. In a small space, however, that approach simply doesn't work. When I was preparing my front yard garden back in 2008, I remember sifting my sandy soil through my fingers and realizing I had to improve it. I added lots of organic



If a deck or balcony is the only space where you can grow, go crazy with containers.  
Photo by Janet Horton

compost along with a little lime and bone meal, and I add more organic matter each year.

The ideal soil type for growing most crops is loam, the rich halfway point between clay and sandy soils. If you're not sure which soil type you have, hold

some in the palm of your hand, wet it and try to make a ball. If it forms a tight, hard wad, then you have lots of clay in your soil. If you can't form a ball, you have sand. If the ball forms but pretty easily breaks apart, you probably have loam. No matter which type you have,

you can improve both your soil's structure and fertility by working compost into the top layer each year. Those with really limited space can take heart in knowing there are effective composting options suitable for even the smallest of spaces (see "Micro-Composting," near the end of this article).

### Get Intense

Fertile soil that retains nutrients and water is one of the keys to success with "intensive planting," which is a fancy way of saying planting a lot in a little area. America's intensive-growing tradition has two fathers: John Jeavons and Mel Bartholomew. In his classic 1974 book, *How to Grow More Vegetables Than You Ever Thought Possible on Less Land Than You Can Imagine*, Jeavons introduced Americans to French intensive-gardening techniques, notably deep soil preparation through double-dug beds and intensive crop-planting patterns. Seven years later, Bartholomew offered a new way to think about these patterns in a classic book of his own, *Square Foot Gardening*.

Instead of rows, Jeavons and Bartholomew suggest planting in tightly spaced geometric patterns that will al-

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**Small Space Gardening**

...continued from page 47

low the crops to create a “living mulch” of foliage as they mature. This living mulch performs two of the main tasks that regular old dead mulch does: keeping the soil moist and suppressing weeds.

In order to create this effect, however, you need to know how much space to give each plant. Mel Bartholomew’s brilliantly simple tactic is to set a 1-by-1-foot grid onto a garden space and plant crops into the grid. Large crops such as broccoli, peppers and cabbage require a whole square, whereas small ones such as carrots and radishes can be planted 16 to a square.

One critical lesson the square-foot gardening technique can teach newbie small-space gardeners is that they may have to put their dreams of squash, watermelons and potatoes on hold. For some, a garden without zucchini isn’t really a garden. However, if faced with the choice of having one bush summer squash plant or one tomato plant, one cabbage, one pepper, one large basil, one broccoli, four lettuces, four chards, 16 carrots and 16 onions (i.e., the number and types of crops you could get out of the same square footage required for one squash plant), you would really have to love zucchini bread to choose the former.

Books such as Jeavons’ and Bartholomew’s can be invaluable for mak-



In square-foot gardening, you create a grid and plant crops in 1-by-1-foot squares. Photo by David Liebman

ing planting decisions like these. For those looking for a more modern tool for deciding what to plant where and in what quantity, there are some excellent online garden planners available that allow you to sketch out your garden on your computer screen and drag and drop crops onto your layout. I think the best one so far is *MOTHER’s* interactive, easy-to-use Vegetable Garden Planner.

One last thing to keep in mind

about an intensively planted, geometric layout versus a row layout is that you won’t walk between your crops but rather will reach into them. So, unless you happen to have the arm span of an orangutan, your beds shouldn’t be wider than 3 or 4 feet. The length depends on the space you have and the amount of food you want to grow. Mel Bartholomew recommends building wooden boxes for your beds, but you can get the same benefits by form-

ing and planting into boxless, level mounds.

**Go Vertical, Baby**

One cool technique for increasing your choices and your harvests in a small-space garden is vertical growing, which some people refer to as cubed-foot gardening. As you can guess, it’s about understanding and fully exploiting the vertical space plants can occupy.

I’ve seen this technique applied—or, more accurately, misapplied—in my own garden. My family and I rented our house and garden for a year to some lovely, well-meaning tenants who were eager to scratch at the dirt and decided to plant sunflowers in the southern part of our backyard garden. The plants thrived, reaching heights up to 9 feet, but the sun-starved squash planted behind them were not nearly as happy.

The first rule of vertical growing is knowing the heights of plants and situating the tallest ones in the northern part of your garden so as not to shade out the pipsqueaks. A more advanced lesson is learning the vertical space a crop is willing to occupy if coaxed and supported. While sunflowers shoot skyward without any cheerleading, crops such as tomatoes, cucumbers and even melons are willing to grow upward if trellised and shown the way. Understanding these three dimensions of gardening will allow you to harvest

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## MOTHER EARTH NEWS



Don't let limited growing space stop you from creating a bountiful garden.  
Photo by: VERTICALVEG / Sarah Cuttle

more from each precious square foot of soil.

### Don't Settle for a Short Season

Another way to get more out of your small space is so cool that it's ice-cold: season extension. Putting season extension to work will allow you to start gardening before your neighbors have even cracked their seed catalogs and finish long after they've stopped growing for the year. If Jeavons and Bartholomew are the patriarchs of America's intensive-planting movement, Maine farmer and garden writer Eliot Coleman is the father of season extension.

Casual, small-space gardeners may not be interested in reading about Coleman's experiments with portable and minimally heated greenhouses, yet they could learn a lot from his writings on cold frames, which are essentially miniature greenhouses. Unlike a typical raised-bed container garden with sides that are all the same height, the south-facing side of a cold frame is shorter so that it lets in more of the sun's warming rays. The angle may not look like much, but as the sun starts to sink deeper in the autumn sky, those few extra degrees of slope translate into extra degrees of heat that can keep plants alive—and thriving!

If you're just starting a small-space garden, work a season-extension option into your design. For example, rather than building a typical raised-

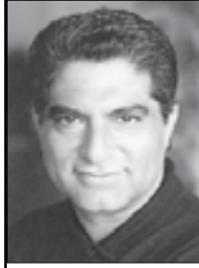
bed box, you may be better off with a sloping cold frame design. Other season-extension options for small-space gardens include low tunnels and cloches.

### Success in Succession

After you have a season-extension plan in place, you'll discover that your growing season has increased by several weeks, which is critical for implementing the small-space gardener's most important technique of all: succession planting. Small-space gardening is not just a voyage in space, but also time. Just as you should avoid unproductive gaps in your planting layout, you should also avoid holes in your planting calendar. Succession planting is about turning unproductive spaces into productive ones by removing a crop that has stopped producing and replacing it with a new one.

Here the challenge isn't simply understanding how tall or wide a crop grows, but how long it takes to mature. Succession planting requires that we toss the traditional notion of "getting your garden in Memorial Day weekend" onto the compost pile of outdated ideas and replace it with a new approach in which the garden is never really "in" but always in the process of being planted. When we do this, we transform gardening from an isolated activity that we try to fit into our busy

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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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**Small Space Gardening**  
...continued from page 49

lives into a holistic lifestyle that can bring health and happiness.

**Choose Your Small-Space Adventure**

Here are my top suggestions for creating a productive garden within the constraints of whatever space you have to work with:

- **No Space.** If you have a large, south-facing window, you can grow herbs and salad greens in pots, containers or a window box. You may also succeed with container-grown crops such as tomatoes and peppers depending on the amount of sun you can provide them. The key to success is picking compact varieties suited to your taste and available space (see "Compact Varieties for Small-Space Growing" near the end of this article).

- **Small Balcony or Patio.** In addition to the options above, a person in this category can grow crops that require more sun and vertical space. For example, try growing large pots of strawberries or trellising cucumbers. The most inspiring gardener I know from this category is Mark Ridsdill Smith, who grows more than \$1,000 worth of food each year on his 9-by-6-foot balcony and five south-facing window boxes in London.

- **Small Yard.** Perhaps choose plants

that go well together. For example, you could plant a salad garden (i.e., different varieties of greens and lettuce), a soup garden (i.e., carrots, onions and celery) or a salsa garden (i.e., tomatoes, peppers and cilantro). For people just starting out and those growing in shady conditions, I think a small salad garden consisting of a few varieties of "cut and come again" lettuce varieties or mesclun mixes, one to two favorite herbs and a compact tomato plant or two is a great introduction to the pleasures of the kitchen garden. Leafy greens such as spinach and chard also do well in small, shady plots.

**Micro-Composting**

As the urban and suburban home-steading movement grows in strength and numbers, those looking to convert trash to treasure through composting have more options than ever. If you have a small yard or patio, you can look to the newest generation of compact compost tumblers that do everything the big boys do, but in less space and at a lower cost.

Apartment and condominium dwellers interested in converting kitchen scraps into compost for containers and window boxes should squirm their way to the closest worm composting bin. The latest models take a lot of the guesswork out of the process and eliminate any odor via their multitiered platforms that keep the worms and finished compost separate from one another. Worm composters are easy to maintain, and they create super-rich fertilizer.

**Compact Varieties for Small-Space Growing**

Variety selection is more crucial to small-space gardening than you may think. The amount of space that a particular crop occupies can vary greatly from one variety to another. If you're gardening in limited space, especially containers, you should be looking for vegetable varieties listed as "compact" or, in the case of fruit trees, "dwarf."

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- **'Bush Delicata' Squash.** If you absolutely must plant squash in your tiny space, 'Bush Delicata' is a good choice. This open-pollinated heirloom variety only spreads about 4 to 6 feet, and you can save its seeds for the next year.

- **'Compatto' Dill.** It may not grow any taller than 20 inches, but 'Compatto' will deliver the dill taste you need for salads and garnishes.

- **'Green Tiger' Zucchini.** This stout, bushy variety produces brilliant, 6- to 8-inch fruits with glossy, dark green skin and pale stripes.

- **'Mohawk' Pepper.** Picture 4- to 5-inch, brightly colored bell peppers spilling over your deck railing or window box, and you're picturing 'Mohawk.'

- **'Ophelia' Eggplant.** This one is perfect for the patio. The eggplants are small—a little more than 2 ounces each—and grow in clusters like tomatoes do.

- **'Temptation' Strawberry.** Compact, vigorous growth makes 'Temptation' well suited for hanging baskets, grow bags and short-season climates.

- **'Totem' Tomato.** Growing no taller than 2 feet high and requiring no staking, 'Totem' offers big tomato taste in a small package.

- **'Tumbling Tom' Tomato.** 'Tumbling Tom' is a heavy yielder of beautiful, bright red cherry tomatoes. Perfect for hanging baskets, as the tomatoes really do tumble over the edges.

These varieties can be found at Pinetree Garden Seeds (207-926-3400), which specializes in meeting the needs of small-space gardeners.

*Roger Doiron is the founder of Kitchen Gardeners International.*

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# The Light Of The Christ Consciousness

BY GERALDINE AMARAL

Who was Jesus really? New Thought/New Age religions have a slightly different take on the life of Jesus Christ as compared to more mainstream religions. In fact, in certain circles, it is more politically correct to talk about the "Christ Consciousness" rather than simply "Christ." Personally, even though I grew up in a traditional religion, I much prefer to think of Christ as a *template* for how to raise *spiritual awareness*, rather than a God who died for my sins. So, in the New Thought traditions, and in Divine Metaphysics, Jesus is considered to be a *teacher* who offers us instruction on our own spiritual evolution, a way to develop our own spiritual awareness.

## The Light of the World

In John chapter 8, verse 12, Jesus says, "I am the light of the world.... whoever follows me will have the light of life and will never walk in darkness." What an incredibly powerful statement. Here Jesus puts as succinctly as possible the metaphysical meaning of his ministry, and his mission, which is also *our* mission. That is to say, many believe that

our spiritual path is to seek the *same* level of spiritual awareness that Christ, and other evolved beings, achieved. He was fulfilling a very specific role in the evolution of mankind's consciousness—to awaken that *same* level of spiritual awareness. And each one of us is also fulfilling a role in mankind's evolution. Each of us is "driving" the evolution of planetary consciousness. In Divine Metaphysics, we see the Christ as each one of us, a man

or a woman, who was able to tap into that divine consciousness and become the "light" of the World. When Jesus claims, "I am the light of the world," he is making a bold, even arrogant claim. As our model, he means we ALL have the capacity to enter that level of consciousness. Each one of us has within



9. The Guide

us that very same light, the light of consciousness, the Divine Spark that connects us with the Source (however we conceive of it).

There is a spiritual renaissance happening on our planet now, and in this passage the word "light" takes on a very special and significant meaning, and that is, spiritual awareness or spiritual connection. Christ uses these terms to describe himself because he is really the messenger of light, a symbol of spiritual

awareness. More specifically, in this passage, the "light of life" is *divine intelligence* and the "light of the world" refers to the *earthly* spiritual awareness, as found in man.

In thinking about how the word "light" is used in a spiritual context, I decided to see if I could find out how

many times the word "light" actually appears in the Bible. Obviously, in this case the word "light" refers to the Light of God, or the Light of Spirit. So, just out of curiosity I "googled" my question and found one website that quoted over 100 references to this word "light" in both the Old and New Testaments. Rather amazing, isn't it?

This prompted me to think about all the different ways we use that word, especially in a spiritual context. When I first started out exploring non-traditional kinds of spirituality—beyond my Catholic upbringing—someone along that early path gave me an affirmation that was very helpful to me during times of difficulty. That affirmation was: *I release this situation to the Light.* I remember using that affirmation a lot for the various problems and dramas I had at the time. *I release this situation to the Light.* I found this affirmation to be very comforting, freeing and almost always, there would be a shift in my attitude about the situation. And very often, the circumstances themselves would change in such a way that would allow me to move forward. I also have a rather strong inner critic (actually, it is an inner committee of critics) and imagining myself

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## ACCESSING YOUR INTUITION

surrendering to the light has been very healing to this part of myself.

Now I understand that whenever I used that affirmation, it was another way of releasing an issue or problem to the Unbounded Field of Consciousness, of which the spiritual awareness associated with the Christ Consciousness is a part. I didn't have the vocabulary then that I have now, but I was unknowingly practicing a metaphysical approach to life. Perhaps you have heard or used similar expressions yourself: "Give it to God, Give it to the light. Let go and let God." These are all examples of sayings that we use to invoke this higher consciousness for assistance.

Thus, light represents the Divine Mind, the First Cause, the Consciousness of Consciousness that knows no limitation in space or time. By releasing any situation to that level of consciousness, we are releasing our human, limited capacity to solve problems. I am reminded of a quote from Albert Einstein who said, "We can never solve a problem from the same level of consciousness that created the problem." I believe this statement is a variation of what Christ said when he said, "He who follows me will not walk in darkness, but will have the light of life." In other words, following Christ, following the light, gives us a different perspective, a more evolved awareness of our lives.

### The Template for Consciousness

As the light of the world, he provided us with a template for exactly how to experience that level of consciousness ourselves. Now, in Jungian psychology, we might think of Christ as an *archetype*, or the pure untainted expression of spiritual awareness. In Buddhism, we might say that Jesus was a fully realized being. And in the Tarot system, I often liken His "I-am-the-light-of-the-world" statement to The Hermit card (Key #9 of the Major Arcana) because this particular card also represents this spiritual light of divine consciousness.

Paul Foster Case in his book, *Tarot: The Key to the Wisdom of the Ages*, states: "The Hermit reflects the experience of union with the Christ consciousness, the true I AM of the cosmos." You may be familiar with this image of the bearded wise man archetype who stands in a somewhat barren backdrop. He is holding a lantern from which emanates a beautiful, pure white light. The light radiates to the area all around the figure, guiding the way. It's a beautiful and comforting image, and because of the light imagery, I often use this card in my meditations, imagining and infusing the light from the lantern into my mind. Contrary to what the card says, this particular card is NOT about being a "hermit" or being alone. In fact, in some Tarot decks, this card is renamed simply "The Guide." I have a little joke that I often tell my students: *Whatever your problem, whatever your issue, The Hermit is your answer.* What I mean by that is every problem can be surrendered to the light of Spirit because as we release to the light, we step out of the way, letting Divine Mind

take over. It is the consciousness that has the solution to our problems. Now some people believe that because of the symbolism of the light in the lantern, if there is a card in the Tarot deck that personifies both Jesus Christ, the man, as well as the Christ Consciousness, it is the Hermit card. That's why I visualize this particular card to help me pray and call upon the consciousness we associate with the light.

Many of us are seeking ways to develop and to explore energies and vibrations, to raise our own frequencies to the higher frequencies achieved by beings such as Christ. Just look at the ads in *Pathways Magazine*—there are mediums, psychic readers, energy healers, and so on—people who are working on raising their own vibrations to become more receptive to spiritual energies. That's why many are using tools like Tarot and crystals and Rune Stones. Many more are using their resources in various volunteer activities such as collecting and preparing food for the homeless, delivering food to the elderly, working in soup kitchens, tutoring students in low socioeconomic areas, and so on. It doesn't matter really how or what you are doing to tune into the light, or to spread the light. The Christ Consciousness finds expression in all such activities. What matters is that you are seeking to be of service to others, to raise your own vibration to the frequency of Spirit to help evolve the consciousness of our planet.

### Creative Visualization

Most of us know how to use the imagination to visualize white light. We can use the imagery of light to raise our own frequency to a higher spiritual vibration. This is a form of creative visualization. Creative visualization simply means placing a mental image in your mind's eye or your third eye (the area in the middle of your forehead) of something you seek, picturing it as if you had already achieved it. Perhaps you've heard many stories of successful creative visualization attempts, such as basketball players who visualize the ball going into the hoop, or an individual who is trying to sell his home and visualizes a sold sign plunked on the front yard, or someone who pictures themselves with their ideal partner. These are all ways to use the power of the mind to invoke the assistance of spiritual forces. These are examples of a process called "magnetization," in which we use images, including light, to activate the Law of Attraction.

Picture in your third eye what you want—as if you have already achieved it. This could be anything—material, spiritual, ethereal, emotional or psychological. Surround your image with white light, then give it over to Spirit. We can use magnetization and creative visualization on a global level as well. We can invoke the light to aid us in dissolving thoughts of separation between different cultures, different religions, different races and different countries. We can use the concept of

*continued on page 54*

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## ACCESSING YOUR INTUITION

### The Light Of The Christ Consciousness

...continued from page 53

the light to dissolve those beliefs that make us feel separate from God, and from one another.

Another way to think about the light as a spiritual vibration is to remember that, by virtue of the Divine Spark within each of us, we are all part of the Divine Mind. And that Divine Mind is looking for ways to communicate with us. Thus, when we think and act, it is simply the universe communicating with itself! By aligning ourselves with the higher vibration of the Universal Mind, of the divine light, we are able to attract what we desire, find inner peace and even express our true selves authentically. Infinite Intelligence is simply talking to itself!

We are attempting, in our various metaphysical endeavors and in our quest to seek the light, to go beyond our limited, human, rational, linear way of thinking. We are seeking a spiritual perception of life. I like to think of it as borrowing the mind of spirit, or borrowing the eyes of spirit. Our goal in contemplating light is to enter into a different state of consciousness in which our conscious mind is less available, the *unconscious* mind becomes more available and the Divine Mind

becomes more *accessible*. Christ, as the emissary of the light, offered us a model for accessing information and powers that are locked up inside us—to examine the inner terrain of our psyche, to explore the archetypal and spiritual forces that are working through us.

#### Questions to Ponder

This is the spiritual path we are all on—accepting and acknowledging that at our core we are spiritual beings, beings of light. We have the ability and power to commune with Spirit through the power of our minds and hearts. This is our work now—to tune into the light and do our part for the new birth of consciousness. As we contemplate the concept of spiritual light as representing an evolved consciousness, let's pose some questions to ourselves:

*How can we use this concept of light to help heal ourselves and our global community? What is the LIGHT we have within ourselves? Have we touched our own INNER LIGHT of SPIRIT? What are our unique GIFTS and TALENTS? In what ways can we serve by sharing our light?*

I like to use Shanta Gabriel's Angel

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## ACCESSING YOUR INTUITION

Messages Cards as a meditation tool. Recently, I received this message from the Angel cards: "You are never far from the Light. It is as close as your breath." Maybe the message here is that the light we seek, the communion with the divine we seek, is right in front of us, waiting for us to tune into it. And maybe, the light each one of us holds within ourselves is also right there, waiting for us to use it, and be used by it.

Earlier I said each one of us has a job in driving the evolution of consciousness, in changing the world. Imagine what would happen if all those who read *Pathways* Magazine, and all their friends and families, began to picture and use the light of spirit, directing it to the entire world. Margaret Meade once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." I suspect if you are reading *Pathways* and this article, then you believe we can change the world by the actions and thoughts we think today and every day, bit by bit. Many others concur. For example, author Marianne Williamson says, "When an idea reaches critical mass there is no stopping the shift its presence will induce." And Mother Teresa says, "Do not wait for leaders; do it alone, person to person."

Please know that it does not matter what religion you come from, or whether you "believe" in Christ. The light of the Christ Consciousness is a symbolic way to describe a level of spiritual awareness, a light of consciousness. Remember, "You are never far from the LIGHT. It is as close as your breath."

*Geraldine Amaral is the co-author of Tarot Celebrations: Honoring the Inner Voice and creator of "Tarot 1-2-3," an instructional video. 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 is currently a ministerial student in the United Metaphysical Churches program. 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 can be reached at 703-671-7421, or geraldine@thespiritualtarot.com, or her website www.thespiritualtarot.com. See also her ad on page 95.*

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# Energetic Literacy On Your Path To Enlightenment

BY ROSE ROSETREE

The first two made it. In April 2012, Julie Schroedl became the first of my Energetic Literacy students to join the Enlightenment Life List. Jill Erin Mabbie became the second. These newly arrived Enlightened people—first of many Brave Explorers to come I'm sure—have made me smile. They also made me think. What are the spiritual benefits of adding just a bit of aura reading to your daily routine?

It all came together in my mind like one large, juicy chord in a concert. Literally. At the Kennedy Center, I attended a magnificent performance of Felix Mendelsohn's choral masterpiece "Elijah." This *Pathways* column is dedicated to that very well-tuned Aha!

## Between Aura Readings, Dance With The Divine

Could aura reading help you on your spiritual path? Whether you aim for Enlightenment, self-actualization, or a purpose-driven life in contact with your Highest Power, maybe it's time to take a new look at aura reading.

"Energetic Literacy" is what I have been calling it for years, especially

the "Stage Three Energetic Literacy" that is comparable to "Gutenberg literacy," the kind you are using right now to read these words. With Stage Three Energetic Literacy, you can read auras in detail in person and also from regular photographs. You can read all the way to the level of chakra databanks. Other systems teach aura reading in the context of psychic development. Regardless of which system feels right for you, *Pathways* is brimming with healers and teachers who read auras. Don't feel left out. Get yourself skills.

Incidentally, most folks do need help from a teacher to develop dependable skills with reading auras. No shame in that. Most of us needed teachers to help us with Gutenberg literacy too, remember? So whether



or not you're reading auras yet, trust that you can. Definitely. That being said, let's go systematically through the concepts that add up to an amazing new perspective on aura reading on your personal path to Enlightenment.

## What Is Spiritual Enlightenment?

Here's a practical definition: Enlightenment is a higher state of consciousness than human beings regularly have. You are effortlessly and permanently identified with the Divine, living in a state of flow with spontaneous right action and a quality of inner peace that won't quit. How does one assess a person's state of consciousness? That gets tricky, since ideas about Enlightenment (or anything else) have nothing whatsoever to do with experiencing Enlightenment, a

permanent state of consciousness with a distinctive neurophysiological and energetic signature.

You can find a systematic method to sort out states of consciousness in yourself, teachers, and healers, as well as other free resources for learning about Enlightenment at my blog, [www.rose-rosetree.com/blog](http://www.rose-rosetree.com/blog). (There you can also read how Julie and then Jill came to realize they were Enlightened on the post, "Surprise, Enlightened!") And apart from distinguishing who is spiritually Enlightened from who would like to be (or inaccurately assumes that he or she is Enlightened), there's a far more practical question to explore. I bet you *Pathways* readers are way ahead of me here...

## How Does One Develop Enlightenment?

All of us have had experiences of bliss, transcendence, illumination. These could be called "Expansion Experiences." Due to being human, we also have "Integration Experiences." Emphasizing the human, rather than the Divine, some of those experiences might not seem especially pleasant. Yet they serve a really useful purpose here at Earth School.

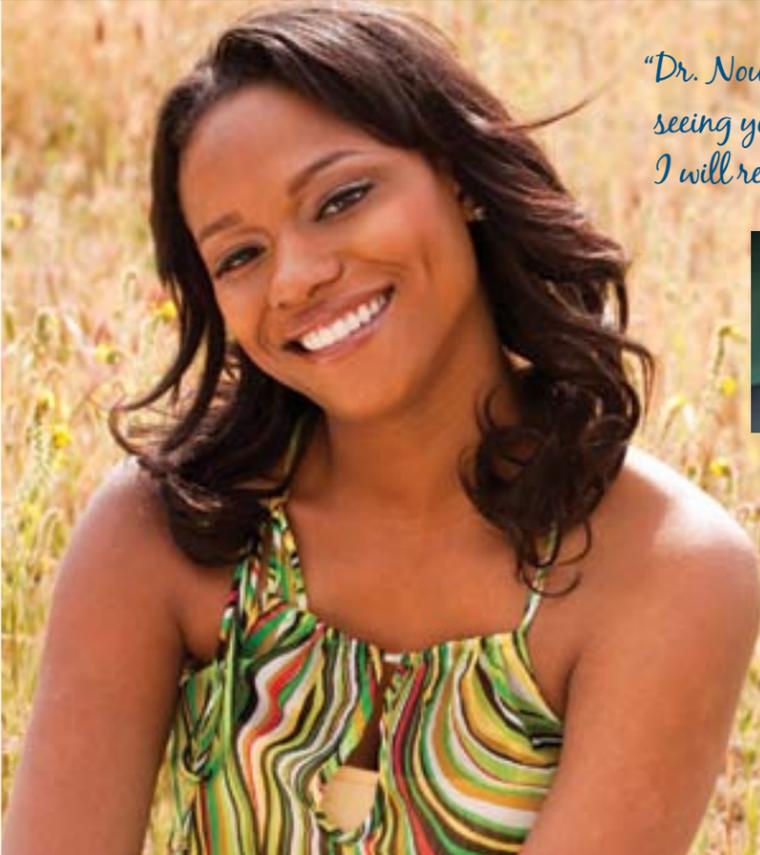
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**About Reconnective Healing and The Reconnection see [www.TheReconnection.com](http://www.TheReconnection.com)**

As a doctor, Eric Pearl ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them — even though he hadn't physically touched them. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. His patients' healings have been documented in six books to date, including Eric's own international bestseller, *The Reconnection: Heal Others, Heal Yourself*, now published in over 30 languages!

## ENERGETIC LITERACY

### Energetic Literacy On Your Path To Enlightenment

...continued from page 57

Basically, here's what happens on your personal path to Enlightenment, whatever your belief system, whatever practices you employ for quicker evolution: You put your best foot forward with a new Expansion Experience, balancing there (resting on that foot, as it were) as gracefully as possible.

It's so adorable how human life is set up here at Earth School. Like it or not, eventually you must put your *other* foot forward. Balancing there, often you will find some discomfort, confusion, learning, releasing, etc.

Sure, we spiritual seekers would prefer to evolve only by hopping forward on that "best foot." Nothing personal, but that cannot be sustained with a human nervous system. Being human, we need to integrate high-vibe transcendence with human wisdom—as with this analogy for comfortable, long-term walking.

Given this process, what helps a person to move forward more rapidly towards Enlightenment?

• Receiving a session of **mind-body-spirit healing**—any kind that permanently moves out STUFF and fills you

back up with something human and appropriate to your soul. Whether you use skills for self-healing, or someone else with professional skills assists you, all authentic healing counts as a way to move forward rapidly on your path to Enlightenment.

• **Personal spiritual practice.** Receiving inspiration and/or healing through prayer or other spiritual practices moves you forward, too. The catch is the practice must be current and powerful for you. You'll know this to be true when you get powerful results that integrate all the way out to the human life level. It's also important to distinguish some lovely new thoughts about inspiration—or a feel-good mood—from a shift that goes all the way through to your aura's chakra databanks.

• **Living your human life** as if it mattered. Living on earth with good energetic hygiene helps immensely as well. When you're being human, just be human. Keep the total of energy-based/spiritual/psychic/mind-body-spirit practices down to 30 minutes per day.



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## ENERGETIC LITERACY



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*Honoring and enjoying your human experiences is a super-quick way to integrate.*

• Doing what thrills your soul as a human. Honoring and enjoying your human experiences is a super-quick way to integrate. In comments on the blog post, "Surprise, Enlightened!" Julie cites doing soul thrill activities as the biggest part of her spiritual path in recent years. Jill shares similar insights as well.

### How Aura Reading Can Expand Consciousness

Each technique of meditation (or other forms of spiritual development) has its own glorious results—specialized kinds of learning with possible impact on the mind-body-spirit system. So what makes aura reading so special as an Expansion Step on one's spiritual path?

The techniques you use for energetic literacy position your consciousness so that perception can follow. The method I like to use, Aura Reading Through All Your Senses®, is an example of an aura reading skill set that positions your consciousness to connect up with the Divine, the sacred. From there, you research the finest levels of human life.

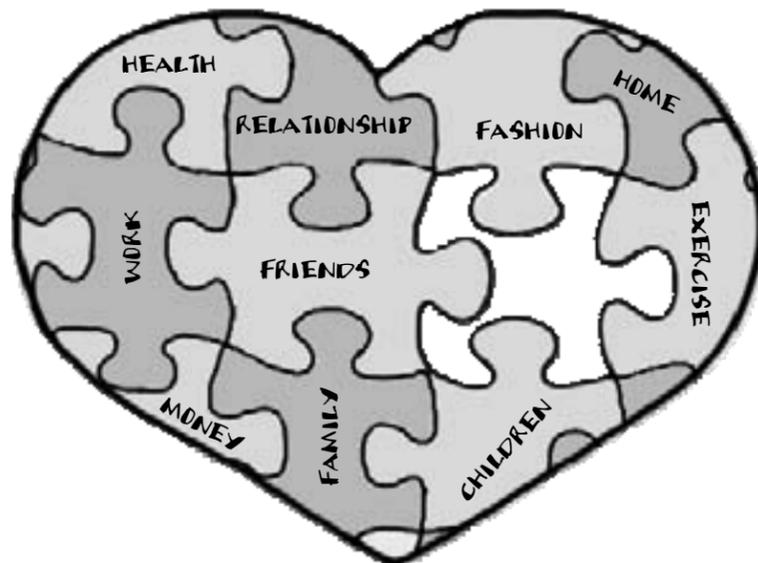
Use your spiritual self-authority to choose *when* to use *which* technique for aura reading. Self-authority means trusting your personal experiences, a form of internal validation. Use self-authority to interpret your findings as

*continued on page 60*

That's my recommendation for most people I help, anyway. (And for me, too.)

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## ENERGETIC LITERACY

### Energetic Literacy On Your Path To Enlightenment

...continued from page 59

an aura reader and to integrate what you learn about deeper perception with all the rest of your belief system and personal history. It is, however, a serious problem to use self-authority to tinker with techniques themselves. To make an analogy about driving, let engineers design your Lexus. With self-authority, choose where to drive it. Loads of freedom, and then the process is safe!

Reading auras is definitely a viable method to shift upward from human frequencies into Divine or celestial vibratory frequencies. Therefore, it can become part of your stepping forward toward Enlightenment.

#### Aura Reading In My Personal Path To Enlightenment

So there I am at the Kennedy Center, glorious singers and musicians on stage, listening and holding hands with my husband. I am in bliss. Yet gradually the idea dawns that I am doing something highly unusual, sitting there quietly in my seat. I am just enjoying this concert... as a normal person.

Context matters here. For the first time in decades, I am not pausing

from time to time, reading the auras of one stunning soloist after another. No reading the aura of the conductor or the performers, the way I used to as a beginner, when so infatuated with aura reading I did it way too often.

Nope. I'm just sitting in the audience, enjoying life like a normal person.

That's pretty common for my life these days. Do I still read auras? Of course. Most days I do loads of aura reading, skilled empath merges, even some face reading, as part of my 30 minutes per day of Spiritual Expansion! Only this Kennedy Center bliss baby realizes something new during this particular concert, at this very human moment: My way of (human) life has shifted. Human life, that Integration Step, is becoming increasingly joyful, because everything, absolutely everything I do during waking hours just makes Spiritual Expansion more sticky.

The Kennedy Center stage is filled with world-class musicians: conductor, soloists, National Symphony Orchestra musicians, and chorus members from one of the area's top choral organizations. Nearly everyone, maybe every

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## ENERGETIC LITERACY

single person on that stage, is a really serious musician. I don't need to read their auras to feel the 10,000+ hours so many of these musicians have put into their art. Their skill shows right on the surface of life where all that virtuosity is shining, kind of like a TV commercial for floor wax. A whole stage full of the personal focus, the love, the caring, the sacrifices, the discipline, the humility, and the personal spark is right there—right on the surface of life.

### Integrate Your Consciousness At The Great Playground

The magnificent Kennedy Center concert hall—the wooden stage, the chandeliers—is such a playground for the senses. The audience is a gathering of music lovers who keep so quiet you never have to listen for the proverbial “dropped pin.” Together with other humans, one can participate in this highly civilized ritual, the very human rite called “enjoying music.”

All the fun is there, right on the surface. Listening, I realized that for me, the integration of consciousness is no longer terribly different from the expansion of consciousness. On one's personal path to Enlightenment, that realization is a milestone.

Here's another one you may have passed: Walking one's path, expanding and integrating consciousness, the journey finally stops feeling urgent.

The slogging, suffering quality is gone. And gratitude grows for the human part of one's journey.

Brave Explorers, there is no need to be bored while awake, doing your human thing. Nothing but STUFF can stop you. As that STUFF clears and you put in what thrills your soul, human life becomes your playground. There is no need to be bored, not even for a minute. Ever.

So consider this, if you haven't already. Confining your mind-body-spirit time to just 30 minutes per day doesn't have to seem like a sacrifice. You will gain much more opportunity to integrate all you have earned by spending time as a human, doing human-type things.

When you read auras, read auras. Experience the finest fabrics of human identity, then go forth and integrate that! Yes, reading auras, then being human any way you like can get you there. Music or no music, you just might find yourself dancing along with the Divine.

*Rose Rosetree is a pioneer in the mind-body-spirit field who offers workshops locally. Sample her books for free at [www.rose-rosetree.com](http://www.rose-rosetree.com). Order at 800-345-6665. Personal sessions are available, too. Call 703-450-9514. Copyright © by Rose Rosetree, 2012, all rights reserved.*

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## BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR

### The Self-Organizing Revolution: Common Principles of the Educational Alternatives Movement

By Ron Miller, Ph.D.  
Holistic Education Press: Brandon, Vermont  
2008; 106 pages  
ISBN: 1-88558027-4 (PB); \$12.00

Dr. Ron Miller's treatise informs us there is an education revolution afoot—a welcome revolution he insists. Those responsible may not know what they are fomenting, because part of this revolution is an absence of any mechanistic silver bullets dictated from the top down.

There are many who would likely reject his characterization of the United States as an economy on the verge of collapse, wrought with violence and senseless self-destruction. But his factual examples include so many public school students who are disillusioned, failing, and engaging in anti-social behaviors in unprecedented numbers. "We can no longer afford an educational system that manages and suppresses human energies, that turns individual passion and creativity into passive consumerism" and conformity.

In a well-written, easy-to-read manner, the book covers more than a century of philosophic tensions surrounding the role of and so-called appropriate methods and curricula in public education. Miller notes a debate between

politician Horace Mann, who supported the "new industrial order" mechanistic and routine education curriculum, and the model Transcendentalist Philosopher and Educator Bronson Alcott promoted. Important remnants of this ongoing debate can be found in the homeschooling movement and in philosophies reflected in the Waldorf system, Maria Montessori's philosophy, Quaker schools, and exclusive independent private schools that put intellectual inquiry, academic preparation and accomplishments, and real-world experiences ahead of narrow and unacceptable state teacher certification constraints. Miller believes these movements share more commonalities than differences, and their unique philosophies and curricula are strengths that benefit students. Modest reforms are insufficient, he tells us.

Miller argues that the *No Child Left Behind* program is not about children, but about further consolidation of "the authority of the corporate state... Today, young children are denied time to play" as school systems eliminate recess to focus on no-thinking permitted standardized curricula and multiple-choice tests promoted as education. Hundreds of millions of dollars are directly diverted from classroom budgets to corporations with contracts to write the tests and coordinator manuals. These companies have nothing to do with education.

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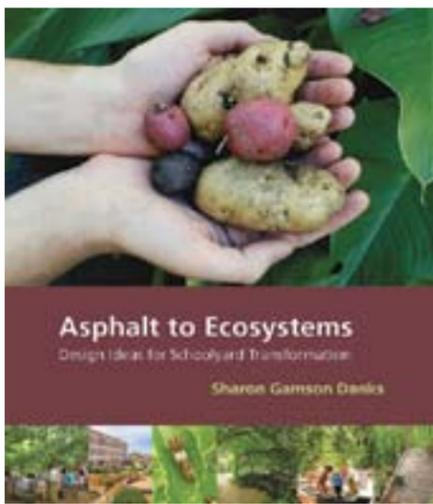
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## BOOK REVIEWS

“The weakest ecosystem is a monoculture, an artificial selection of one variety at the expense of everything else.” Modern agriculture relies on “aggressive assaults on natural ecology” that include toxic chemicals and genetic engineering of combinations and organisms that do not occur in nature. “Our present system of standardized schooling was devised by this same industrialized mindset.”

This book is a wealth of resources and choices depending on what priorities we as a nation and as individuals want to pursue. Miller offers readers detailed discussions of the “Principles of Twenty-First Century Education,” “An Educational Rights Movement,” and “How Do We Get There from Here?” There are an additional eighteen books to consult as further references. Miller’s “ecology of learning” model reflects a sustainable society “in harmony with the organic rhythms and processes and balance of nature...concerned with the totality of the growing child’s experience” and development.

Not all independent educational movements will agree here, but the author believes enough do to transform our society. And their strength lies in these “separate communities, each with its own principles and methodologies,” and they will have to work together to “overcome the dominance of industrial schooling.” Because an idea that is new does not automatically make it better, and solutions and wisdom from older cultures have often withstood the tests of time.



### Asphalt to Ecosystems: Design Ideas for Schoolyard Transformation

By Sharon Gamson Danks  
New Village Press: Oakland, CA  
2010; 276 pages  
ISBN-10: 0976605481; \$39.95 (PB)  
Author website: [www.asphalt2ecosystems.org/home](http://www.asphalt2ecosystems.org/home)

This beautifully illustrated book highlights more than 150 possibilities for expanding schoolyards into nurtur-

ing outdoor classrooms where learning and play merge. As an environmental planner, Sharon Gamson Danks has gathered wonderful examples of this growing movement that integrates edible gardens; fruit orchards; chickens; honeybees; outdoor cooking facilities (built by the kids themselves using cob/earth); wildlife habitats with prairie grasses, ponds, forests, and/or desert ecosystems; watershed friendly models with rainwater catchment systems; wastewater treatment wetlands; renewable energy systems that power the landscape features or even the entire school; waste-as-a-resource projects; and interdisciplinary K–12 curricula connections (creative play, math, science, social studies, etc.).

These models are all participatory design processes that connect schools to surrounding communities and engage everyone. And these movements are around the world. So hope for our country and for the planet lies in the experiences and choices these generations of children directly create and experience. And we know that educating children also educates families and communities.

Besides common sense, there is ample research documenting that a loss of access to the outdoors impairs social and emotional development and physical health. Also implicated is a loss of ability to develop a responsible approach to assessing and taking risks as a result of little or no contact with the natural world. So with this knowledge in mind, residents in Montgomery County (Maryland) should keep in mind how school board members currently running for re-election have thwarted efforts of students, teachers, and parents to incorporate the wonderful ideas in this book.

Residents will have an opportunity this November to replace those incumbents with candidates who are ecologists and versed in nutrition. While rejecting school gardens, school kitchens, and local garden and farm-fresh foods prepared onsite in the school kitchens, these current school board members as well as the county health department have found no problems with our children eating “pink slime” for lunch served in trays that also transfer toxins to the food.

For more than four years, members of the Young Activists Club and their families at Piney Branch Elementary School in Takoma Park have fought unsuccessfully with the school board to have a school garden and a functioning school kitchen to prepare fresh food from their garden and from local ecological farmers onsite, and to replace the expensive throwaway toxic trays and utensils with washable plates and utensils, even though the students raised the money to renovate the existing kitchen. I have visited the central kitchen serving Montgomery County public schools. I would not put the artificial chemicals I saw paraded as food in my compost pile.

This book also shows how natural childhood landscapes offer refuges of calm and quiet, the freedom to explore

*continued on page 64*

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

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

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

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## BOOK REVIEWS

### **Asphalt to Ecosystems** ...continued from page 63

and discover, and “challenges that also generate a healthy mix of fear and joy.” Incorporating lessons from the past and the present, these schoolyards enable students to become aware of their ecological footprints—their impact on the environment and the positive connections between natural systems. This ecological model also transforms the school into an asset to the community.

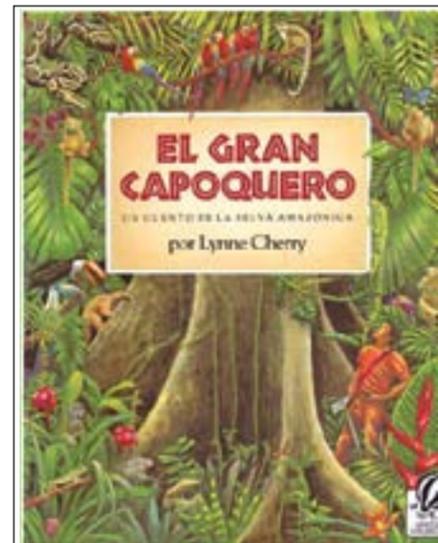
The topics covered in this book speak for themselves: Design Guidelines for Ecological Schoolyards; Ecological Teaching Tools in the Schoolyard; Schoolyard Wildlife Sanctuaries; Active Play; Creative Play; Arts and Music; Seating, Microclimates, and Protection from the Elements; Creating a Unique Sense of Place through Art; and Putting Ideas into Action.

This book is published by New Village Press, “a public benefit project of Architects/Designers/Planners for Social Responsibility, an educational non-profit working since 1983 for peace, environmental protection, social justice, and the development of healthy communities” for every child (adpsr.org). It is these values that schoolyards as ecosystems incorporate, reflect, and convey to future generations who will have to live with but hopefully rectify our mistakes. With encouragement

and preparation to be creative leaders, integrating theory and practice and local self-reliance, these children will know better.

### **SUMMER READING FOR CHILDREN OF ALL AGES**

Lynne Cherry is a scientist, an artist, a writer, and an environmental activist.



Lynne's popular book, *The Great Kapok Tree: A Tale of the Amazon Rain Forest* is also available in Spanish.

Librarians have told me they consider her books art as well as science. Each book is colorful, beautifully illustrat-

*continued at the bottom of the next page*

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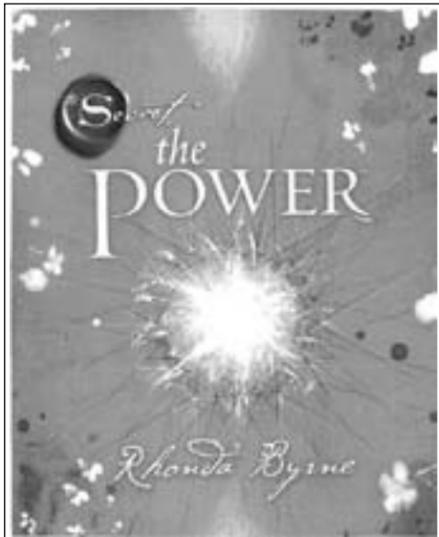
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## METAPHYSICAL BOOK REVIEWS



**The Power**  
By Rhonda Byrne  
Atria Books  
2010; 272 pages  
ISBN-10: 1439181780  
Author website:  
<http://thesecret.tv/thepower/>  
Reviewed By Kimberly Gauthier

I spent my life wondering if there was more. I used to be addicted to emotions and the bad ones were the yummiest. I was insecure, defensive, easily offended, embarrassed, disappointed, and scared to death. I was not a consistently pleasant person to be around and I knew there had to be more, there had to be better. I kept meeting these people who were so accepting of life, things came easily to them, they were happy. What was I doing wrong?

When I discovered *The Secret*, I felt that I had found the door, but I was missing the key. After years of studying law of attraction, I discovered *The Power*, also by Rhonda Byrne. I thought it was a follow up to *The Secret*, but I was wrong. *The Power* is the truth of *The Secret*. I downloaded an audio book and listened to it several times, each time finding something new I could connect with; all of a sudden, I got it. *The Power* was the key I was missing.

Through her story and many inspiring quotes, Rhonda Byrne helps us open the door to a life that is truly amazing. After finishing this book, I found I was no longer living my life on autopilot. I was shown the tools to make my life amazing and I had them with me all along.

I appreciate how each chapter end-

ed with a summary of the highlights. I walked away with the message that there's a tipping point. If we focus on positive things 51% of the time, we'll see the positive changes in our lives.

### Spoiler Alert! The Wizard of Oz Nailed It—The Power is Love!

When I read reviews of this book online, a person wrote that this was the worst book she'd ever encountered and thought it was a joke that the "power" was love. I wonder if the reviewer was looking outside herself for happiness. Like Dorothy and the Ruby Red Slippers, we have the power with us the entire time and Rhonda Byrne explains this simply, chapter after chapter, in *The Power*.

Through stories about attracting a gorgeous skirt, a friend attracting Calla Lilies, and a woman attracting a horse, you can't help but walk away from this book feeling in control of your life and excited to start making a positive difference in your day-to-day experience. I enjoyed every story Rhonda shared and related to every chapter; this book helped me turn my life around.

Life isn't happening to you...Life is responding to you. If you're tired of living your life on autopilot, if you're tired of feeling like you have no control over your day to day life, if you'd like a happier, peaceful existence, then I think you should definitely read *The Power* by Rhonda Byrne. This is a great first step and I think surpasses *The Secret* in its content and value.

### Planetary Healing – Spirit Medicine for Global Transformation

By Nicki Scully and Mark Hallert  
Bear and Company  
2011; 273 pages  
ISBN: 978-1-59143-130-5  
Author website: [www.shamanicjourneys.com](http://www.shamanicjourneys.com)  
Reviewed By Lisa Wechtenhiser

At the tender age of two, I was given a baby doll that I named Angel. It became pretty clear early on in my life that I was somehow connected up with angels (more than a baby doll that is) and my studies and experiences had always drawn me to that plane of consciousness.

As I stepped even more firmly on the metaphysical trail, I began to ex-

*continued on page 67*

## SUMMER READING FOR CHILDREN OF ALL AGES

...continued from the previous page

ed, and filled with sound science and engaging adventures in the wonderful world around us. She inculcates a love for nature and the importance of living in harmony with its life-sustaining gifts. In every book, she reinforces how "All living things depend on one another."

Titles that I have joyfully given as gifts (after reading them myself) include *A River Ran Wild* (reading level, ages 6 through 12); *How Groundhog's Garden Grew* (reading level, ages 4 through 8); *The Sea, The Storm and the Mangrove Tangle* (reading level, ages 4

through 8); and *The Great Kapok Tree: A Tale of the Amazon Rain Forest* (reading level, ages 4 through 8). For more action-packed educational resources, visit [YoungVoicesForThePlanet.com](http://YoungVoicesForThePlanet.com) and [lynncherry.com](http://lynncherry.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 information 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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# “CURES” for SICK WATER



## Problems:

Taste Horrible; Can cause illness;  
 May have to boil before drinking;  
 Leaves skin irritable and  
 hair unmanageable when  
 showering or bathing in it;



## Options:

Absolute 1 micron filtration; Reverse Osmosis System; Distiller; (All of the above meet NSF standard 53 and will filter out *CRYPTOSPORIDIUM*.)

## Solutions:

- Install a filtration system at the kitchen sink and/or onto your water fountain or cooler that will produce *Pure or High Quality Drinking Water*;
- Install a shower filter;
- Install a Whole House Water System;
- Buy water and/or have it delivered

(some bottled water quality is questionable);

## Costs:

(installation is included in all prices; refrigerators with ice makers and front door cold water dispensers can be connected to most systems)

Counter-top Reverse Osmosis:	\$399
Under-counter Reverse Osmosis:	\$599 to \$899
Shower Filters:	\$49
Whole House Systems:	call

## Compare:

Pure/High quality water at your fingertips VERSUS carrying water jugs from stores and/or lugging 5 gallon delivered jugs from front porch to and from dispensers. (A recent article stated that water from filtration systems that meet NSF standard 53 is more dependable than most bottled water.)

## Did You Know...

... that most 5 gallon hot and cold water dispensers can actually be reconfigured for use with a filtration system which would eliminate the bottled water delivery and costs?



*Under counter and counter top available*



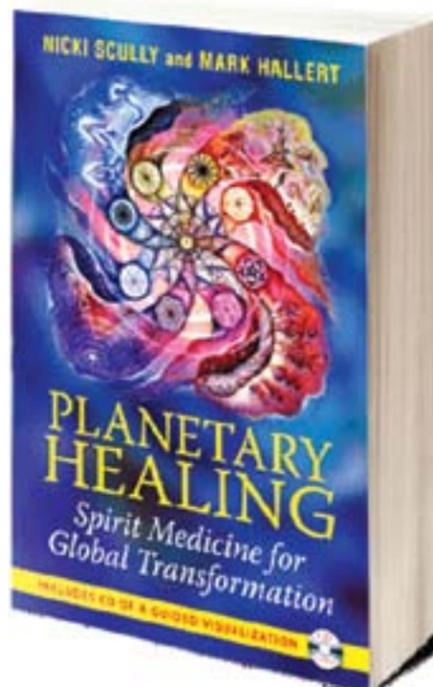
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## METAPHYSICAL BOOK REVIEWS

### Planetary Healing – Spirit Medicine for Global Transformation

...continued from page 65



plore other paths, shamanism being one of them. I still can't tell you if I'm facing east or north without a compass, but I can tune into the energies of the wind and of the water and I draw strength and grounding from the tall trees that line my property. All of this natural power and beauty is right there for us and offers much if we know how to just pay attention.

*Planetary Healing—Spirit Medicine for Global Transformation* is a compendium of shamanic tools and processes to use as we move even more into 2012 and beyond. With the premise that we are all connected at Source, Scully and Hallert offer ways to put that sentiment into action.

The topics they discuss (from a shamanic point of view) are not new ones and, in fact, are as old as the planet itself. Now that human consciousness has begun (once again) to shift, it's time to step into the power of those tools from a different, more connected perspective.

I was particularly drawn to the chapter on Shamanism and Cancer ("Metaphysics meet Chemotherapy and Radiation") because the disease took my 19-year-old goddaughter and I wanted to see how alternative therapies handled it. I was taken on an amazing journey with Nicki Scully who was diagnosed in 1992 with breast cancer. She used shamanic forces, visualizations and sound along with traditional western medicine to rid her body of the cancer. In some quite vivid language, she shares what it was like to go inside her body along with the chemicals from chemotherapy and wage battle. Fascinating. I truly believe there are so many ways to address disease, and Scully's path gives hope that as our consciousness rises, we will be more open to alternative therapies like this.

All of the tools used in the book are

available to us right now. *Right now.* For example, "Blanket over Kosovo" was originally created as part of a larger Planetary Healing Project in 1998-99 and can be used for any area where conflict exists, such as local neighborhoods where there might be a good deal of violence or a country halfway around the globe. When it's energy work, there's "no time, no space"—it's all NOW.

"What we are doing here is constructing a blanket that makes the gunpowder dampen, the bullets slow down, and the overall impact of violence soften. We introduce a presence into the space. The mines do not go off as quickly, they are not triggered as readily. This blanket has an effect on the intensity of thought as well. It deadens the aggressiveness. ... The purpose for muffling the activity is to slow things down so the clarity and wisdom have a space in which to manifest. ... Remember it is not our own personal energy that we are using. The raw materials for the blankets are all the prayers that have ever been sent or are currently coming into the area. Our contribution is to organize this energy and to strengthen the blanket."

How amazing is it to think that something like this could truly have an effect on the peacefulness of our planet? And how easy is it to get three or four like-minded friends and do something like this on a regular basis?

If we are willing to put our fears and judgments away, there's a wealth of good we can do right where we are. No need to feel helpless when you hear of tsunamis and earthquakes—energy healing is available and helpful in ways you can only imagine. The power is yours and *Planetary Healing—Spirit Medicine for Global Transformation* shows you just what to do with it so it benefits everyone.

Highly recommended regardless of what path you are on. If we all take one step forward, it will make a world of difference.

*Lisa Wechtenhiser is a teacher, healer, medium and psychic who specializes in helping you take the next step on your soul path. If you're stuck and need some illumination and direction, please check out [www.practicallyintuitive.com](http://www.practicallyintuitive.com) for more information.*

#### CALL FOR BOOKS TO REVIEW

Local authors and self-publishers are especially invited, but all mind-body-spirit writers, nonfiction or fiction, are welcome to submit new work. Send a short introductory email to [Lisa@practicallyintuitive.com](mailto:Lisa@practicallyintuitive.com), or snail mail a press release to Lisa Wechtenhiser, 103 Utah Road, Stevensville, MD 21666.

## TAKOMA PARK CHAPEL



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- **Wednesday (6:30) Healing Circle** 1901 Powder Mill Rd. SS MD 20903
- **Wednesday (7:30) Meditation Circle** 1901 Powder Mill Rd. SS MD 20903
- **2<sup>nd</sup> Sundays Goddess Group (7:30)** 756 Silver Spring Ave. SS MD 20910

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**Music Festival Fundraiser (Friday, September 8) Featuring Ivy (Anderson) Hylton**

**Weeknight Salons** (Spirit Speaks on Love, Sexuality & Relationships, Healing Ancestral Patterning, What Happens After Death?, Tarot, Messages with the Psy-Dentical Twins, & Rev. Daniel Neusom channels Archangel Michael)

**Free Visioning Sessions weeknights @ 6:30 (prior to weeknight Salons)**

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**Sunday, June 17 at 7 pm**

**Special Appearance by Ram Dass**

## SUMMER CALENDAR

### JUNE

-1-

**Meditate with Indian Master, Sri Sri Shivabalayogi.** Argyle Park Building, 1030 Forest Glen Rd., Silver Spring, MD. 7pm. Call Vishwa: 703-757-0298. www.shivabalamahayogi.com.

**6/1-8/30 Reclaim Your Life Home & Business Organizing.** This summer. This year. Take the plunge. Summer discount rate with Pathways ad. Visit: www.organizeandreclaimyourlife.com.

-2-

**Be a Birth Champion Workshop.** www.blueberrygardens.com.

**'Good Night' Qigong Sleep Forums.** 10am-12pm; also on June 30. These discussions will focus on what's helping (or not helping) you get a good night sleep. Information and practices from Qigong Sleep Workshops offered in December 2011 and May 2012 will be reviewed and practiced. \$20 for each session. IAS, www.iasonline.org.

-3-

**Basic Integrated Energy Therapy.** Learn how to "get the issues out of your tissues" with an angelic healing energy; in Alexandria, VA. www.manifestedharmony.com.

-5-

**Introduction to Feng Shui. Three Summer Workshops:** 6/5, 7/10 & 8/4. Workshop 1, 7-9pm. Signature Blue Events, 337 Brightseat Road, Suite 220, Landover, MD. http://signatureblueevents.com/

-6-

**Psychic Fair.** Card readers, intuitive, reflexology, pet psychic, crystals, and more in Herndon, VA. Details at www.thegoldenlighthouse.com. Also on: 7/7, 8/4 & 9/1. 703-264-5848.

-9-

**Biodanza Workshop.** www.blueberrygardens.com.

**Tai Sophia Institute Natural Care Center Open House,** 1-4:30pm. Free. Workshops, tours, herbal samples, acupuncture treatment. RSVP to the Natural Care Center. Call: 410-888-9048, ext. 6614; email: NaturalCareCenter@tai.edu. www.tai.edu

**6/9-10 Two-day Raw and Healthy Living Workshop** at Pathways' Rivedall Center in Silver Spring. For more info and to receive your FREE copy of *Raw, Healthy and Sweet*, my seven tips for healthy eating and living, email Iya Mari at rawandhealthyliving@gmail.com.

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# SUMMER CALENDAR



-10-

**Family Biodanza.** www.blueberrygardens.com.

**Reiki I: Stepping on the Path,** 12-6pm., Frederick, www.abrahamstreet.com.

-14-

**Tai Sophia Institute Careers in Acupuncture,** 6-8pm. Free. Hear a panel of acupuncturists speak about expanding professional opportunities. RSVP to the Office of Graduate Admissions. Call: 410-888-9048, ext. 6647; email: admissions@tai.edu. www.tai.edu

-16-

**Tai Chi Sword.** You will learn the Chen Tai Chi Saber (Dao) form. We will also review and correct the empty hand form. www.tccii.com.

**Universal Tributes Spiritual Roadmap,** 9am-4:30pm. Use these universal psycho-spiritual principles to learn how the quality of your inner state relates to the quality of your relationships and your group life. A day of contemplation, self-inquiry, and healing exercises. \$95 by 6/9; \$105 after. IAS, www.iasonline.org.

**Wine and Cheese Life Between Lives Workshop.** Learn about LBL as taught by Dr. Chips and popularized by Dr. Newton. Severna Park, MD; www.hypnobythebay.com.

6/16-19 **Trager Training.** www.blueberrygardens.com.

-17-

**Integrated Energy Therapy for Pets.** Learn how to help pets eliminate emotional issues with an angelic healing energy. Basic training is a prerequisite. In Alexandria, VA. www.manifestedharmony.com.

**Meditation and Chanting to Heal Planet Earth,** 4-5:30pm. \$10/session. IAS, www.iasonline.org.

-18-

**Reel and Meal at the New Deal Café.** A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet

starts at 6:30pm. Free screening begins at 7pm - documentary TBA. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-22-

**Native American Solstice Ceremony.** www.blueberrygardens.com.

-23-

**Blueberry Gardens Open House.** www.blueberrygardens.com.

**Open House: Maryland's Premier Family Nudist Resort** in Anne Arundel County since 1934 would like to invite interested singles, couples and families to an Open House. Plan to arrive anytime after 10am but before 2pm. pinetreeclub@verizon.net. 410-841-6033; www.pinetreeclub.org.

**Sound Healing Workshop with Dr. M.Hari Haran.** Dr. Hari tours internationally giving concerts, seminars, and private astrological readings and sound healing sessions. He is one of the leading authorities on Indian Classical Music and Music Therapy. More information on www.apurvawellness.com.

**Summer Solstice: Return of Quetzalcoatl Workshop, Annapolis.** We will celebrate the solstice and align

our luminous soul bodies to the conscious of oneness. The ceremonies are to be outside inside a medicine wheel, rain or shine as shelter is available. 4-10pm. Fee: \$135. www.shamanic-healing.org.

6/23-24 **Two-day Life or Executive Coach Certification Program.** At no additional cost: 1 year continuing education program; 2 coaching sessions from a Master Coach; and, membership in the Washington DC regional Certified Coaches Federation coaching network. Visit www.certified-coachesfederation.com; 866-455-2155.

-24-

**Empowering Automatic Writing with Lyriel Claire.** 4-6:30pm, Sacred Circle Books. For details, visit www.lyrielclaire.com/IG-Classes.htm.

-25-

6/25-29 **Essentials of Shamanism at Shamanic Healing Institute, Annapolis, MD.** This program is designed for individuals who are interested in shamanism. During the course the participant will learn how to journey to three worlds, build their first healing mesa, and receive the Rites of Passage of the Shaman Eyes and Protective Bands for Power and the Ayni Karpay. 3-9pm. www.shamanic-healing.org.

continued on page 70

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## SUMMER CALENDAR

### JUNE, continued from page 69

-28-

**Basics of Ayurveda** with Ileana Gonzalez, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or events@pathwaysmagazine.com.

-29-

6/29-7/1 **Reiki Usui Level 1, 2 and 3 (Spanish)**. 6-9pm; 10am-6pm on 6/30 and 7/1. www.hunabkuhealing.com.

-30-

**'Good Night' Qigong Sleep Forums**. 10am-12pm. These discussions will focus on that's helping (or not helping) you get a good night sleep. Information and practices from Qigong Sleep Workshops offered in December 2011 and May 2012 will be reviewed and practiced. \$20 for each session. IAS, www.iasonline.org.

**Sacred Jewelry Workshop** (English). Pendulum Creation and Reading, 10am-2pm. www.hunabkuhealing.com.

**Tai Sophia Institute Graduate School Open House**, 9:30am-12:30pm. Now enrolling for all programs in health

and wellness fields. RSVP to the Office of Graduate Admissions. Call: 410-888-9048, ext. 6647; email: admissions@tai.edu. www.tai.edu



### JULY

-2-

**Be a Birth Champion**. www.blueberrygardens.com.

-4-

7/4-8 **Drum & Splash!** Incredible Family-Friendly Nation's Birthday Celebration & Camping Experience! Dance! Swim! Drum! For info: www.4QF.org, 814-784-3080.

-7-

**\*FREE\* Introduction to Yoga Workshop** with Luann Fulbright at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. 10am-12pm. Register at

www.DreamYogaStudio.com, or call 703-448-YOGA (9642).

**Integrated Energy Therapy Intermediate**. Basic training is a pre-requisite; in Alexandria, VA. www.manifested-harmony.com.

-9-

**Lord of the Ring 12-day tour begins**. Also every month: 13 Aug., 10 Sept., and 15 Oct. The Hobbit Tours begin 23 Nov. For more information: info@redcarpet-tours.com.

**Summer classes begin at Blueberry Gardens**. Visit our website for the full schedule at: www.blueberrygardens.com.

-10-

**Introduction to Feng Shui. Three Summer Workshops**: 6/5, 7/10 & 8/4: Workshop 2, 7-9pm, Signature Blue Events, 337 Brightseat Road, Suite 220, Landover, MD. http://signature-blueevents.com/

-11-

7/11-8/8 **Midweek Meditation**, with Rev. Jennifer Holder, every Wednesday, 7:30pm. 111 Central Avenue, Gaithersburg, MD. 20877. 301-947-3626. www.unityofgaithersburg.org.

-12-

**Family Constellation Evening** with

Randy Goldberg, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or events@pathwaysmagazine.com.

-14-

**Crystal Bowl Sound Session**. www.blueberrygardens.com.

**FREE Book Signing & Talk with Author and Medium Rob Gutro** at The Book Escape, 805 Light Street, Baltimore, MD 21230. Hear about The Book Escape's Resident Ghost, encountered during the author's investigation! 1-3pm. Visit: www.thebookescape.com.

**The Art of Creative Decision Making-A Synergy in Decision Making Workshop** at the historic Arts Club of Washington. 10am-5pm, lunch included. An exercise CD provided, along with a one-hour private consultation follow-up. Contact: info@liferesourceconsulting or 202-550-5529 to reserve.

7/14-15 **QiGong Workshop**. www.blueberrygardens.com.

7/14-15 **The Way of the Shaman (the Basic Workshop)**, Mt. Airy, MD, taught by Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies

## This Summer at Four Quarters Interfaith Sanctuary

### **Drum and Splash: 7/4 - 7/8**

*Fourth of July Celebration with an Earth Spirit twist.*  
A Celebration with no agenda but to drum, dance, sing, and swim in the creek! A chance to return to our human roots and take pleasure in simple things in an atmosphere of diversity and tolerance.



### **THE BODY TRIBAL: 8/3 - 8/5**

*Between the Drums and the Darkness...*

Activities and rituals that challenge you to step into an ageless existence. Join us as we journey to a Time out of Time. Where do you stand Now? From whence do you draw your Inspiration?



### **STONES RISING: 8/29 - 9/3**

*The Stones are calling you Home.*

A six day gathering of Ceremonial Traditions from the World's Earth Religions. Join us as we build a Stone Circle the old-fashioned way: with rope, rollers, and a lot of people - together.



**EARTH SPIRIT AND EARTH LIVING IN AN AGE OF LIMITS**

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

## SUMMER CALENDAR

www.shamanism.org for 26 years. 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. Contact Dana, 410-820-9977, or email danacougar@goeaston.net. See his website: www.shamantracks.com.

**7/14-15 & 8/11-12 Asian Astrology Consultant's Training with Hope Karan Gerecht.** A four-day training that teaches ancient Asian wisdom of how to understand the beauty of each person and evolve your home. Add to your career skills while helping yourself and others! Register early and receive a package of whole home Feng Shui remedies. Call Hope Karan Gerecht: 410-486-6086; email: lifeworks@earthlink.net.

-15-

**Meditation and Chanting to Heal Planet Earth, 4-5:30pm.** \$10/session. IAS, www.iasonline.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 \$13.00 (optional) vegan buffet starts at 6:30pm. Free screening begins at 7pm - documentary TBA. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD

20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-17-

**Intermediate Integrated Energy Therapy.** Basic training is a prerequisite; in Alexandria, VA. www.manifestedharmony.com

-19-

**7/19-22 Masters Day Summer Retreat: The Future of Now.** For the annual celebration of Masters Day this year, we are offering a four-day retreat with Master Charles Cannon. For more information contact, www.synchronicity.org or 757-644-3400.

-20-

**7/20-22 Rainbow Weekend.** Readings, Classes, Circles, Psychic Gala and a concert featuring Joshua Rush. Arlington Metaphysical Chapel, 5618 Wilson Blvd., Arlington, VA; www.arlingtonmeta.com.

-21-

**Channeled Messages on Love, Relationships and Sexuality** from Rev. Jim Webb, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or events@pathwaysmagazine.com.

**Spiritual Sensing & Psychic Development Workshop.** Jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. With Certified

*continued on page 72*

**ARLINGTON METAPHYSICAL CHAPEL**  
Celebrating our  
Spiritual Unfoldment  
Since 1981

presents

# Rainbow Weekend

## Healing Mind, Body and Spirit

### Friday, Saturday and Sunday July 20-22, 2012

**A DC tradition for more than 30 years!**

*This annual fundraising event supports Arlington Metaphysical Chapel's outreach to our community. Help us help others by participating in this important event.*

**Concert featuring Joshua Rush**

**Friday, July 20 at 7:30 pm**

*followed by a reception to meet this gifted composer as well as the mediums and teachers who will be featured throughout the weekend*

**\$25 donation**



**Saturday and Sunday, July 21 and 22**

**Classes:**

- **Psych-K: Talking to Your Subconscious**
- **Aromatherapy**
- **Psychic Art**
- **Vedic Astrology**
- **Healing Sound and more!**

**Circles and Readings**

*with:*

- Rev. Steven Woods**
- Deacon Justin Terry**
- Rev. John Lilek**
- Rev. Robert Johnstone**
- Rev. John Meerschaert**

**Sunday, July 22**

**Worship Service, 11:00 am**

**Psychic Gala Message Service, 7:30 pm (\$25 donation)**

**For more information and registration for all of our exciting events and activities, visit our website at [www.arlingtonmeta.com](http://www.arlingtonmeta.com)**

*Schedule subject to change - Credit Cards Accepted*

**Arlington Metaphysical Chapel**

5618 Wilson Blvd.

Arlington, VA 22205

703 276-8738

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

Member United Metaphysical Churches

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## Wellness CLASSES

*for body, mind and spirit* Summer 2012

- Meditation and Yoga
- Summer Yoga Posture Clinic
- Yoga in its Many Forms \*NEW!\*
- T'ai Chi Introduction
- Qigong
- Reiki for Stress Reduction & Wellness
- Traditional Reiki for Health Care Workers
- To Market, To Market: Nutritional Bounty from Local Farmers \*NEW!\*

ONLINE Classes:

- Natural Health and Healing
- Going Green at Home
- Going Green at the Workplace
- Lose Weight and Keep It Off

For a free brochure of these and hundreds of other noncredit, continuing education classes, call 443-518-1700 or visit [www.howardcc.edu](http://www.howardcc.edu) and click on "Continuing Education."

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YOU OUT?  
Do you have DIFFICULTY  
MEDITATING?  
HAVE YOU TRIED ALL  
METHODS AND FAILED?



There is a meditation method that works and you can learn it in one weekend. Practicing Primordial Sound Meditation on a daily basis can help you to manage stress, become less reactive in life, normalize your blood pressure, develop your intuition, reduce anxiety, connect to Spirit, and find inner peace. Join us to learn your own *personalized mantra*.



Geraldine Amaral and James Hodson

Call 703-671-7421

Email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com)

For further details and dates of next weekend workshop see [www.thespiritualtarot.com](http://www.thespiritualtarot.com)

**CHOPRA CENTER**  
CERTIFIED INSTRUCTOR

## SUMMER CALENDAR

### JULY 21, continued from page 71

Medium Konstanza Morning Star.  
[www.silverspringoflight.com](http://www.silverspringoflight.com)

7/21-23 **Trager Training**. [www.blueberrygardens.com](http://www.blueberrygardens.com).

-22-

**Adult Women's Program at The Healing Farm.** Explore our programs and activity offerings at this introductory class for women searching for peace, friendship, meditation, wellness and healing. RSVP: 240-417-0981.

**Advanced Spiritual Sensing & Psychic Development Workshop.** Learn advanced psychic tools, work with chakras, clear psychic blockages, explore alternate courses of actions and potential outcomes psychically, more. With Certified Medium Konstanza Morning Star. [www.silverspringoflight.com](http://www.silverspringoflight.com)

-26-

**How to Bring Wellness & Spirituality Into Your Workplace** with Roger Pannetta, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

-27-

7/27-29 **You Deserve It! Partnered Retreat**, Knoxville, [www.abrahamstreet.com](http://www.abrahamstreet.com).

7/27-30 **Taking Action for Animals -The Nation's Largest Animal Advocacy Conference.** Learn how to truly impact animal's lives. Workshops, events, exhibit hall and more! [www.takingactionforanimals.org](http://www.takingactionforanimals.org)

-28-

**Corn Roast and PRB Birthday Party (Davidsonville, MD).** Come join us for a FREE BBQ and great company. You can hike and swim in the awesome pool. There will also be BINGO. For more information, please e-mail us at [www.prbares.org](http://www.prbares.org) or call 202-688-5080.

7/28-29 **Two workshops with renowned meditation teacher, Sally Kempton:** How to Navigate Your Journey of Inner Awakening and Change; and Falling In Love with Meditation. Willow Street Yoga Center. Register at [www.willowstreetyoga.com](http://www.willowstreetyoga.com).

-29-

**Day of Meditation.** [www.blueberrygardens.com](http://www.blueberrygardens.com).

*A positive, practical, progressive approach to spirituality*

## Unity of Washington, DC

1225 R Street NW, Washington, DC 20009 | Reverend Sylvia E. Sumter, Senior Minister

### Recurring Services and Events

**Worship Service & Youth Education Program**  
Sundays at 10:30 am

**Oneness Blessings**

Sundays immediately after service &  
1st Friday of the month

**Reiki Healing Blessings**

1st Sunday of each month at 9:30 am

**Silent Unity Prayer & Meditation Service**

1st Wednesday of each month at 7:00 pm

**Abundant Living Class**

1st Thursday of the month  
6:30 pm to 8:30 pm

**Yin/Restorative Yoga**

2nd Thursday of each month  
7:00 pm to 8:30 pm

**Meditation Opportunities**

Monday -- Wednesday (12 noon - to 12:30 pm)  
Every Wednesday (7:00 pm to 8:00 pm)

**Mindful Living Circle**

3rd Saturdays at 10:00 am

**Unity Book Club**

4th Saturday of each month  
(Contact the church for monthly book title)

**Write Now! How to Tell Your Story True**  
Sunday, June 3  
12:30 pm to 2:00 pm

Facilitator: Marita Golden

Are you writing but find yourself blocked or stymied by self-censorship and self-doubt? This workshop will introduce you to techniques that will enhance and help you to deepen your writing process.

**Intensive Prayer Life Workshop**

Friday, June 8 - 6:30 pm to 9:00 pm  
Saturday, June 9 - 9:00 am to 4:00 pm

Facilitators: Rev. Sylvia Sumter and Unity's Prayer Support & Pastoral Care Ministry  
This workshop is open to all who want to deepen their prayer practice and gain a greater understanding and use of Unity's affirmative prayer style.

**Business Showcase 2012**

Sunday, June 10  
12:30 pm to 2:30 pm

This Business Showcase is a unique affordable marketing opportunity designed for small and home-based businesses. If you would like to participate as a vendor, please contact the church office to reserve your space (202) 543-1414 or go online to register.

### Events at Unity this Summer

**Unity's Annual Spring Concert**  
"To God be the Glory"

Friday, June 15, 7:30 pm

The glorious sound of the Unity choir will be heard in a number of audience favorites, including "Bridge Over Troubled Water," "The Circle of Life" (from the "Lion King") and "To God be the Glory."

**Bible Interpretation: Hebrew Scriptures**

Tuesdays, June 26 through July 31  
6:30 pm to 8:30 pm

Facilitator: Rev. Milton Clarke

This class is an insightful study of the Hebrew Scriptures (Old Testament) and how stories reveal to us our indwelling divine resources, details the steps for creating our own life experience, and provides a guide book for understanding the current unfolding journey of the soul. SEE credit is available.

**Awakening Soul Consciousness**

Sunday, July 1

12:30 pm to 2:30 pm

Facilitator: Linda Ferguson

Through visualizations, guided meditation, and stories, Linda Ferguson will help you focus on and awaken to your soul journey and soul contracts.

**Energy Management: The 4 Keys to Shift from Crazy Busy to Meaningfully Productive**

Sunday, July 22

12:30 pm to 2:30 pm

Facilitator: Jackie Woodside

Everyone speaks of being overwhelmed, stressed and "crazy busy." Energy Management is a revolutionary approach to increasing clarity, effectiveness, productivity and peace of mind.

**Oneness Meditation with Doug Bentley (Oneness Monk)**

Sunday, July 29, 1:00 pm

Join us for this very special event with our Oneness Guide, Doug Bentley from Oneness University in India. Please arrive early to allow for limited street parking and bring a blanket and water. This event is given on a love offering basis. Contact the church for registration details.

**Mastering Life's Energies-Simple Steps to a Luminous Life at Work and Play**

Tuesdays, August 21 through September 25  
6:30 pm to 8:30 pm

Facilitator: angela rose corley (LUT)

This class offers insight, skills and potent ways to release old habits so that you can truly live the luminous life you are destined to have. SEE credit is available.

UNITY is on Washington's DCTV!  
TUESDAYS at 8:00 pm  
Comcast/Infinity Ch 96  
Verizon Ch 11- RCN Ch. 11

#### SAVE THE DATES

**World Day of Prayer:** Thursday, September 13  
**Fall Retreat - Capon Springs & Farms:** September 14 through 16  
**Friends and Family Day:** Sunday, September 30, 10:30 am  
**Spiritual Education & Enrichment (SEE) Conference:** October 15 through October 19

For additional information or to register call 202-543-1414 or visit our website: [www.unitywdc.org](http://www.unitywdc.org)

# SUMMER CALENDAR

–30–  
**Reiki Usui Level 1, 2 and 3 (Spanish)**,  
 10am-9pm. [www.hunabkuhealing.com](http://www.hunabkuhealing.com).

–31–  
**\*FREE\* Introduction to Mindfulness Meditation & Stress Reduction**  
 class with Jon Waterman, cosponsored with Insight Community of Greater Washington, at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. 7:30-9pm. Register at [www.DreamYogaStudio.com](http://www.DreamYogaStudio.com) or call 703-448-YOGA (9642).

**Tai Sophia Institute Graduate School Open House**, 6-8pm. Now enrolling for all programs in health and wellness fields. RSVP to the Office of Graduate Admissions. Call: 410-888-9048, ext. 6647; email: [admissions@tai.edu](mailto:admissions@tai.edu). [www.tai.edu](http://www.tai.edu)

## AUGUST

–3–  
**Sacred Circle 6th Anniversary Psychic Fair**. 6:45-10pm. 15 minutes only \$25. Just walk in and sign up for sev-

eral sessions. 919 King St., Alexandria, VA. [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)

–4–  
**Introduction to Feng Shui. Three Summer Workshops**: 6/5, 7/10 & 8/4: Workshop 3, 10am -12pm. Signature Blue Events, 337 Brightseat Road, Suite 220, Landover, MD. <http://signatureblueevents.com/>

–10–  
**8/10-12 You Deserve It! Women's Retreat**, Knoxville, [kellybrooks.eventbrite.com](http://kellybrooks.eventbrite.com).

–17–  
**8/17-19 Thai Yoga Bodywork: Applied Therapeutics Workshop with Jonas Westring**. Willow Street Yoga Center. Register at [www.willowstreetyoga.com](http://www.willowstreetyoga.com).

–18–  
**Crystal Healing for Pets**. Learn how to incorporate crystals to heal pets. Pets not required for class; in Alexandria, VA. [www.manifestedharmony.com](http://www.manifestedharmony.com)

8/18-20 **Trager Training**. [www.blueberrygardens.com](http://www.blueberrygardens.com).

–20–  
**Reel and Meal at the New Deal Café**. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet

starts at 6:30pm. Free screening begins at 7pm - documentary TBA. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at [worldisvegan@aol.com](mailto:worldisvegan@aol.com).

*continued on page 74*



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## Center of the One Heart Homecoming Festival 2012

Saturday,  
 Sept 8th & Sunday, Sept 9th

### "Heart-First Living"

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**Special Guests – Paneurhythmy each morning in the gardens**

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 Call Richard at 800-741-1012

Interested vendors contact Garry 434-409-4422  
 Daily parking fee of \$7

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 Howard Martin –  
 Activating the  
 Global Heart'  
[www.heartmath.org](http://www.heartmath.org) &  
[www.glcoherence.org](http://www.glcoherence.org)





Richard Grant –  
 The Secret of Living  
 Every Moment with Inner Happiness  
[www.giveitnothought.com](http://www.giveitnothought.com)



Mack Ethridge –  
 Your Heart's Deepest Longing  
[www.themercyrose.com](http://www.themercyrose.com)



John Petersen –  
 2012 – The Year of  
 Great Transition  
[www.futureedition.org](http://www.futureedition.org) &  
[www.arlingtoninstitute.org](http://www.arlingtoninstitute.org)



Deborra Cameron –  
 One Heart Meditation:  
 'The Union of the Inner  
 Warrior and Maiden'  
[www.soletosoulholistics.com](http://www.soletosoulholistics.com)




Geoffrey Bullington and Diana Bullington  
 'Living Light Through the Heart'



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- Books, CDs, & greeting cards
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- Divination - tarot decks, pendulums, runes, I Ching
- Incense, smudge, candles
- Essential, perfume, & magical oils
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- Jewelry & clothing

### It's Our 6<sup>th</sup> Anniversary!

Everyone is invited to our Anniversary Psychic Fair on Friday, Aug. 3 from 6:45 – 10:00 PM. Our stellar team of psychics and healers will be doing 15 minute sessions for only \$25 each. Just walk in and sign up for as many sessions as you want.

919 King St. Old Town Alexandria  
703-299-9309

[SacredCircleBooks.com](http://SacredCircleBooks.com)

Tue – Sat 11-7 Sun 1-5

## SUMMER CALENDAR

### August, continued from page 73

-24-

**Adults-Only Horses and Horsemanship.** Find freedom, peace & healing through partnership with a horse! Learn to ride, care for, or groom, or simply enjoy their company- no pressure. We are here to facilitate your dreams! 6:30pm. The Healing Farm, 240-417-0981 to register.

-25-

**Family Biodanza.** [www.blueberrygardens.com](http://www.blueberrygardens.com).

-8-

9/8-10/13 **Soul Coaching - 6 Sessions** (English) 3-6pm. [www.hunabkuhealing.com](http://www.hunabkuhealing.com)

-9-

**10th Anniversary OPEN HOUSE & WELLNESS FAIR.** \*FREE\* Mini-Classes, Massage & more. Come share with us at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. 1-4pm. More info at [www.DreamYogaStudio.com](http://www.DreamYogaStudio.com) or call 703-448-YOGA (9642).

**Yoga with Maria Hamburger.** [www.blueberrygardens.com](http://www.blueberrygardens.com).

### SEPTEMBER

-6-

**Breakthrough Stories: Finding Your Free Flow** with Carol Burbank, PhD, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

-7-

9/7-9 **I Can Do It! A motivating Mind-Body-Soul Weekend Retreat** featuring over 25 Hay House authors Register today! Call 1-800-654-5126 or visit [www.hayhouse.com](http://www.hayhouse.com).

-13-

**Happy Heart, Peaceful Mind, Playful Spirit** with Donald Pelles, CHt, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

-15-

**Be a Birth Champion.** [www.blueberrygardens.com](http://www.blueberrygardens.com).

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# Natural Living Expo

Sunday, September 23, 2012 • 10 AM - 7 PM

110 EXHIBITORS • 56 WORKSHOPS

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\$15 at the door or only \$10 with a coupon available in the Fall issue of Pathways.

Additional coupons and updates at [www.naturallivingexpo.com](http://www.naturallivingexpo.com) • Save The Date!

Information about Exhibiting at the Expo: 240-247-0393 (call now, there is a waiting list every year).

ALTERNATIVE MEDICINE • ANGEL READINGS • ART • ASTROLOGY • AURA PHOTOGRAPHY  
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PSYCHOLOGY • REIKI • SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAROT • WEIGHT LOSS

## The Pathways Event of The Year

## SUMMER CALENDAR



—22—

**Family Biodanza.** [www.blueberrygardens.com](http://www.blueberrygardens.com).

9/22-23 **Two-day Life or Executive Coach Certification Program.** At no additional cost: 1 year continuing education program; 2 coaching sessions from a Master Coach; and, membership in the Washington DC regional Certified Coaches Federation coaching network. Visit [www.certifiedcoaches-federation.com](http://www.certifiedcoaches-federation.com); 866-455-2155.

—23—

**Glen Echo Tai Chi Fall Session New Beginners Class begins.** 12 sessions, \$180 plus registration fee. Drop-in students are welcome to attend our Continuing Beginners & Intermediates class, \$15/hour, Saturdays at 8:30am and our Corrections class, \$20 for 90 minutes, Sundays, 9:30-11am. More information at [www.glenechopark.org](http://www.glenechopark.org).

**Pathways 36th Natural Living Expo.** 110 Exhibitors, 56 workshops. New location this year with easy access and plenty of free indoor parking. See the ad on the bottom of the previous page or go to [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com) for more information

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**Bring Your QUESTIONS** to Trude Blomso, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

### ONGOING

**Dances of Universal Peace,** 7:30-9:30pm, 4th Wednesdays Sept – June, UUCF Chapel, 2709 Hunter Mill Rd, Oakton, VA. Other times/locations around the beltway! [www.meetup.com/Dances-of-Universal-Peace-DC-Area](http://www.meetup.com/Dances-of-Universal-Peace-DC-Area).

**Empowerment Weekend at Synchronicity Sanctuary** near Nellysford, VA. Empowerment Weekends offer an empowering experience of modern spirituality with Master Charles Cannon. They are scheduled throughout the year and are open to everyone. For more information contact, [www.synchronicity.org](http://www.synchronicity.org), or 757-644-3400.

**\$5 First Fridays—Community Yoga Classes—offered at Dream Yoga Studio & Wellness Center,** 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at [www.DreamYogaStudio.com](http://www.DreamYogaStudio.com), or call 703-448-YOGA (9642).

**Group Acupuncture:** Tuesdays, 6-6:45pm and Saturdays, 11-11:45am. If you're feeling tired, stressed, like you are fighting off a cold or it is just "one of those days", this Group Acupuncture session will treat you to an empowering experience of relaxation and invigoration! Visit: [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

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**Meditation and Chanting to Heal Planet Earth,** 4-5:30pm. \$10/session. IAS, [www.iasonline.org](http://www.iasonline.org).

**Olney Yoga offers morning and evening classes,** ongoing Beginners series and specialty workshops. Please visit: [www.olneyyoga.com](http://www.olneyyoga.com) for a full schedule of Summer offerings.

**Online Study Programs for The Soul and Service Trilogy.** Online registration is available for *Born to Serve: The Evolution of the Soul Through Service*. This study program explores the practice of soul-inspired service so urgently needed in this transformation time. IAS, [www.iasonline.org](http://www.iasonline.org).

**Open House for Wellness and Beauty** every 1st and 3rd Thursday. Come learn about our services at Integrated Laser & Wellness Center, Helena Stefan, MD. [www.DoctorHelena.com](http://www.DoctorHelena.com). Call for an appointment, 301-881-2898.

**Psychic Saturdays,** last Saturday of each month, 10am-2pm. Mini-readings and Psychic Art. 6/30, 7/28, 8/25, etc. Arlington Metaphysical Chapel, 5618 Wilson Blvd., Arlington, VA, [www.arlingtonmeta.com](http://www.arlingtonmeta.com).

**Reiki Share at SpaRoom at Van Ness and Wisconsin, NW** every 3rd Thursday of the month from 7:30-9:30pm. Reiki shares are for Reiki practitioners of all levels. Shares are opportunities to give and receive healing, practice, exchange and connect with the local Reiki community. Fee is just \$10. For more information and sign up, visit [www.sparoommassage.com](http://www.sparoommassage.com) under classes and workshops.

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**Midweek Meditation, with Rev. Jennifer Holder**, July 11–August 8, 7:30 pm

**SEE Conference**, June 24–29 (See information below)

**Labyrinth Walk**, June 27, 6:00–9:00 pm (Didgeridoo with Joe Gentile 7–8 pm) & June 28, 11:00 am–4:00 pm

**Summer Theatre Workshop & Production**, Starts in June

**Get Over It! with Rev. Paul Hasselbeck**, July 1, 1:00 pm (Guest Speaker at 11:00 am)

**Point of Power Class, with Sarah Phillips**, July 12–August 16, 7:30–9:00 pm

**Drumming Circle**, July 28, 7:00–10:00 pm

**Peace Camp for Grades 1–5**, August 20–24, 9:00 am–5:00 pm

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## SUMMER CALENDAR

### Ongoing, continued from page 75

**Tai Chi class free every Saturday, 8-9am**, at University Park Church of the Brethren, located at 4413 Tuckerman St, University Park, MD. From Dancing in Silence, 301-466-5894, or visit [www.DancingInSilence.com](http://www.DancingInSilence.com).

247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

**10/18 Fun Impairment Disorder? Cured!** by Cathy Roberts, MS, LCPC, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).



**10/20-21 Two-day Raw and Healthy Living Workshop** at Pathways' Rivendell Center in Silver Spring. For more info and to receive your FREE copy of *Raw, Healthy and Sweet*, my seven tips for healthy eating and living, email Iya Mari at [rawandhealthyliving@gmail.com](mailto:rawandhealthyliving@gmail.com).

**10/25 Past Lives and Past-Life Regression** with Joseph Mancini, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. To register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

### UPCOMING

**10/4 Journey to Higher Self** with Joanne Selinske, M.S., a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

**10/27-28 HunabKu Healing™ Water and Earth Workshop**. (Spanish) 9:30am-6:30pm. [www.hunabkuhealing.com](http://www.hunabkuhealing.com)

**10/11 Learn About Reiki From Two Masters** with Serena Cekan and Patricia Bonnard, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-

**10/27-28 Shamanic Healing Events HunabKu Healing™ Fire and Air Workshop** (Spanish) 9:30am-6:30pm. [www.hunabkuhealing.com](http://www.hunabkuhealing.com)

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11/1 **Healthy Foods and Healthy Relationships: Recipes for Mind, Body and Spirit** with Nana Kwabena and Iya Mari Brown, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

11/8 **GPS Your Path To Joy** with Bonnie Gordon Patterino, a Pathways Salon presentation at 7:30pm. Pathways Rivendell Center, Silver Spring, MD. Space is limited; call or email to register: 240-247-0393, or [events@pathwaysmagazine.com](mailto:events@pathwaysmagazine.com).

11/17-18 **HunabKu Healing™ Water and Earth Workshop.** (English) 9:30am-6:30pm. [www.hunabkuhealing.com](http://www.hunabkuhealing.com)

11/17-18 **Shamanic Healing Events HunabKu Healing™ Fire and Air Workshop** (English) 9:30am-6:30pm. [www.hunabkuhealing.com](http://www.hunabkuhealing.com)



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Linnie Vessels has a master's degree in Secondary Education and teaches English in Northern Virginia. She has taught over forty graduate courses in the areas of communication, discipline, and conflict resolution and has appeared as a guest on the Oprah Winfrey Show.



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## ORIENTAL MEDICINE

### Stroke, Paralysis, Pain, Tremor, Migraine: Can Acupuncture Help?

...continued from page 21

**Post-polio syndrome**, another neuro condition, occurs when people who had paralytic polio as children and largely recovered sometimes develop symptoms of extreme fatigue, pain, weakness and renewed paralysis as they age. No clinical trials dealing with the syndrome have as yet been carried out (by my literature search), but acupuncturists regularly treat the syndrome and report success.

You will find testimonials on the Internet, and what these have in common is the message that it takes time but it's worth it. As one man said: "My recovery was slow but sure. I started by seeing David [acupuncturist] every two weeks and then this turned into once a month. By the middle of the year my days were 14-16 hours of good energy. My pains were so significantly lowered that I no longer felt the debilitation of Post-polio syndrome. I do have all the aches and pains of a 48 year old who

lives with the weaknesses and imbalances of an old polio attack, but...the bone aching fatigue is gone; the severity of the pain is gone." (Source: *acupuncture.com*)

**Multiple Sclerosis (MS)** is a disease in which damage to the coatings on nerves leads to loss of control of movement, weakness, and numerous associated problems in the body. Again, only a few clinical trials of acupuncture for MS have been carried out, though many acupuncturists have experience treating this condition. A study in the Netherlands found that electroacupuncture on two acupoints, once a week for 10 weeks, delivered a marked decrease in urinary frequency and leaking. This improvement was similar to that delivered by drugs, but *without side effects*. A British study compared helpfulness of more and less intense acupuncture needling; they found that mild and

gentle stimulation was the most helpful. This is an interesting point to share with your acupuncturist!

**Cerebral Palsy (CP)** is a condition usually caused by birth trauma and resulting in a child who is unable to move normally; and again, very few formal studies of acupuncture for CP have been carried out. However, one from Hong Kong reports that tongue acupuncture (in 22 children) resulted in "an improvement in motor function of CP subjects...following a short course of acupuncture."

On the other hand, several scientific studies involving the use of acupuncture for **Parkinson's Disease** do exist. This neurodegenerative disorder features severe tremors or rigidity, and increasing difficulty carrying out daily activities. Many clinical studies provide growing (if imperfect) evidence that acupuncture use is associated with improvement in clinical signs, delaying of the disease's progression, and ability to decrease drug use and thus prevent drug side effects. Two studies used brain scans to find out what parts of the brain responded to needling of specific acupoints; the areas activated were indeed the regions affected by Parkinsonism. A 2009 summary proposed, "Acupuncture may be construed as a form of deep brain stimulation via systematic stimulation of the skin" (Source: McNamara, About.com Guide). In a study of 20, patients reported subjective improvements on many fronts, though the researchers' instruments found measurable improvements only in sleep.

In all the articles quoted above, sample sizes were small, and authors asked for more, and more careful, research. So currently, we have moderate scientific support for acupuncture in the care of neurological conditions. In addition, we have generations of clinical experience that makes practicing acupuncturists confident that, in many cases, they *can* help people with neurological complaints feel and function better.

#### Finding An Acupuncturist

If your concern isn't listed, never fear! Simply phone a suitable acupuncturist and describe your situation. I would also add that it's worth asking an expert practitioner rather than depending on the Internet, because, unfortunately, much of what you'll find there (short of scientific articles) is not terribly trustworthy. Be a smart consumer: go to the source!

The task is not to 'believe' or 'disbelieve' the data, but to try. And when doing so, it's wise to find an acupuncturist who has experience treating neurological difficulties, or (of course) is willing to learn. Your job is to ask and then to be both patient and perceptive. While it will take time to affect your symptoms—more if they are chronic—the care you receive should result in changes you can notice within about 6 sessions. If it doesn't, just seek another practitioner, as you would if you were dissatisfied with your current MD. Don't give up on acupuncture!



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## ORIENTAL MEDICINE

### Resources To Find Acupuncturists

#### Local Resources

(name and page number in this issue of *Pathways*)

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#### Additional Oriental Medicine Resources

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

[www.maryland-acupuncture.com](http://www.maryland-acupuncture.com)

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

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

• On these sites, type in your zip code, find people near you, read their blurbs to see if they work with pain or movement issues, then phone and discuss your case. Most professional acupuncturists will talk to you over the phone.

• Major rehabilitation hospitals and centers often have acupuncturists on board, and these will have expertise at dealing with neurological disorders.

• Google *acupuncture neurology* to find specialists publicizing their work, plus articles and discussions. For scientific articles, access Google Scholar (or similar) and use keyword searches. Good summaries also found on sites such as [www.acupuncture.com](http://www.acupuncture.com).

• A new book that will interest readers with a good scientific background is *Acupuncture Therapy for Neurological Diseases*, Xia, Cao, Wu et al, eds, Springer, 2010.

*Claire M. Cassidy, PhD, Dipl Ac, LAc is an acupuncture researcher living in the DC metro region. Trained in Human Biology, she has long practiced as a medical anthropologist. Until she retired from practice, she was also a practicing acupuncturist and enzyme therapist. She is one of four Executive Editors for the leading scientific research journal, Journal of Alternative and Complementary Medicine. In her spare time, Dr. Cassidy likes to make miniatures, hike, garden, cook, and explore the amazing world within which we live and breathe and find our homes and happiness.*

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## CULTIVATING COMPASSION

### American Crossroads: “Vulture Capitalism” Sinking, Benefit Corporations Rising

...continued from page 25

*Nations and The Theory of Moral Sentiments*, who wanted commerce to thrive in the context of strong communal ties and overarching relations of social affection.

Amazingly, in just the last two years, the benefit corporation law we passed in Maryland has become the model for benefit corporation laws all over America, from New York to California, from Virginia to Vermont, with other stops along the way and many more to come. Obviously this paradigm shift speaks to profound impulses in American culture, which has always been in love with commerce and entrepreneurial activity but which also believes in building them on the foundations of community and solidarity.

Indeed, the new model that is being born resembles, at least a little bit, our very first corporations. When America began, corporations were on a short leash—they were chartered to build bridges or roads and were not allowed to roam away from their chartered purposes. They could make money so long as they were serving a public function. When they finished their work, the charter expired. They did not enjoy “perpetual life” or that other key mod-

ern expedient, the “limited liability” of the shareholders.

Today, under the Delaware Code and its imitators all over America, the tail wags the dog. Corporations can engage in “any lawful” purpose, and even that gentle side constraint is often disregarded. Corporations used to be forbidden to do anything that was not specifically authorized to them, but now they are empowered to do anything that is not specifically forbidden to them. Furthermore, profit is no longer the happy consequence of rendering concrete public goods; it is the *raison d’être* of the corporation and can be obtained in any way possible. Indeed, any time a corporation deviates from increasing “shareholder value” through profit, it risks being sued for corporate waste and *ultra vires* action. As Milton Friedman cogently put it, the “only social responsibility of a business is to increase its profit.”

Benefit corporations do not change that fundamental reality, at least not yet. They do not rewind more than a century of expansion and consolidation of corporate power. But they do create a new pathway for business in

*continued on page 82*

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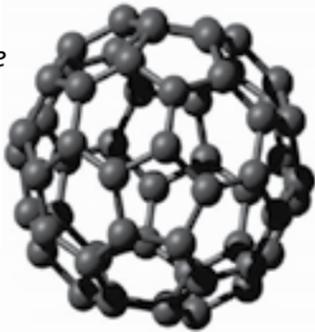
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## CULTIVATING COMPASSION

### American Crossroads: "Vulture Capitalism" Sinking, Benefit Corporations Rising

...continued from page 80

America and the seeds of a new relationship between business and society. They show us we can have a market economy without a market society, and we can have a market economy that does not ravage every other social value as it works its unique magic, which Joseph Schumpeter called "creative destruction."

than it was before, and *Citizens United* has brought a whole new scale of corporate political expenditures to intimidate and replace politicians who dare stand up to the military-industrial complex, Big Oil, the pharmaceuticals, Agri-Business and so on. On the other hand, a strong majority of Americans reject that Supreme Court decision and



*Benefit Corporations show us we can have a market economy without a market society, and we can have a market economy that does not ravage every other social value as it works its unique magic, which Joseph Schumpeter called "creative destruction."*

Our multiple converging crises are still with us, and their political meaning remains unresolved. We don't know whether the Great Recession, the oil spill, the sickening peanut butter and the coal mine collapses will lead to the rebuilding of appropriate regulatory fences and walls and public inspections. Certainly the political rhetoric of deregulation is no less ferocious today

the philosophy it represents, which was well captured by Mitt Romney when he said, "Corporations are people, my friend." There is a push in the country for a constitutional amendment to declare that corporations should not enjoy political rights in theory equal to, but in practice superior to, the people.

As we try to find a new moral center to our politics and economics, the

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## CULTIVATING COMPASSION

Benefit Corporation is an important piece to the puzzle. It gives us a way to build the public interest into the DNA of the corporation so participating businesses will act with a social conscience as well as a profit-making motive. Huge numbers of enlightened businesspeople today want to make positive contributions to society while they make money, but they are stifled by the straitjacket requirements of corporate law.

In Maryland, we have turned a bright little flashlight onto a new pathway for American society. We are de-

termined to become the Delaware of Benefit Corporations. In the meantime, we say to our sister states: race us not to the bottom, but to the top in seeing what socially conscious American entrepreneurs can achieve.

*Jamie Raskin is a State Senator in Maryland representing Silver Spring and Takoma Park and a constitutional law professor at American University. He introduced SB 690, which became in April 2010 the first Benefit Corporation law in America. He can be reached at [Jamie.Raskin@Senate.State.MD.US](mailto:Jamie.Raskin@Senate.State.MD.US).*

### Turning Sustainable Values Into Sound Business Practice: The Big Bad Woof Hyattsville, Maryland's 1st Benefit Corporation

The Big Bad Woof®, the first Benefit Corporation in Maryland and the United States, considered it perfect timing that Benefit Corporations became available just as they planned on opening their new store in the Arts District Hyattsville. Co-owner Penny Jones-Napier explained, "We feel strongly that doing good helps increase bottom line profits...There should be a standard in saying that you can run a business well, give back to the community and make a profit."

The Hyattsville store, the corporate

offices and the Washington, DC, location are all B Corporation certified, further expanding the sustainable business model concept. This certification ensures that a standard is met at each of their locations matching the Benefit Corporation status. (Benefit Corporations are not yet available as a legal choice in the District of Columbia.) "Our customers react very favorably when they learn their consumer dollars are not only supporting a busi-

*continued on page 84*

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## CULTIVATING COMPASSION

### Turning Sustainable Values Into Sound Business Practice: The Big Bad Woof Hyattsville, Maryland's 1st Benefit Corporation

...continued from page 83

ness, their money is promoting a compatible philosophy-in-action," said Jones-Napier. For The Big Bad Woof, B Certification is also important as a marker and managing tool to keep future franchises mission-aligned. Future The Big Bad Woof stores will use the certification as a reference of the

Woof's mission and the standards the company stands by.

The Big Bad Woof stores focus on eco-friendly pet supplies for dogs, cats and small mammals, and have an extensive selection of premium, holistic and raw diets and natural well care products. As defined in their articles

of incorporation for supporting local economies, The Big Bad Woof offers local farm goods and other regional pet supplies to help keep money moving in the local area. They also are corporate partners with several non-profits in the area, including the Washington Animal Rescue League, and the Washington Humane Society, providing ongoing support for their various programs. As part of their community outreach, the stores offer Woof Clinics with local experts in well care, behav-

ior, training and animal welfare, and are planning a new series with a selected quarterly topic on sustainable living, animal care, nutrition, etc., which will include films, guest speakers and small in-store events.

For more on The Big Bad Woof, visit [www.thebigbadwoof.com](http://www.thebigbadwoof.com).

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# B Lab: A Nonprofit Using the Power of Business to Solve Social & Environmental Problems

Q&A with Katie Kerr, Communications Associate for B Lab

## What is the mission of B Lab?

B Lab's mission is to support entrepreneurs who seek to use business as a force for good to address the world's most pressing challenges. We are building a business community and the market infrastructure necessary to create a new sector of the economy that will redefine success in business. B Lab accomplishes this by advancing concrete, positive and integrated solutions to systemic problems. Those problems include a lack of standards to help us tell the difference between good companies and just good marketing, and existing corporate law that demands that business prioritize shareholder value maximization to the exclusion of the value created for all stakeholders. Our solutions empower entrepreneurs and the movement of individual consumers, investors, workers, and citizens who support them in using business as a force for good.

## Give us a brief history of B Lab.

B Lab was founded by Bart Houlihan, Jay Coen Gilbert and Andrew

Kassoy. They have been friends for over 20 years, since their days together at Stanford, and share a passion for using business to solve social and environmental problems. Prior to B Lab, Jay and Bart were co-founder and President, respectively, of AND 1, a \$250 million basketball footwear and apparel business. Andrew, meanwhile, had a career as a private equity investor, most recently as a Partner at MSD Real Estate Capital, a \$1 billion real estate fund for the assets of Michael Dell and the Michael and Susan Dell Foundation. Bart and Jay sold AND 1 and Andrew left Wall Street to devote themselves to serving the growing movement of entrepreneurs who are using business to solve social and environmental problems.



B Lab's main office is located in Berwyn, Pennsylvania, and has branch offices in New York City, San Francisco, and Carrboro, North Carolina.

## What are B Corps?

Certified B Corporations are a new type of corporation, which uses the power of business to solve social and environmental problems. B Corp certification is to sustainable business, what LEED certification is to green building or Fair Trade certification is to coffee. B Corps are certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability, and transparency. Today, there is a growing community of more than 500 Certified B Corps across 60 different industries.

## Why do B Corps matter?

Certified B Corporations are leading a global movement to redefine success in business. By voluntarily meeting higher standards of transparency, accountability, and performance, Certified B Corps are distinguishing themselves in a cluttered marketplace by offering a positive vision of a better way to do business.

B Corps create higher quality jobs and improve the quality of life in our communities. And, as the movement grows, it has become an increasingly powerful agent of change, passing laws and driving capital.

Government and the nonprofit sector are necessary but insufficient to address society's greatest challenges. Business, the most powerful man-made force on the planet, must create value for society, not just shareholders. Systemic challenges require systemic solutions and the B Corp movement offers a concrete, market-based and scalable solution.

continued on page 86

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## CULTIVATING COMPASSION

### B Lab: A Nonprofit Using the Power of Business to Solve Social & Environmental Problems

...continued from page 85

Over 500 businesses have already joined our community, wanting to leverage their leadership beyond their individual businesses. As a result of their collective success, all companies will compete not just to be the best in the world, but to be the best for the world. Individuals and communities will enjoy greater economic opportunity, society will address its most challenging environmental problems, and more people will find fulfillment by bringing their whole selves to work.

**Describe the difference between a Benefit Corporation and B Corp certification.**

Benefit corporations and Certified B Corporations are often, and understandably, confused. Both are sometimes called B Corps. They share much in common and have a few important differences. Certified B Corporation is a certification conferred by the nonprofit B Lab. Benefit corporation is a legal status administered by the state. Benefit corporations do NOT need to be certified. Certified B Corporations have been certified as having met a high standard of overall social and environmental performance, and as a result have access to a portfolio of ser-

vices and support from B Lab that benefit corporations do not.

**If a business owner is interested in becoming B Certified, what's the process & what steps do you recommend?**

If a business owner is interested in obtaining B Corp status they can reach out to a staff member at B Lab by emailing [thelab@bcorporation.net](mailto:thelab@bcorporation.net), or by calling the main office at 610-296-8292.

They can also start taking the assessment on the website [www.bcorporation.net](http://www.bcorporation.net). The assessment is non-binding and free, and the website is a great resource for finding more information on the benefits of becoming B Certified.

**What are the advantages for companies that become B-corporations?**

B Corp certification builds trust through third-party verification and allows companies to differentiate their brand. According to research by brand innovation firm, BBMG, less than 1% of conscious consumers believe company advertisements or claims made on packaging. Certification offers a major opportunity to stand out in a crowded marketplace.

B Corporations have also received a large amount of media coverage and



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## CULTIVATING COMPASSION

saved collectively \$2 million dollars in the past year through our 40+ service partners. Finally, certification helps companies looking to raise mission-aligned capital. B Corporations can command higher valuations because they are more trusted by customers, employees, suppliers and stakeholders. Their transparent legal and performance standards maintain this trust post-sale and minimize brand risk.

### How do consumers know if a company is a B Corp?

B Corporations advertise their certification in various ways. Most B Corps display the logo on their website. Some include a B logo on their product, which makes it easy for consumers to identify a B Corp. Many B Corps display in their main office the red B Corp sign that all B Corps receive upon certification. B Corporations have also joined together in an effective community ad campaign, reaching over 17 million thanks to the generous support of fellow B Corps Ogden Publications, Care2.com and Sustainable Industries.

To find a B Corp, visit the full directory at [www.bcorporation.net/community/](http://www.bcorporation.net/community/). You can search by state, industry and more.

### What's happening with Benefit corporation legislation?

Thousands of visionary business leaders are building the foundation for

a new economy with millions of high quality jobs and improved quality of life in communities around the world. To serve them, B Lab and the community of Certified B Corporations have worked to support legislation around the country to create a new kind of corporation called the benefit corporation. Benefit corporation legislation not only gives businesses the freedom and legal protection to pursue the triple bottom line, but it gives individual citizens something positive for which to advocate.

With Bill Clark from Drinker Biddle & Reath, B Lab drafted model legislation to create a new kind of corporation that meets the needs of this new kind of entrepreneur. The legislation has now passed in seven states (MD, VT, NJ, NY, CA, VA and HI) and is moving forward in seven more. Benefit corporations operate exactly the same as a traditional corporation but with higher standards of corporate purpose, accountability and transparency. This legislation has enjoyed overwhelming bi-partisan support because it has a strong business constituency, costs government nothing, and is 100% voluntary. You can learn more at [benefitcorp.net](http://benefitcorp.net).

### What is B Lab's hope for the future?

B Lab believes this movement will redefine success in business so that all companies, not just B Corps, will com-

pete to be the best for the world. B Corporations will become the norm. They will be nothing special because it is just the way we all choose to do business. We hope, ultimately, people will begin asking, «Why aren't you a B Corporation?»

To read more about B Corporations, visit [blog.bcorporation.net](http://blog.bcorporation.net).

*Cam MacQueen, M.S.W. is the creator and manager of Cultivating Compassion. She is founder of Green Vegan Networking whose mission it is to raise awareness about how dietary choices impact our health, the environment and the animals, while promoting a plant-based, whole-foods diet. To be notified of upcoming B-Corp events in Maryland, contact Cam at [worldisvegan@aol.com](mailto:worldisvegan@aol.com).*

### Declaration of Interdependence

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## WASHINGTON GARDENER

### Create A Cutting Garden: Pick A Pocketful of Posies

BY KATHY JENTZ

A home full of fresh-cut flowers is a welcoming, warm place. When those flowers come from your very own garden it is even more rewarding. It is a joy each time you look at the blooms in your own home or at your work place to know they came from your own labor of love. A hand-cut bouquet from your own garden is always the perfect gift. When you grow a cutting garden, you'll have plenty to gather for yourself and to share.

The cutting garden is simply a bed of flowers and foliage plants, which the gardener has grown specifically to use in flower arrangements. Often situated at the backs of vegetable beds, along the sides of houses, and skirting fence lines, the cutting garden is a practical alternative to the age-old gardener dilemma of not wanting to cut your most beautiful blooms from your carefully landscaped beds.

When designing a cutting garden, there is no need to worry about the overall looks of the growing beds, as you will be using it for continual mate-

rials for your flower arrangements. Pick a site with full sun and good drainage. Cutting gardens can be started from seed, much as you would your vegetable garden, or you can use divisions from your perennial plants. You may also purchase an assortment of potted annuals to add to the mix.

Your cutting garden can be a place for experimenting with new plants and colors that you would not have otherwise chosen in your landscaped beds. A few tips to make yours a success include planting in wide rows for easy harvesting, deadheading regularly to promote flower (not seed) production, and choosing a variety of early, mid, and late season flowers.

When making selections of plants for a cutting garden, the plant choices are almost endless. You may want to stick to those annuals and perennials that are long-stemmed, sturdy, and do well once severed from their host plant. Here is a list of suggested cutting garden flowers and foliage plants suitable for growing in the greater Washington metropolitan area:

- Artemisia
- Asters

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# WASHINGTON GARDENER



This Celosia or "Cockscomb" flower is a popular cutting garden plant. The blooms last a long time in a vase. They can also be left to slowly dry on the plant or cut and dried indoors to be used for a dry flower arrangement or decoration.

Photo by Kathy Jentz

- Mums
- Peony
- Sages/Salvias
- Shasta Daisy
- Sunflower
- Verbena bonariensis
- Yarrow
- Zinnia

Of course, you can always supplement your cutting garden arrangements with flowers, grasses, branches, and foliage cut from other plants in your gardens, but having a growing bed dedicated just for cutting purposes encourages you to use them more and to not worry about the old "to cut or not" debate.

### Pick-Your-Own Cut Flower Farms

If you don't have the growing space, time, or inclination to grow a cutting garden of your own, you can visit a Pick-Your-Own flower farm. Blooms at pick-your-own flower patches are generally available in the DC-area from July to the first frost, though some open as early as May. Plan a trip this summer to any of the following area farms to gather bouquets full of zinnias, gladiolus, celosia, sunflowers, and much more.

Many area cut flower growers like Farmhouse Flowers & Plants in Brookeville, MD, sell their blooms at farmers' markets every weekend. You

*continued on page 90*

- Black-Eyed Susan
- Celosia/Cockscomb
- Cosmos
- Dianthus
- Echinacea/Coneflowers
- Gladiolus
- Goldenrod
- Lavender
- Liatris
- Lilies
- Lisianthus

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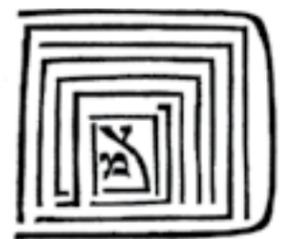
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# WASHINGTON GARDENER

## Create A Cutting Garden: Pick A Pocketful of Posies

...continued from page 89

can also make an appointment to come and pick your own for large events such as weddings. Call first before your visit any cut flower farms to verify hours, what is in bloom, and availability.

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Kathy is working her way through her own long garden to-do list, including adding a new bed to grow more flowers from seed for cutting this year. She is the editor of Washington Gardener magazine ([www.WashingtonGardener.com](http://www.WashingtonGardener.com)) and a long-time DC area gardening enthusiast. Washington Gardener magazine is all about local gardening in the greater DC/MD/VA region. Subscribe today and as a Pathways reader you get 10% off. Look for the subscription form ad in this Pathways issue on page 95



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## Seeking Volunteers with a Cancer Diagnosis to Participate in a Scientific Study of Spiritual/Mystical Experience

Johns Hopkins University School of Medicine is seeking volunteers with a current or past diagnosis of cancer who have some anxiety or are feeling down about their cancer to participate in a scientific study of states of consciousness brought about by the entheogen psilocybin, a psychoactive substance found in mushrooms used as a sacrament in some cultures, given in a comfortable, supportive setting. Questionnaires and interviews will be used to assess the effects of the substance on consciousness, mood, and behavior. Volunteers enrolled in the study will receive careful preparation and 2 sessions in which they will receive psilocybin. Structured guidance will be provided during the session and afterwards to facilitate integration of the experiences.

Volunteer must be between the ages of 21 and 70, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug abuse, and have someone willing to pick them up and drive them home at the end of the two psilocybin sessions (around 5:00 PM).

For more information about the study, see [www.cancer-insight.org](http://www.cancer-insight.org). If you would like to discuss the possibility of volunteering, please call 410-550-5990 or email [cancer@bpru.org](mailto:cancer@bpru.org) and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA\_00001390

Approved 11/03/2008



## NETWORK OF LIGHT NEWS

EDITED BY HONORA FINKELSTEIN

### NOL: In Temporary Quarters but Still Going Strong

The Network of Light has been in temporary quarters since January while the home of its founder, Lakshmi Barbara Carpenter, undergoes an unexpected renovation; but the organization has nevertheless sponsored some successful special events this spring.

In April, in Cabin John, Maryland, the Network of Light hosted Dr. John Alloway, D.C., who gave a class on organic gardening. Alloway shared a presentation on how early planting while the weather was still cool would be most successful for trees, shrubs, bushes, and vines and such hardy vegetables as kale and chard, peas, some kinds of beans, as well as rosemary, daikon radishes, parsley, and cover crops.

Alloway's presentation had many visual aids and color pages of notes, and he suggested where to go on YouTube to find "Urban Homestead" for inspiration. He said his goal in the class was to teach participants how to grow as much food as possible in the smallest space, and to this end he gave advice on the whole spectrum of gardening, including planting beds, seed starting both with hydroponics and in various growing media, transplanting, fertilizing, and using several types of containers.



Lakshmi Barbara Carpenter and Dr. Dwivedi

Another Network of Light presentation in April was given by Swami Manjulanand (Dr. Dwivedi), who offered a workshop at Carpenter's space in Chevy Chase entitled "Sacred Space and Inner Peace with Vastu and Vibrational Meditation." The ancient Vedic practice of Vastu, a precursor of Feng Shui, provides guidance for planning building exteriors, building interiors, and landscaping the land surrounding buildings in order to create harmony with the magnetic and cosmic energies of the planet.

A spiritual guru and world-renowned expert in Vastu, Dr. Dwivedi uses "vibrational meditation" to communicate with invisible, subtle energies that are merged with every particle of land and buildings. According to

Dr. Dwivedi's teachings, the whole universe is a manifestation of cosmic energies of a Super Power, and once human beings conceive the flow of this energy, they eliminate all problems from their lives. A Vastu balanced home or business increases positive health, wealth, and relationships. To learn more about Dr. Dwivedi's work, please visit [www.manjulanand.org](http://www.manjulanand.org).

Said Carpenter concerning her sabbatical from her usual home and meeting space, "In spite of our trials, everything is wonderful. We have had beautiful places to meet, and abundance is all around."

Carpenter intends to continue offering "Satsangs with the Beloved—Thyself" in her new surroundings throughout the summer months, as well as other special events as presenters become available, and she invites all interested persons to be sure they are on the NOL email list by contacting [networklight@hotmail.com](mailto:networklight@hotmail.com) and requesting to be notified of all upcoming activities.

### Braco Brings the Gift of Love to D.C. in June

Thousands of people across Europe and now the United States have attended the gazing events of the gentle Croatian man known simply as Braco (pronounced Brat-zo), whose loving gaze has reputedly brought healing to countless people, including members of the D.C. community. Braco's loving

gaze is said to be a remarkable gift, in the silence during which an interaction takes place that betters people's lives.

According to one person who has experienced this interaction, "Braco is the reason I've been sober for three months. His eyes are like an invisible hug wrapping me in the warm blanket of love and compassion."

Those who live in the D.C. area will be able to experience Braco's love and life changing gift in group gazing sessions on June 8-11 at the Gaithersburg Hilton, 620 Perry Parkway, Gaithersburg, Maryland. Each 45-minute session costs \$8, with the proceeds covering the cost of the hotel and travel for Braco's U.S. tour.

To learn more about Braco and his June visit to this area, or to purchase advance tickets to his sessions, please visit [www.braco.net](http://www.braco.net). Tickets will also be available on each session day.

The Network of Light respects Braco's work, is helping with the Braco events in the local area, and plans to collaborate on bringing him back for further presentations in the fall.

### Washington Welcomes Divine Mother Sri Karunamayi in June

Washington, D.C., will once again welcome Divine Mother Sri Karunamayi June 22-24, 2012. It is said that those who experience her unconditional love and abundant compassion are

*continued on page 92*

### Seeking Persons Committed to Spiritual Development to Participate in a Study of Mystical Experience, Meditation and Spiritual Practice

Researchers at the Johns Hopkins University are seeking volunteers who have an active interest in exploring and developing their spiritual lives to participate in a scientific study of the combined effects of meditation, spiritual practice and the entheogen psilocybin, a psychoactive substance found in mushrooms used as a sacrament in some cultures. The study will take place over 6 to 8 months during which volunteers will be encouraged to initiate or maintain daily meditation and spiritual awareness practices. Volunteers will also receive careful preparation and 2 or 3 sessions in which they will receive psilocybin in a comfortable, supportive setting. Structured guidance will be provided during the session and afterwards to facilitate integration of the experiences.

Volunteers must be between the ages of 21 and 70, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug abuse, and have someone willing to pick them up and drive them home at the end of the two or three psilocybin sessions (around 5:00 PM).

For more detailed information about the study, see "[www.bpru.org/spiritual-practice](http://www.bpru.org/spiritual-practice)". If you would like to discuss the possibility of volunteering for the study, please call 410-550-5990 or email [spiritual-practice@bpru.org](mailto:spiritual-practice@bpru.org) and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA\_00020767

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## NETWORK OF LIGHT NEWS



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#### Washington Welcomes Divine Mother Sri Karunamayi in June ...continued from page 91

often uplifted and transformed by her presence.

For those who have not experienced Sri Karunamayi's visits, she is said to bring the gift of love and light for which she is revered worldwide as an incarnation of Divine Mother.

Traveling the world on a mission of spiritual and material aid to all, she does not ask those she encounters to change their spiritual paths, but comes instead as a loving mother to inspire all to look at life deeply and bring forth their own gifts from within to enrich their lives spiritually.

Sri Karunamayi's United States tour in 2012 will offer a variety of programs to deepen the spiritual progress of attendees. Her programs will begin on Friday, June 22<sup>nd</sup> with an opportunity for all to meet Karunamayi individually. Many who have experienced this individual encounter say it is the most touching experience of pure love they have ever had.

This opportunity for individual blessings, which is free of charge and open to the public, will be held from 10 a.m. to 1:30 p.m. at the Hindu Temple of Metropolitan Washington, 10001 Riggs Road, Adelphi, Maryland.

A one-day retreat will be held at the Hindu Temple on Saturday, June

23, with periods of silent meditation, bhajan singing, and Sri Karunamayi's inspiring discourses. For this retreat, a registration fee is required.

Sri Karunamayi's visit will conclude at the Hare Krishna Temple, 10310 Oaklyn Drive, Potomac, Maryland, on Sunday, June 24<sup>th</sup>, at 9 a.m. with a traditional sacred fire ceremony to purify the atmosphere and bring health and prosperity to the attendees. The fire ceremony is free to all who desire to attend, but sponsorships of the ceremony are available to anyone wishing to assist. For more information, visit [www.karunamayi.org](http://www.karunamayi.org), or call 240-447-3630.

#### The "Hugging Saint" Returns to Washington, D.C. in July

The East Indian female saint known to her followers worldwide as Amma, the "hugging saint," will return to the Washington, D.C. area with a series of public programs on Friday, July 6, and Saturday, July 7. Amma, who offers love to all she meets by giving them hugs, sums up her mission and her message in one sentence by saying, "A one-word solution to all the problems the world is facing today is 'compassion.'"

Amma has inspired and initiated humanitarian services worldwide, earning international recognition for her contributions to health and medical treatment, education, feeding, cloth-

ing, sheltering, and offering assistance to those in need all over the world. The United Nations has acknowledged her as an extraordinary spiritual leader.

Perhaps her most important contribution to world healing is her willingness to uplift suffering human beings through an embrace—a hug—through which she has blessed and consoled more than 25 million people worldwide.

When presenting Amma with the 2002 Gandhi-King Award for non-violence, Dr. Jane Goodall said, "She stands here in front of us—God's love in a human body."

All programs will be held at the Hilton Alexandria Mark Center, 5000 Seminary Road, Alexandria, Virginia. Please note that all of Amma's public programs in Washington, D.C., are offered free of charge. To learn more about Amma's public presentations during her visit to the Washington, D.C. area, please go to [www.ammadc.org](http://www.ammadc.org), or call 1-240-696-1927.

For more information on Amma's life, teachings, and humanitarian activities, please visit her website at [www.amma.org](http://www.amma.org).

#### Brahma Kumaris World Spiritual University

Brahma Kumaris World Spiritual University (BKWSU) is an organization with over 8,500 centers in 110 countries where individuals of all ages and back-

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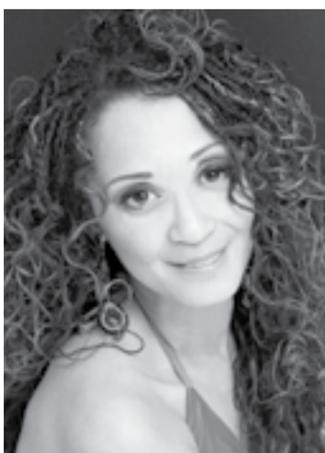
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## NETWORK OF LIGHT NEWS

grounds can attend classes and study spiritual knowledge that supports all faith traditions while it explains the nature of the soul, God, time, and karma, and outlines an enlightened lifestyle.

Brahma Kumaris teaches a form of meditation that relaxes the mind and helps the individual strike a healthy balance between his or her inner and outer realms. The organization, through social service activities and partnerships, also promotes spiritual understanding, ethical leadership, and actions that will lead to a better world.

All the Brahma Kumaris centers offer courses in meditation and spiritual knowledge, as well as seminars and special events that facilitate self-development. All courses, workshops, and seminars are offered free to the public as a community service.

The foundation course is in Raja Yoga meditation, which provides an understanding of the relationship of spirit and matter, as well as of the relationship among souls, God, and the material world. Other courses include those in positive thinking and stress-free living. In addition, every center offers special events, seminars, and workshops that facilitate self-development and personal change.

The BKWSU is also involved in global initiatives, including the following:

- The Janki Foundation for Global Healthcare, a United Kingdom-based

charity that researches a model for modern healthcare formulated on the values of improving understanding in response to suffering and encouraging positive thoughts and attitudes.

- The "Call of the Time" dialogues, inspired and hosted by Dadi Janki, the administrative head of the Brahma Kumaris, bring leaders from around the world to retreats that allow for conversation, meditation, and periods of silence. In the past 12 years, more than a thousand leaders have come together in these dialogues.

- The "Images and Voices of Hope" program brings a global community of journalists, artists, and media professionals together to use their work with the media to give communities hope for the future.

- The BKWSU, recognizing that renewable energy technologies can offer a sustainable power supply to people in both urban and rural areas that lack sufficient energy, has been researching cost-effective and fossil-fuel-free alternatives for more than a decade.

The BKWSU also has special programs that involve interfaith initiatives, bringing people of all faiths together for dialogue; offerings that focus on the unique spiritual requirements of men and other programs that deal with the unique roles and spiritual requirements of women; programs for youth; and service activities in prisons and detention centers.

The BKWSU in Mt. Abu, India, is an international non-governmental organization in consultative status with the United Nations Economic and Social Council and with UNICEF, and is affiliated to the United Nations Department of Public Information.

The BKWSU supports the UN Millennium Development Goals through programs that promote education, gender equality, and the empowerment of women; mental, physical, and spiritual health; and environmental sustainability. Bringing an ethical and spiritual ap-

proach to world concerns, the Brahma Kumaris work with NGO committees, special agencies, and government missions and participate at UN conferences and meetings. Through their international network of centers, they offer many venues where people can send their opinions and concerns back to the UN.

For more details on the BKWSU, or to locate a center anywhere in the United States or around the world, please visit [www.bkwsu.org](http://www.bkwsu.org).

### Search for Common Ground Seeks Win-Win Solutions

BY HONORA FINKELSTEIN

Search for Common Ground (SFCG) is a non-governmental organization founded in 1982 at the height of the Cold War that seeks to find win-win solutions to all the world's conflicts and problems.

According to John Marks, SFCG's president and founder, "We are a learning organization, so we're constantly finding new ways to apply the conflict resolution principles we teach. But we're still operating from the same basic ideas we had at the beginning of our work."

While recognizing that in many places, factions are overly polarized and react to each other with violence, Marks said his organization is commit-

ted to the long term, believing its message represents hope for the future for countries in conflict. He believes history on the whole is moving in a positive direction, and he offers examples of SFCG success stories, noting its activities in Burundi played a key role in breaking down ethnic fears; it helped dissipate violence in Sierra Leone; and its popular children's television series in Macedonia changed children's attitudes toward those of other ethnic groups.

Marks said, "Our methodology is based on one fundamental principle: Understand the differences among those groups and individuals who are in conflict, then find ways to act on their commonalities."

*continued on page 94*



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## NETWORK OF LIGHT NEWS

### Search for Common Ground Seeks Win-Win Solutions ...continued from page 93

#### Thirty Years of Growth

Having grown from a little office on Dupont Circle to an organization with 50 offices in 30 countries in Africa, Asia, Europe, and the Middle East, SFCG is clearly having a massive impact worldwide. Much of its success lies in its addressing different levels of society all at the same time, i.e., individual as well as institutional, to transform the way people deal with conflict—resolving adversarial approaches with collaborative problem

solving. Its tools include media production (radio, TV, film, and print), mediation and facilitation, training, community organizing, sports, theater, and music.

SFCG works with local partners in its efforts to understand a society's differences that lead to conflict as well as to find culturally appropriate means to deal constructively with conflicts. And through monitoring and evaluation, SFCG constantly seeks to increase its effectiveness.

#### Shifting a Culture's Relationship with Conflict

The SFCG approach, as delineated on its website, has been developed through more than two decades of experience of what works. It follows a set of principles that can create a fundamental shift in people's relationships with conflict—away from adversarial approaches and toward cooperative solutions. These principles are as follows:

1. Conflict is different from violence and is neither negative nor positive, but naturally derives from differences among people—religious, political ethnic, etc. These differences, when respected and dealt with constructively, can enrich society and serve as a basis for peaceful progress.

2. Conflict can be transformed by shifting the way individuals, communities, and societies view and handle their differences, i.e., through cooperation and problem solving. This allows people to attack problems and not each other.

3. Finding common ground is not about having people "settle" for less than they want as a way of coexisting peacefully, but rather by having them identify something together they can work toward. When people in conflict find an issue they care about and come together to resolve it, there is potential for the generation of new possibilities.

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## NETWORK OF LIGHT NEWS



Drumming circle in Burundi

relationships of mutual respect and trust. Encouraging people and groups to make long-term commitments to the peace process allows them to keep working on the underlying causes of their conflicts.

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In discussing useful practices for dealing constructively with conflict, SFCG has identified the following four that appear to be essential:

First, distinguish between *positions* and *interests*. People tend to take positions about issues, while interests are often about basic needs, such as family security or health and well-being. Positions may seem mutually exclusive, while interests may overlap.

Next, encourage people to *respect each other* and *face problems together* by making a distinction between the problems and the people involved in the conflict, thus shifting the focus from those involved in the conflict to their common concerns.

Third, request that all parties to the conflict focus their full intention on listening to each other in order to im-

*continued on page 96*

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Many thanks to Sue for providing the wonderful cover for this issue of *Pathways!*

## NETWORK OF LIGHT NEWS

### Search for Common Ground Seeks Win-Win Solutions ...continued from page 95

prove understanding. This takes the focus away from just winning an argument and helps create an environment conducive to problem solving.

Finally, point out that while the involved parties may not have a choice about the conflicts in which they find themselves, they always have a choice about how they respond to it. It is possible to generate peace through the moment-by-moment choices the parties involved make.

#### The Team: Using Popular Media to Teach Conflict Resolution

Marks said SFCG's biggest program at present is its move into teaching through the medium of television with its multi-nation episodic drama, *The Team*, in which it has merged the global appeal of soccer (referred to as "football" everywhere except in the United States) with a daily soap opera format. He said that currently the only country in which a different sport is being used for this drama is Pakistan, where cricket is the game of choice.

In societies facing serious divisive issues, scripts for *The Team* use sport as a way to unify local groups, transform social attitudes, and diminish violent behavior. Each episode follows the players of a team who must overcome

their differences—whether they are cultural, religious, ethnic, tribal, racial, or socio-economic—in order to win the game they're playing.

Marks noted that in each production of this series, the conflicts reflect the unique issues a particular country is facing. In Kenya, for example, the players come from different tribes. In the Congo, which is grappling with violence against women, the team has woman players. In Indonesia, which recently became the 17th country in which *The Team* has been produced, the drama focuses on thwarting violence inside a prison among two ethnic gangs and their guards.

Scriptwriters and actors are all chosen from the local cultures, so they will have experienced the conflicts on which the series' episodes focus, making each version of the series unique to the country in which it is being produced. This allows each version of the series to ring true for local audiences. Further, local production companies and technicians take the lead in creating these shows, with Common Ground Productions offering additional support and technical assistance.

In rural areas where television is not accessible, SFCG has arranged for mobile cinema screenings for public

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## NETWORK OF LIGHT NEWS

showings, with moderated discussions following the presentations. Further, in order to extend the program's influence, each TV series has a companion radio series that airs for those without television access.

The series is immensely successful in the countries where it has so far been produced, as evidenced by the following:

- The series has been nominated for the Peace and Sport Award's Special Jury Prize.
- Its Cote d'Ivoire version won first prize for the best African TV series at the African Film Festival in Verona, Italy.
- *The Team's* Kenya version, ranked among the country's top ten most popular programs, was the subject of a NOW broadcast, seen nationally in the U.S. on PBS. As a result of its popularity, many peace groups have formed in Kenyan cities, and the country's youth are organizing sports and peace events.
- The series is expanding its influence through cross-border partnerships, including with U.S. and French satellite broadcasters and the U.K.'s Community Channel.
- New media communities have developed to discuss issues arising from *The Team*, including a website and blog in Morocco and a website in Kenya.
- *The Team* won the award for Best Film

in the Human Security category at the 2010 We the Peoples Film Festival in London.

• The Indonesian version of the series has been nominated for eight awards at the prestigious Bandung Film Festival, including best TV director, best actor, best screenwriting, and best editor.

To learn more about SFCG, its programs, projects, forums, the countries in which it currently works, and how you can become involved, please visit [www.sfcg.org](http://www.sfcg.org).



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Volunteer must be between the ages of 21 and 65, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug dependence other than cigarettes, have someone willing to pick them up and drive them home at the end of the 3 psilocybin sessions (around 5:00 p.m.), and must live within travel distance of the Hopkins Bayview campus in Baltimore.

If you would like to discuss the possibility of volunteering, please call 410-550-5990 and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

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## THE HERB CORNER

### The So-called Obesity Epidemic and The Ten Top Plants For Balancing the Heaviness of Earth

...continued from page 15

to time. Believe it or not, this will make it easier to not eat those foods most of the time.

It is also better to have your largest meal in the middle of the day, and to eat a very small meal in the evening. One of the easiest ways to put on weight is to eat a big meal with lots of carbs or sweets late at night. I try not to eat anything at all for at least two hours before I go to bed. To help my

stomach feel full at any time between meals I drink a full eight-ounce glass of water—this reduces hunger considerably. You can also drink fruit juice or herbal teas to help cleanse the body and keep the stomach feeling full.

It should also be noted that exercise and mental stimulation (like reading or taking a class) increase heat in the body and mind respectively, thereby decreasing kapha. An exercise program of some kind is a very impor-

tant part of any weight loss plan. Any exercise will do, as long as you work up a sweat. Yoga Asanas, walking, and swimming are all low-impact options that are effective and fun. Dance classes, hiking, and martial arts are also excellent choices. Just remember that a little bit of exercise is better than none at all. Set goals you can reach and find an activity you enjoy!

Mental stimulation could be any number of things, but television and internet surfing don't count! In fact, television alone can increase kapha, and eating in front of the television definitely does! I'm not saying "no TV," but be mindful of what you're watching and how much time you're spending in front of the tube. Take a walk, read a book, have an interesting conversation with a friend; all of these help to keep the mind alert and the energy up. And having more energy will help you with your exercise and weight loss goals.

A couple of notes: To calculate your body mass index (BMI), go to this AARP website link which converts inches and pounds into the metric scale used for BMI: [www.aarp.org/health/fitness/info-05-2010/bmi\\_calculator.html](http://www.aarp.org/health/fitness/info-05-2010/bmi_calculator.html).

The best book on the subject of balancing the earth element through metabolic rate is *The 3 Seasons Diet* by John Douillard. The "Spring Type" in his book is the friend we are to embrace and his book is brilliant. I know John

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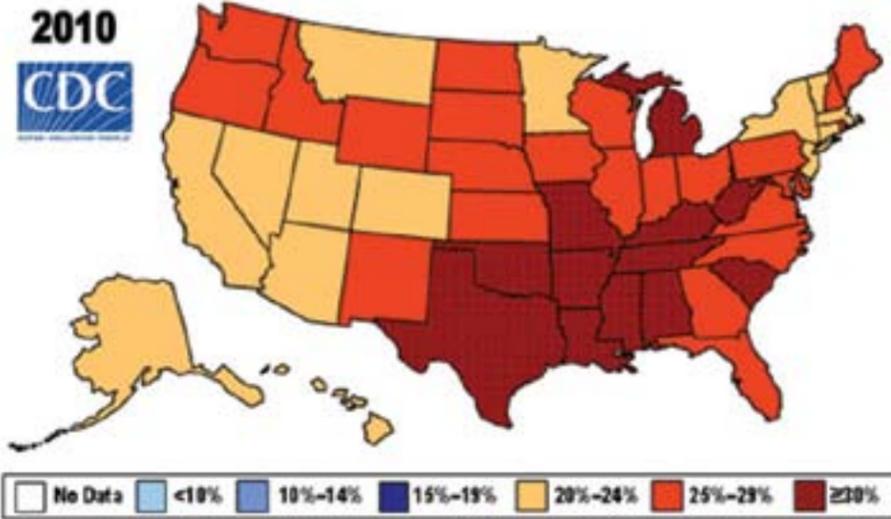
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Michael Ward



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

Michael Ward teaches the Yang Style short form as adapted by renowned master of the art, Professor Cheng Man-Ch'ing. Mr. Ward is a senior student of Robert Smith, the first Western student of Professor Cheng.

Beginner through Advanced/Corrections classes are offered Wednesday evening in Silver Spring at Crossings (above Whole Foods Market); Thurs-

day evenings at The Somerset Town Hall near Friendship Heights; and Sunday at the CityDance Center in the Music Center at Strathmore in North Bethesda. For more information on these or workplace classes, please call 301-562-0992.

Email: [info@cloudhandstaichi.net](mailto:info@cloudhandstaichi.net)  
[www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)



## Dream Yoga Studio & Wellness Center

Classes, Massage & Other HEALTHY ALTERNATIVES  
...for Body, Mind & Freeing Your Spirit!

Dream Yoga has expanded to offer a broader array of yoga & meditation classes & workshops... plus massage, acupuncture & other healing arts services. Join us during Yoga Month on Sun., Sept. 9, 1-4 p.m., to celebrate our 10th Anniversary OPEN HOUSE & WELLNESS FAIR.

Dream is the only DC-Metro area affiliate of the world-renown KRI-PALU Center for Yoga & Health. Yet walking thru Dream's door feels like you're "coming home." You'll find caring/professional instructors & a true yoga community to support your

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You'll experience yoga that *any body* can do...& *every body* can benefit from...for a lifetime—from Therapeutic & Gentle Yoga to Vigorous Vinyasa. Instructors emphasize yoga postures & breathing/relaxation techniques while encouraging inner focus & mind-body awareness. We offer Prenatal Yoga Teacher Training (Oct. 5-8); \$5 First Fridays Community Yoga Classes; Yoga for Kids of All Ages & for Special Needs Children; The 5 Tibetans; Yoga Parties; Room Rentals.

Dream's SUMMER SESSION starts July 16. Register for our \*FREE\* Sample Classes: "Intro to Yoga" on Sat., 7/7 at 10 a.m.; Mindfulness Meditation & Stress Reduction, Sun., 7/31 at 7:30 p.m. Ask about our \*FREE\* Family Yoga classes; & "Lunch & Learn" Yoga sessions brought to your organization!

Near Tysons Corner, Beltway 495 & GW Parkway  
1485 Chain Bridge Rd., Suite 104  
McLean, VA 22101  
**703-448-YOGA (9642)**  
[www.DreamYogaStudio.com](http://www.DreamYogaStudio.com)



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in Baltimore: July 14-15, and August 11-12. Also, Feng Shui Consultant Training Retreat on the big island of Hawaii, June 9-12, 2012.

Hope Karan Gerech, Email: [lifeworks@earthlink.net](mailto:lifeworks@earthlink.net), or call **410-486-6086**.

Also, residential, commercial and phone consults offered.



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.

Fall Session New Beginners Class

will start Sunday, September 23, 2012, 12 sessions, \$180 plus registration fee. Drop-in students are welcome to attend our Continuing Beginners & Intermediates class, \$15/hour, Saturdays at 8:30 a.m. and our Corrections class, \$20 for 90 minutes, Sundays, 9:30-11:00 a.m. More information at [www.glenechopark.org](http://www.glenechopark.org).



## The Healing Farm and Rural Wellness Center

A Place Where All Are Welcome!

Looking for...Peace? Purpose? Rest? Hope? Awakening? Challenges? Fun? Knowledge? Friendship? We provide the atmosphere of peaceful caring; opportunities for meditation, personal discovery, and trying new things...or meeting like-minded souls in a lovely setting!

Just a few of the programs we offer include meditation days, personal discovery workshops, women's be-

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Please call **240-417-0981** for more information, or to come out and just visit us!

The Healing Farm and Rural Wellness Center  
14611 Saint Thomas Church Rd.,  
Upper Marlboro, MD 20772

# 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 transform lives and organizations.

For more information about classes,

ordering books or joining the mailing list, visit [www.ias-online.org](http://www.ias-online.org), call **703-706-5333** or email to [btsias@aol.com](mailto:btsias@aol.com).

Location: 111 South Columbus Street, Alexandria, VA 22314  
Mailing Address: PO Box 320245, Alexandria, VA 22320-4245



## NEW FUTURE SOCIETY

We have a new logo and exciting- New Future Society is a place where your highest consciousness can be experienced and nourished. Come and visit our community, we offer Meditation; Yoga classes; Rejuvenating & Inspiring Healing Sessions for the Chakras as well as the whole being; Spiritual Conferences; Philosophy & Psychology yogic study groups (Bhagavad Gita, Sri Aurobindo, Sri

Premananda Deva, Lakshmi Devi, Ramana Maharshi. . .); Library; and many events designed to Uplift, Heal and Inspire.

Spiritual Retreats are available in Rockville & in our 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](mailto:savitri@newfuturesocietycenter.com).

Please visit our website: [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com).

Facebook: New Future Society US



Quiet the mind  
Strengthen the body  
Open the heart

Olney Yoga is a warm, welcoming community of certified yoga teachers who are dedicated to creating and holding sacred space for our students. We offer classes in Flow, Anusara (inspired), Kripalu, and other traditions from beginning to advanced levels, as well as Therapeutic Yoga, Yoga

for the Not So Slender Bender, and a variety of weekend workshops. We also offer private yoga and wellness sessions including Thai Yoga Massage, Massage, Acupuncture, Reflexology, Reiki and Breath Work. Yoga Nidra will be offered twice a month starting in June.

Workshops and Events in 2012 can be found by visiting: [www.olneyyoga.com](http://www.olneyyoga.com).

Located in Olney Antique Village near Roots Market, 4/10ths of a mile north of the Georgia Ave. ICC exit.

16650 Georgia Ave, Olney, MD  
**301-774-1961**

### ProHealing Seminars NCCAOM-Approved PDA Courses



Crane Style Qigong & Somatic Freedom Technique

Somatic Freedom Technique is a profound and elegantly simple approach to somatic work based upon mindfulness principles and qi palpation techniques.

SFT effortlessly unlocks deeply held somatic patterns with just a few minutes of hands-on attention which your patients will love - adding depth and effectiveness to any energy or

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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

For upcoming course dates and information about NCCAOM-approved SFT and Qigong courses, visit [prohealing.net](http://prohealing.net), email [kevin@prohealing.net](mailto:kevin@prohealing.net), or call Kevin Mutschler, MA, RPP, L.Ac., Dipl.Ac., **240-461-9300**.



## THE REIKI CENTER OF GREATER WASHINGTON

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

Crystal Classes – Classes covering the metaphysical and energy healing properties of rocks and minerals. 6/16/12, 8/4/12.

Gendai Reiki Classes – Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles. 8/25-8/27/12.

Healing Sessions – Offered by

appointment from 10 a.m.-7 p.m. at our Rockville, Maryland center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes – Basic: 6/2/12 and 8/18/12; Intermediate: 6/3/12 and 8/19/12; Advanced, 6/4/12 and 8/20/12.

Karuna Reiki® – Classes for Reiki Masters to augment their skills: 6/9-6/11/12.

Lightarian Reiki™, Rays™ or AngelLinks™ 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 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. Levels I-II: 7/7-7/8/12. Master Facets I-VII: 10/27-10/30/12.

Usui Reiki Classes – Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: Level I: 6/23-6/24/12, 7/21-7/22/12 in Denver; Level II: 6/30-7/1/12, 7/28-7/29/12. Level III: 10/5-10/9/12.

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# Classes & Learning Centers

Lunchtime Qigong  
Tuesdays in Silver Spring



Crane Style Qigong & Healing Support Circles

Join Kevin Mutschler, MA, RPP, L.Ac., Dipl.Ac., for two great healing skills classes—Tuesdays at Crossings above Whole Foods in downtown Silver Spring.

Crane Style Qigong is easy to learn and a delight to practice. Step-by-step instruction together with helpful somatic coaching makes learning

Crane Style easy and intuitive. Health care practitioners earn NCCAOM-approved PDA credits. Tuesdays at 12 noon.

Healing Support Circles. Healing happens in community. Come together with a circle of new friends to learn healing support skills including meditation, qigong and healing imagery.

Share positive experiences and enjoy the magic and fellowship of healing energy. Tuesdays at 1 p.m.

For upcoming Qigong and Healing Circle dates, visit [prohealing.net](http://prohealing.net), email [kevin@prohealing.net](mailto:kevin@prohealing.net), or call Kevin Mutschler, L.Ac., Dipl.Ac., 240-461-9300.



[AnAlternativeWay.info](http://AnAlternativeWay.info)

Looking to live with heart filled passion and an inner satisfaction that never runs dry?

There is such a way. Its key is our own creativity and ability to freely enter creative play—play much like that of a very young, spontaneous and innocent child before mind steps in with its judgments.

When our creative spirit (creative-spirit.info) is not free to explore its desires, 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 creativity ([ryuc.info](http://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 Engine House Hobbies, Gaithersburg, MD. 301-590-0816.



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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Students will learn the theory and application of Qigong and Tai Chi for healing themselves and others. They will learn how to establish a daily Qigong practice.

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Willow Street Yoga Center  
"Best Yoga Studio in DC Area" by *Washington Post Express*

FREE CLASSES: July 13-15  
CLASSES FOR EVERYONE: Beginning, Intermediate, and Advanced Yoga classes as well as Yoga for Pregnancy, Gentle Yoga, Yoga for Teens, Children, Babies & Tots, Meditation and Pilates.

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We integrate precise principles of alignment with equal emphasis on strength and flexibility, self-acceptance, and a heartfelt celebration of life. Certified and highly trained instruction since 1994.

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REGISTER ONLINE.

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

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# Health Services

## Natural Healing



Above & Beyond Holistic Services is a dedicated holistic and natural health center equipped to handle everything from energy work, to cancer healing, to emotional releases, nutrition, therapeutic pedicures, headaches, chronic fatigue, depression, negative energy attacks, muscle and joint injuries, pain, back aches, anxiety, infections, rashes, and much more. We have over 23 years of suc-

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Experience is in chemistry, metaphysics, and years of study and

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[kathleen@aboveandbeyond-energy.com](mailto:kathleen@aboveandbeyond-energy.com)



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

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Our office is conveniently located in Old Town Alexandria near Metro's Yellow Line.  
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[www.BridgingTheGaps.com](http://www.BridgingTheGaps.com)  
 (Toll Free) **1-866-771-1234**  
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Crossings is an integrative health and wellness center offering a uniquely collaborative model of primary wellness care, classes, workshops, and bookstore. Located above the Silver Spring Whole Foods (entrance on Fenton Street), Crossings practitioners provide acupuncture, massage therapy, osteopathy, physical therapy,

and psychotherapy/family therapy. Our Community Wellness Clinic offers affordable health services in a group setting.

Our classes and workshops include Body Centered Practices (Tai Chi, Qi Gong, Movement and Dance, Yoga), Meditation, Seasonal Wellness Workshops, Energy Healing, Creative

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For information visit our website at [www.crossingshealing.com](http://www.crossingshealing.com), email us at [frontdesk@crossingshealing.com](mailto:frontdesk@crossingshealing.com), or call us at **301-565-4924**. Discover your path to wellness today!

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# Health Services



**Herb Simmens, B.S., M.P.A.**  
Certified Life and Wellness Coach

Life and Wellness Coaching...  
Exceed Your Dreams.

You can live a life of fulfillment and vitality. Life and Wellness coaching provides an opportunity to work with a skilled, experienced and compassionate coach whose only goal is your success.

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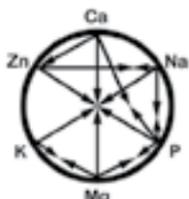
the positive and on your potential to achieve your life dreams.

Life and Wellness coaching is particularly helpful in sorting out your life goals, improving your health and wellness, strengthening your personal and professional relationships, and becoming happier and more productive in all areas of your life.

Herb is a certified Life and Well-

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[www.gethairanalysis.com](http://www.gethairanalysis.com)  
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Kasia Kines is the owner of HNN and is a clinical nutritionist, fully licensed, who has provided the greater Baltimore community with a wide array of nutrition-related services for several years. She has recently added another location to better serve her VA/DC patients. She specializes in complex gastrointestinal and autoim-

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**Donald Pelles, CHt**  
Hypnosis Silver Spring  
301-618-9801

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Envision yourself . . .

. . . moving beyond limitations: light on your feet, your mind calm and clear, free of habits or fears that have held you in their grip, releasing stresses and anxieties that sapped your zest for life; finding your purpose and your path. Experience the power of your mind to realize the changes you choose.

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Centrally located in the Bethesda Row area of downtown Bethesda, MD, The Mindfulness Center is a non-profit organization, which promotes health and self-healing, for individuals and the community, through charitable, educational and research programs in mind-body practices.

The Mindfulness Center offers an

array of classes, services, and educational programs to the community that promote meditative awareness, stress reduction and optimal well-being, including: Meditation, Yoga, Qigong, Massage, Acupuncture, Reiki, Tai Chi, Aerobics, Nia Dance and Mind-body Wellness Programs for Cancer, Heart Disease, Diabetes, Ar-

thritis & other "Chronic" Conditions. Rolling Registration! To register for classes, please visit our website, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org), call us at **301-986-1090**, or stop by our studio at 4963 Elm Street, Suite #100, Bethesda, MD 20814.



RAW AND HEALTHY LIVING

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# Health Services



Real Natural Remedies is dedicated to developing natural medicines based on science, and supported by research with the least likelihood of side effects.

The consumer has no relief from the ever-increasing incidence of side effects from pharmaceutical drugs and

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Rising Sun Healing Arts

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We know that stress is a major cause of pain and disease. To recover and to feel fully alive means making a commitment to caring for all aspects of ourselves. We offer a range of alternative healing arts as natural ways of returning to wholeness, vitality and balance in all aspects of our lives.

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healthy path to vibrant, harmonious living. Embrace your life with life-giving alternatives!

Carol Iverson has been a Health Practitioner since 1982.  
**www.RisingSunHealingArts.com.**

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Clear  
Young  
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Healthy Skin



Dr. Helena Stefan, M.D., M.Ac., L.Ac.  
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- helps to firm and reduce bags around the eyes and eliminate puffiness
- helps to eliminate wrinkles
- improves hormonal balance and treats acne
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For more information about services, special programs and workshops offered by AMC, please contact: Arlington Metaphysical Chapel  
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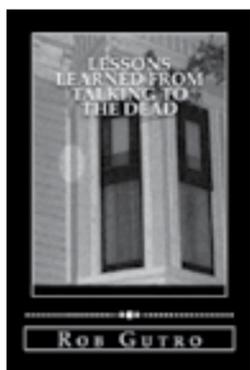
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S. Alice "Alicja" Jones is a Psychic, Medium, and Intuitive Healer who gives Spiritual and Past Life Readings. She communicates with the Angels, Archangels, Ascended Masters, the Devic Kingdom, Cosmic Brotherhood of White Light, the Council of Twelve, Karmic Board, Universal Mind, and your ancestors to bring you messages about relationships, your health, your career choices, educational decisions, and life purpose. These messages

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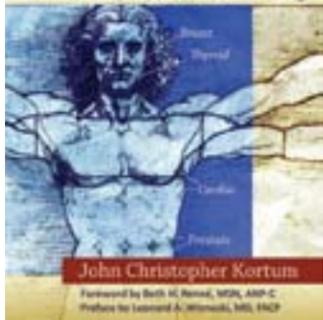
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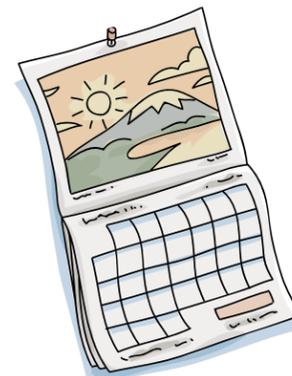
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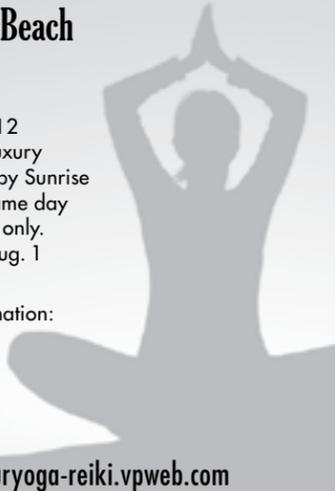
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301-779-5597. Since 1969

[www.glut.org](http://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.

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## 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



### TPSS Co-Op, Silver Spring

8309 Grubb Road 20910  
240-247-2667.  
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.

## 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.

## DC NATURAL FOODS



### Market

**YES! Organic Market, Capitol Hill**  
658 Pennsylvania Ave. SE, Washington 20003  
202-546-9850.  
Mon-Sat: 7am-9pm Sun: 8am-8pm  
Washington's original natural food super market, with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.  
www.yesorganicmarket.com

## ROCKVILLE, MD



### 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!



### Whole Foods Market, Silver Spring

833 Wayne Ave 20910  
301-608-9373.  
www.wholefoodsmarket.com/stores/silverspring  
8am-10pm, 7 days a week  
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

## 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.  
www.SecretsofNature.com

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.



### Market

**YES! Organic Market, Cleveland Park**  
3425 Connecticut Ave., NW 20008  
202-363-1559.  
Mon-Sun: 8am-9pm  
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods sandwiches and soup.  
www.yesorganicmarket.com

## SEVERNA PARK, MD



### ORGANIC MARKET

### Goodlife Organic Market

485 Richie Hwy North  
Severna Park, 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.

## TAKOMA PARK, MD



### TPSS Co-Op, 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.

## 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.



### Market

**YES! Organic Market, Adams Morgan**  
1825 Columbia Rd., Washington 20009  
202-462-2069  
Mon-Sat: 8am-10pm  
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches and soup.  
www.yesorganicmarket.com

## 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.

## DC NATURAL FOODS

## Blue Nile

### Blue Nile Botanicals

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

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



### Market

### YES! Organic Market, Brookland

3809 12<sup>th</sup> St., NE, Washington 20017  
202-832-7715.  
Mon-Sat: 8am-10pm 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.  
www.yesorganicmarket.com



### Market

### YES! Organic Market, Union Row

2123 14th St., NW, Washington, 20009  
202-232-6603.  
Mon-Sat: 8am-10pm Sun: 8am-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.  
www.yesorganicmarket.com

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## DC NATURAL FOODS, CONT'D



### Market

#### YES! Organic Market, Petworth

4100 Georgia Ave, NW, 20011  
202-291-5790

Mon- Sat: 8am-10pm Sun: 8am-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.  
www.yesorganicmarket.com

## ANNANDALE, VA



#### Healthway, Annandale

4113 John Marr Drive 22003  
703-354-7782.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## 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.

## STERLING, 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.

## FAIRFAX, VA



### Market

#### YES! Organic Market, Fairlawn

2323 Pennsylvania Ave, SE, 20020  
202-582-1480

Mon- Sat: 8am-10pm Sun: 8am-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.  
www.yesorganicmarket.com



#### Healthway, Fairfax

9424 Main St. 22031  
703-591-1121.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## 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.



#### Healthway, Sterling

46900 Cedar Lakes Plaza (Rt. 7), 20164  
703-430-4430.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## ALEXANDRIA, VA



#### Healthway, Alexandria

1610 Belle View Blvd 22307  
703-660-8603.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## 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.

## MANASSAS, VA



#### Healthway - Manassas

Bull Run Center  
11662 Sudley Manor Dr., 20109  
703-361-1883.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## WARRENTON, VA



#### The Natural Marketplace

5 Diagonal Street, 20186  
540-349-4111

Naturalmarket@aol.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, on-line or by phone.

## HERNDON, 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!



#### 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!

## SPRINGFIELD, VA



#### Healthway, Springfield

6402-4 Springfield Place, 22150  
703-569-3533.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## WOODBIDGE, VA

### Natural Grocer Health Food

Essential for Good Living  
• Friendly, Personalized Service  
• Celebrating 19 Years!

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

# ONLINE CONNECTIONS

**ACUPUNCTURE**  
 AcuHerb Clinic of Maryland ..... [acupuncturewangjing.com](http://acupuncturewangjing.com)  
 Acumedicine Associates ..... [www.acumedicine.com](http://www.acumedicine.com)  
 Acupuncture - Dr. Macy Lu ..... [www.fengshui-macylu.com](http://www.fengshui-macylu.com)  
 Meridian Healing Works ..... [www.meridianhealingworks.com](http://www.meridianhealingworks.com)  
 Stefan, MD, Helena - Facial Rejuvenation ..... [www.doctorhelena.com](http://www.doctorhelena.com)

**ADDICTIONS**  
 Bridging the Gaps ..... [www.bridgingthegaps.com](http://www.bridgingthegaps.com)

**ADHD**  
 NIHA - Dr. Gant ..... [www.nihadc.com](http://www.nihadc.com)

**ALLERGIES**  
 NIHA - Dr. Solomon ..... [www.NIHAdc.com](http://www.NIHAdc.com)  
 Stefan, MD, Helena ..... [www.doctorhelena.com](http://www.doctorhelena.com)

**ALTERNATIVE MEDICINE**  
 Roselle Alternative Care Group ..... [www.rosellecare.com](http://www.rosellecare.com)

**ANIMALS**  
 Big Bad Woof ..... [www.BBWofinc.com](http://www.BBWofinc.com)  
 Humane Society Taking Action for Animals ..... [www.takingactionforanimals.org](http://www.takingactionforanimals.org)

**AROMATHERAPY**  
 Aromatherapy Center ..... [www.aromatherapy-center.com](http://www.aromatherapy-center.com)

**ART**  
 Fox and Peacock Designs ..... [www.foxandpeacockdesigns.com](http://www.foxandpeacockdesigns.com)  
 Rainbow Springs Alchemy ..... [www.rainbowspringsalchemy.weebly.com](http://www.rainbowspringsalchemy.weebly.com)

**ASTROLOGY**  
 Amethyst Astrology Services ..... [www.lynnkoiner.com](http://www.lynnkoiner.com)  
 Kucenis, Misty ..... [www.enhanceoneself.com](http://www.enhanceoneself.com)  
 Transformation Works ..... [www.randygoldberg.org](http://www.randygoldberg.org)  
 True Bearings ..... [www.secondsaturncareers.com](http://www.secondsaturncareers.com)

**AYURVEDA**  
 Center for Health & Wellness ..... [www.marylandhealthandwellness.com](http://www.marylandhealthandwellness.com)

**BOOKS / GIFTS / JEWELRY / MUSIC**  
 Blue Lotus Treasures, LLC ..... [www.bluelotustreasures.com](http://www.bluelotustreasures.com)  
 Breathe Books ..... [www.breathebooks.com](http://www.breathebooks.com)  
 InMyStudio.com ..... [www.inmystudio.etsy.com](http://www.inmystudio.etsy.com)  
 Mountain Mystic Trading Co ..... [www.MountainMystic.com](http://www.MountainMystic.com)  
 Sacred Circle Books Inc. .... [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)  
 Solartopia ..... [www.solartopia.org](http://www.solartopia.org)  
 Sticks and Stones ..... [www.sticksandstonescircle.com](http://www.sticksandstonescircle.com)  
 Terra Christa ..... [www.terrachrista.com](http://www.terrachrista.com)

**BUSINESS SERVICES**  
 Certified Coaches Federation ..... [www.certifiedcoachesfederation.com](http://www.certifiedcoachesfederation.com)  
 Foxfire Consulting ..... [www.foxfireconsulting.com](http://www.foxfireconsulting.com)  
 PieWorks Creative ..... [www.pieworkscreative.com](http://www.pieworkscreative.com)

**CHIROPRACTIC**  
 Gardner Chiropractic ..... [www.easyspine.com](http://www.easyspine.com)  
 NIHA - Chiropractic, Dr. Roskosky ..... [www.NIHAdc.com](http://www.NIHAdc.com)  
 Washington Chiropractic ..... [www.washingtonchiropractic.net](http://www.washingtonchiropractic.net)

**CHURCHES & SPIRITUAL CENTERS**  
 Arlington Metaphysical Chapel ..... [www.arlingtonmeta.com](http://www.arlingtonmeta.com)  
 Center for Spiritual Enlightenment (NSAC) ..... [www.TheCSE.org](http://www.TheCSE.org)  
 Circle of Worship ..... [www.onecircle.net](http://www.onecircle.net)  
 CommUnity on the Hill ..... <http://http://unitychurchdc.org>  
 Four Quarters Interfaith ..... [www.4QF.org](http://www.4QF.org)  
 Institute for Spiritual Development ..... [www.isd-dc.org](http://www.isd-dc.org)  
 National Spiritual Science Center ..... <http://http://nsscdc.org>  
 Superet Light Center ..... [www.spopmwasd.com](http://www.spopmwasd.com)  
 Takoma Park Chapel ..... [www.TakomaChapel.com](http://www.TakomaChapel.com)  
 Telespectral Living Light Center ..... [www.angeltalktv.com](http://www.angeltalktv.com)  
 Unity of Gaithersburg ..... [www.UnityofGaithersburg.org](http://www.UnityofGaithersburg.org)  
 Unity of Washington, DC ..... <http://http://unitywdc.org>  
 Wash DC Teaching Ctr ..... [www.washingtndcteachingcenter.org](http://www.washingtndcteachingcenter.org)

**CLASSES & LEARNING CENTERS**  
 Behavioral Healthcare Consulting ..... [www.bhctraininginstitute.com](http://www.bhctraininginstitute.com)  
 Center for Qigong, The ..... [www.thecenterforqigong.org](http://www.thecenterforqigong.org)  
 Dawa for Life ..... [www.dawa4life.com](http://www.dawa4life.com)  
 Feldenkrais Training Programs ..... [www.BaltimoreFeldenkraisTraining.com](http://www.BaltimoreFeldenkraisTraining.com)  
 Howard Community College ..... [www.howardcc.edu](http://www.howardcc.edu)  
 Institute for the Advancement of Service (IAS) ..... [www.ias-online.org](http://www.ias-online.org)  
 Mid Atlantic Center For Healing ..... [www.healingintuition.com](http://www.healingintuition.com)  
 Potomac Crescent Waldorf School ..... [www.potomaccrescentschool.org](http://www.potomaccrescentschool.org)  
 Raw and Healthy Living ..... [www.nyamahealingservices.org](http://www.nyamahealingservices.org)  
 Soul Source Spiritual Center ..... [www.theSoulSource.net](http://www.theSoulSource.net)  
 Storyweaving - Carol Burbank ..... [www.storyweaving.com](http://www.storyweaving.com)  
 Tai Sophia ..... [www.tai.edu](http://www.tai.edu)  
 The Raw Food Institute ..... [TheRawFoodInstitute.com](http://TheRawFoodInstitute.com)  
 Washington Waldorf School ..... [www.washingtonwaldorf.org](http://www.washingtonwaldorf.org)

**COACHING & COUNSELING**  
 Coach Lynn ..... [www.asklynnjohnson.com](http://www.asklynnjohnson.com)  
 Compassionate Counseling - Cathy Roberts ..... [www.CathyRoberts.net](http://www.CathyRoberts.net)  
 Counseling & Guidance Center ..... [www.psychsight.com](http://www.psychsight.com)  
 Crossings: A Center for the Healing Traditions ..... <http://http://crossingshealing.com>  
 Culp, LCPC, LPC, Courtenay J ..... [www.counselingandcoaching.com](http://www.counselingandcoaching.com)  
 Healing Light Center, LLC ..... [www.healinglc.com](http://www.healinglc.com)  
 Life Resource Consulting, LLC ..... [www.liferesourceconsulting.com](http://www.liferesourceconsulting.com)  
 Manifested Harmony, LLC ..... [www.manifestedharmony.com](http://www.manifestedharmony.com)  
 Releasing Your Unlimited Creativity ..... [www.ryuc.info](http://www.ryuc.info)  
 Storyweaving - Carol Burbank ..... [www.storyweaving.com](http://www.storyweaving.com)

**CRYSTALS & STONES**  
 Crystals Treasures ..... [www.crystals.com](http://www.crystals.com)  
 Olde Towne Gemstones ..... [www.oldtownegemstones.com](http://www.oldtownegemstones.com)  
 Stones That Heal - Knowles Apothecary ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

**DENTAL**  
 Bethesda Dental Works ..... [www.bethesdadentalspa.com](http://www.bethesdadentalspa.com)  
 Bui, DDS, Danny ..... [www.drDannyBui.com](http://www.drDannyBui.com)  
 Fischer, DDS, Richard ..... [www.evergreen8.com](http://www.evergreen8.com)  
 Goldman Dentistry ..... [www.mgoldmandds.com](http://www.mgoldmandds.com)  
 Life-Enhancing Dentistry ..... [www.LifeEnhancingDentistry.com](http://www.LifeEnhancingDentistry.com)  
 Miles of Smiles Implant Dentistry ..... [www.milessofsmilesdental.net](http://www.milessofsmilesdental.net)  
 NIHA - Dentistry ..... [www.nihadc.com](http://www.nihadc.com)  
 Sivakumar Sreenivasan, DDS and Associates ..... [www.drSreeni.com](http://www.drSreeni.com)

**DIVORCE COUNSELING**  
 Life Coaching ..... [www.maricraig.com](http://www.maricraig.com)

**ECKANKAR**  
 Maryland Satsang / Eckankar ..... [www.eck-virginia.org](http://www.eck-virginia.org)

**ENERGY WORK**  
 Mother Yogini's Divine Insight ..... [www.MotherYogini.com](http://www.MotherYogini.com)

**EVENTS**  
 Ammachi Satsang ..... [www.ammadc.org](http://www.ammadc.org)  
 Arlington Metaphysical-Rainbow Weekend ..... [www.arlingtonmeta.com](http://www.arlingtonmeta.com)

Awakening Within ..... [www.braco.net](http://www.braco.net)  
 BuddhaFest Movie Night ..... [www.buddhafest.org](http://www.buddhafest.org)  
 Hay House, Inc. .... [www.hayhouse.com](http://www.hayhouse.com)  
 KarmaFest - Soul Purpose Productions ..... [www.KarmaFest.com](http://www.KarmaFest.com)  
 Love Your Body Health Fair ..... [www.BelovedYoga.com](http://www.BelovedYoga.com)  
 One Heart Center ..... [www.oneheartcenter.org](http://www.oneheartcenter.org)  
 Pine Tree Associates ..... <http://http://pinetreeclub.org>  
 Potomac Rambling Bares ..... [www.prbares.org](http://www.prbares.org)  
 Spirit of Victory and Praise Center ..... [www.revolveevolve2012.com](http://www.revolveevolve2012.com)  
 Traditional Chinese Culture Institute Intl., LLC (TCCII) ..... [www.tccii.com](http://www.tccii.com)

**FACIAL ACUPUNCTURE**  
 Fairfax Chiropractic, PC ..... [www.fairfaxchiropractic.com](http://www.fairfaxchiropractic.com)

**FENG SHUI / HOME DESIGN**  
 Feng Shui Consultant, Jeannie Tower ..... [www.fengshuimagic.com](http://www.fengshuimagic.com)  
 Feng Shui Designs, Hope Gerech ..... [www.fengshuiinterior.com](http://www.fengshuiinterior.com)  
 Fox and Peacock Feng Shui ..... [www.foxandpeacockfengshui.com](http://www.foxandpeacockfengshui.com)  
 Traditional Feng Shui - Dr Macy Lu ..... [www.fengshui-macylu.com](http://www.fengshui-macylu.com)  
 Reclaim Your Life ..... [www.organizeandreclaimyourlife.com](http://www.organizeandreclaimyourlife.com)  
 Sanctuary Interiors, LLC ..... [www.sanctuaryinteriorsllc.com](http://www.sanctuaryinteriorsllc.com)  
 Mindful Decluttering and Organizing ..... [www.clutterfreenow.com](http://www.clutterfreenow.com)

**FINANCE**  
 Bach, Eric ..... [www.ericbachcpa.com](http://www.ericbachcpa.com)

**GARDENING**  
 Environmental Lawns ..... [www.environmental-lawns.com](http://www.environmental-lawns.com)  
 GoGardeners Garden Coaching ..... [www.gogardeners.com](http://www.gogardeners.com)  
 Washington Gardener ..... [www.WashingtonGardener.com](http://www.WashingtonGardener.com)

**HEALING & HEALING CENTERS**  
 A Healing Place ..... [www.barbarafrank.homestead.com](http://www.barbarafrank.homestead.com)  
 Ayeka Healing Circle, The ..... [www.ayekahealingcircle.com](http://www.ayekahealingcircle.com)  
 Blueberry Gardens ..... [www.blueberrygardens.com](http://www.blueberrygardens.com)  
 Cardinal Center For Healing, The ..... [www.cardinalcenterforhealing.com](http://www.cardinalcenterforhealing.com)  
 Center Point Healing ..... [www.centerpothealing.com](http://www.centerpothealing.com)  
 Claire, Lyriel ..... [www.lyrielclaire.com](http://www.lyrielclaire.com)  
 Domingo Vega - Theta Healing ..... [www.thetahealingofwashingtondc.com](http://www.thetahealingofwashingtondc.com)  
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## PATHWAYS INTERVIEW

### Jeffrey Smith: Gambling with Our Genetic Future: GMOs and the World Food Supply

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#### The Right to Know Referendum

Tell us about the current GMO referendum campaign in California.

Nearly a million signatures were just submitted to the government in California, which will pave the way for the Right to Know measure being placed on the November ballot. This will require companies to label their products sold in grocery stores that contain GMOs starting in July 2014. For companies that use GMOs, the cost will be virtually nonexistent, because it simply requires the addition of a sentence on packaging, and companies change their packaging all the time.

The biotech industry's representatives, however, are trying to confuse consumers and are saying that it will cost families hundreds of dollars per year. This is nonsense. The companies that chose to remove GMOs in Europe—including Kraft, Nestlé's, Hershey's and Unilever—did not raise their prices at all in Europe. These same companies continue to sell GMOs to consumers in the U.S., where people are largely unaware.

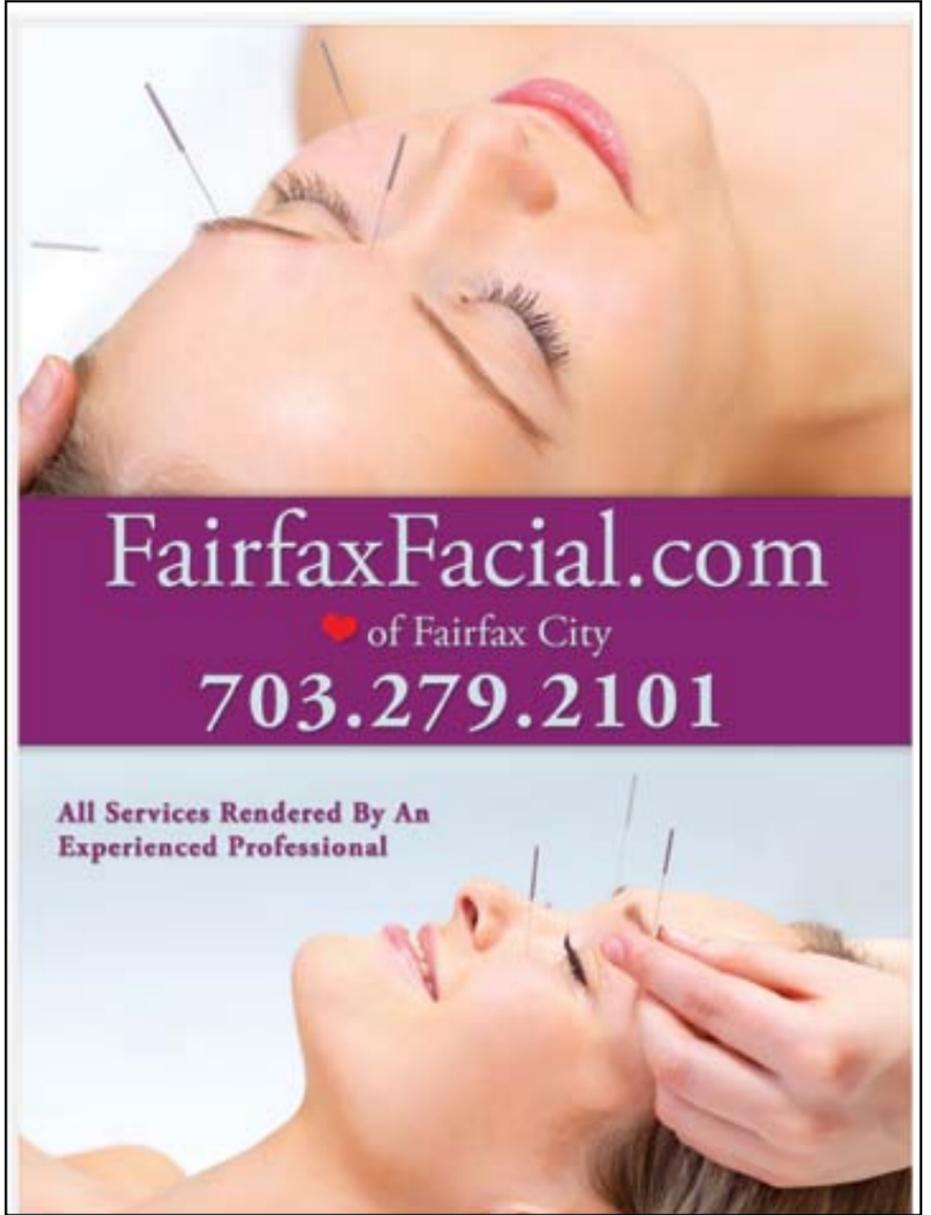
What are the most frequent claims of benefit from GMO foods that the food and biotech industries assert in support of their use?

There was a huge disinformation campaign thrust upon U.S. consumers, trying to convince us that GMOs are needed to feed the growing population. In fact, the most comprehensive evaluation of feeding the world—sponsored by several United Nations organizations and co-signed by 58 countries—concluded that the current GMOs have nothing to offer in this regard. The Union of Concerned Scientists report, *Failure to Yield*, demonstrates that GMOs not only fail to increase agricultural yields, but on average lower them.

The biotech industry also claims that GMOs will reduce the use of agricultural chemicals. In fact, it has promoted an increase in herbicide use in the United States by nearly 400 million pounds, as documented by Charles Benbrook of the Organic Center.

They also claim that GMOs have been proven safe, while they have been shown to be highly dangerous and

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Sandy has been a featured guest on national and local radio and television, and has worked with individuals and groups all over the world since 1994. She is a medical intuitive, co-host of *Angel Talk Radio* and *Angel Talk's Changing Realities TV*. She is a spiritual healer certified as a Reiki, Karuna® Reiki, and Seichim Master, Sound and Frequency healer; certified bio-feedback (SCENAR) practitioner; Flower Essences practitioner; and Pattern/Trauma healer and counselor with clients as far away as Alaska, Canada, Japan.

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## PATHWAYS INTERVIEW

### Jeffrey Smith: Gambling with Our Genetic Future: GMOs and the World Food Supply

...continued from page 125

have likely contributed to the rise of many diseases and disorders in the U.S. since their introduction in 1996. They also claim that GMOs will increase farmers' profits and countries' exports, both of which have proven to be false. There are independent studies showing no average economic gain with the use of GMOs. Instead, in many cases, countries' exports have been cut off or their prices reduced when GMOs are introduced, because so many consumers around the world seek non-GMO, healthier products.

*When you are citing these various studies, are these referenced on your website so that readers can find them there?*

Yes, we have an enormous amount of research on [www.responsibletechnology.org](http://www.responsibletechnology.org). We have summaries for those who want a quick read, we have detailed texts, we have scripted PowerPoints for those that want to give presentations, we have free audios and free videos, and a free newsletter. For the most comprehensive treatment of the health dangers, we have a book, *Genetic Roulette: The Documented Health Risks of Genetically Engineered Food*, with

over 1100 endnotes, and designed in such a way that even a non-scientist can do a casual scan and identify numerous risks associated with the foods that they may be eating every day.

#### A Threat to Organic Farms and Farmers

*How do genetically modified seeds and plants interact with non-GMO plants when they are grown close to one another? And how does this affect organic farms, which are legally defined in the U.S. as non-GMO?*

Pollen does not read the signs. Airborne pollen, airborne seeds, these are issues that have plagued non-GMO farmers in general, and organic farmers in particular, since GMOs were introduced. There has been no way for humans to block the transfer and spread of GMOs through natural processes. In fact, one of the main ways that GMOs get spread is through human error. As a result, the integrity of non-GMO products is being eroded. In Canada, for example, out of 33 bags of non-GMO canola seeds, 32 of them were found to be contaminated with at least a small amount of GM canola.

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## PATHWAYS INTERVIEW



There are independent studies showing no average economic gain with the use of GMOs. Instead, in many cases, countries' exports have been cut off or their prices reduced when GMOs are introduced, because so many consumers around the world seek non-GMO, healthier products.

Organic growers are not allowed to intentionally use GMOs, but sometimes contamination can take place. We support organic agriculture and refer to that as one of the ways that people can avoid GMOs, but we also encourage organic and non-organic non-GMO producers to enroll in The Non-GMO Project, which is a third party verification system that, unlike organics, does require testing of at-risk ingredients, to make sure that contamination is identified and below threshold levels.

*Do organic farmers have some legal right of redress, to be made whole in response to the damage that has been caused to their organic crops by these GMOs? That is, they stand to lose their organic certification over this GMO contamination of their organic fields.*

In theory, organic farmers should have legal precedent, because they have a precedent when there is accidental spraying by neighbors that causes either decertification or death of their crops. There is an organic farmer in Australia that has sued a neighbor; we haven't seen these lawsuits take place in the United States because it usually involves a small farmer going against a transnational corporation with virtually unlimited funds.

*This sounds like a serious flaw in our system of justice.*

We have actually seen the opposite, where companies like Monsanto will sue farmers who have been accidentally contaminated with GMOs. It seems counterintuitive, but it is nevertheless the case that they will claim that when

their intellectual property, their patented GM seeds, end up on a farmer's field, even accidentally, and they are harvested and replanted by a farmer who saves and replants seeds, the companies like Monsanto claim that the farmers are violating the law. And in the case of the Canadian Supreme Court, they agreed with Monsanto in the case of Monsanto vs. Percy Schmeiser. So the tables are, in many cases, turned against those farmers who are trying to protect the integrity of their non-GM crops.

*Is there a legal precedent in the U.S. comparable to that one you just cited from Canada?*

There is not a U.S. Supreme Court decision, but there are numerous precedents set, where Monsanto will claim that the farmers have illegally saved seeds. That's another interesting aspect of this whole debate. When you buy a genetically engineered seed, you pay extra and sign a contract that you will not save and replant those seeds. Monsanto has made, I think, around \$300 million through lawsuits and settlements, not only with farmers that may, in fact, have saved seeds, but also those who have been contaminated inadvertently but are unwilling to try to fight Monsanto in court.

*continued on page 128*

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**Jeffrey Smith: Gambling with Our Genetic Future: GMOs and the World Food Supply**  
 ...continued from page 127

*Farmers have saved seeds since the beginning of time. What we are seeing here is something new under the sun. Clearly, most Americans are unaware that this is going on. It's stunning, really.*

It gets worse. The biotech industry wants to introduce "terminator technology," which would render the seeds sterile. When this was being developed,

the biotech brochures and promotion admitted that they were going to use this to target the 1.4 billion farmers in the world who save their seeds.

Now, if you think about food security, diversity is key, especially at a time of global climate change. There are millions of varieties of seeds, particularly because farmers identify and save those that perform best under a

variety of conditions. If the biotech industry gets its way, they will eliminate seed saving and force farmers to only choose from the limited genetics available in the seed company's catalog. They are risking the entire food supply in order to generate more profit.

**Citizen Activism and Scientific Credibility**

*You are a citizen activist rather than a degree-bearing scientist. In this country and elsewhere, there is a long and noble tradition of citizen activism. How do you respond to people who say that as a non-scientist, your views are not worthy of respect?*

In my book, *Genetic Roulette*, every single page was reviewed by at least three scientists, usually including the scientist whose paper is being featured in that section. I typically will interview a scientist and then send the scientist my work, to make sure that I am accurately representing his or her opinion. I further engage multiple scientists when there is disagreement among them, and typically choose the more conservative interpretation for my publication. So in that sense, I am a translator and a compiler, and the attempts to try to discredit me as being a non-scientist, are entirely predictable and part of the mechanism through which the biotech industry tries to distort, divert and

deny the mounting evidence of harm. They will also attribute false motivations and engage in personal attacks. This is something that they do not only for citizen advocates like myself, but especially in the case of scientists who discover problems. There, we have a long, documented history of scientists who have been fired, stripped of responsibilities, forced out, denied funding, denied tenure, or threatened. This is one reason why our work is so important, because the scientists are often unable to convey their concerns and findings to a wider audience.

**Mounting Evidence on the Health Dangers of GMOs**

*Is there anything else that we've not discussed, that you want to add?*

Yes. When you asked how to get rid of GMOs, I said there were two angles. The first was the tipping point [of consumer awareness]. The second angle, I believe, is the labeling, because I believe that the food companies would rather remove GMOs than admit that they use them. And most Americans say that they would avoid GMOs if they were labeled. I think the labeling initiative in California, and the bills that have been introduced in more than 20 states, are watershed opportunities to effect change.

Second, we have not really discussed

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## PATHWAYS INTERVIEW



I've seen over 50 farmers this year, and many more reported in previous years, who say that given a choice, both livestock and wild animals will avoid eating the GMOs, suggesting that they have some form of inner wisdom that we have not yet been able to obtain.

some of the health dangers of GMOs. I want to take a moment to summarize why I consider this such an important topic, and why I urge people to go immediately to [www.nonGMOshoppingguide.com](http://www.nonGMOshoppingguide.com), or download the free iPhone application, ShopNoGMO, in order to help you avoid GM products.

Let's take one of the areas that the American Academy of Environmental Medicine highlighted as an area of problems with animals fed GMOs—reproductive disorders. In laboratory experiments, rodents that were fed GM Roundup®-ready crops (these are crops that are designed not to die when spread with Roundup® herbicide), in these studies it was soy or corn, mice had damage to the testicles, young sperm cells, changes in the color of the testicles from pink to blue, changes in

the uterus and ovaries, and changes in the way the DNA expressed itself in the embryo offspring.

More than half of the babies of rats fed GM soy died within three weeks, compared to a ten percent death rate among the controls that ate non-GM soy. The babies were also smaller and could not reproduce. Among hamsters fed GM soy for two years, by the third generation most had lost the ability to have babies. They died at four or five times the rate of the others. Some had hair growing in their mouths. An Austrian government study found that mice had fewer babies and smaller babies. These are within the confines of controlled studies.

Moreover, if we look at livestock, we see a near-epidemic problem with infertility and miscarriages among cows,

goats, sheep, pigs and horses in the United States. And when we hear from veterinarians and farmers who switch animals fed with GM to non-GM, the incidence of conception goes up, the litter size goes up and the ability to maintain the pregnancy goes up. In addition, these farmers and veterinarians are reporting that the death rate goes down, the infectious disease rate goes down, birth defects go down and overall health and uniformity of the size of their livestock is better.

Another thing that I have found is that the farmers and veterinarians describe the animals as "happier." Also, I've seen over 50 farmers this year, and many more reported in previous years, who say that given a choice, both livestock and wild animals will avoid eating the GMOs, suggesting that they have some form of inner wisdom that we have not yet been able to obtain.

Now, I know that many doctors are prescribing non-GMO diets and their patients report improvements in skin problems, weight problems, migraine headache, irritable bowel, all sorts of digestive problems, allergies and immune system problems, the full gamut. It is hard to identify GMOs as the main factor, because these patients may also be switching to organic food or less processed food.

But with the animals, we're see-

*continued on page 130*



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## PATHWAYS INTERVIEW

### Jeffrey Smith: Gambling with Our Genetic Future: GMOs and the World Food Supply

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ing changes for the better when they switch to non-GM, along the same lines as the improvements in humans and in the laboratory animals. So we see a parallel between the lab animals, livestock, and human patients of doctors as well as in the health statistics in the United States. So, for example, inflammatory bowel disease is up by 40 percent in the years since GMOs were introduced; reproductive disorders are up, certain cancers. Multiple chronic illnesses jumped from seven percent to 13 percent. All sorts of problems are there in parallel with the introduction of GMOs.

*It's good that you make the distinction between statistical association (as when a disease increased during the period when GMOs in foods increased) and causation (where one factor clearly causes a particular response). Nonetheless, lack of airtight proof of causation does not mean there's nothing to worry about, which is the basis of the European Union's ban on GMOs, based on their application of the precautionary principle. Are there any other data that our readers should know about?*

I'll end with one more set of risks that I think are particularly worrisome. Most of the corn that is being sold in the U.S. market is engineered to produce a toxic insecticide that breaks open the stomachs of insects and kills them. It's called Bt toxin; it comes from soil bacteria, and in its natural state it has been linked to hundreds of allergic and flu-like symptoms in humans, intestinal damage and immune system responses in animals. In the crop

version that's genetically engineered, it's even more toxic and more concentrated, and it's linked to immune system problems and signs of toxicity in laboratory animals, widespread death in animals (in this case, grazing on the Bt cotton plants in India).

The reason why the EPA and the biotech industry justify putting a toxic insecticide into our food is that they claim the toxin is completely destroyed in the digestive process and has no interaction whatsoever with human cells.

These claims are not only contradicted in a history of peer-reviewed published studies, but two studies in particular suggest significant danger. In the summer of 2011, Sherbrooke Hospital in Canada discovered Bt toxin in the blood of 93 percent of pregnant women and 80 percent of their as yet unborn fetuses, showing that the toxin is not destroyed during digestion. The way the toxin kills insects is that it pokes holes into the walls of their digestive tracts, essentially destroying its integrity to kill the insect. The biotech industry claimed that no such interaction occurs with humans until February of this year, when the Bt toxin was extracted from the corn, exposed to human cells, and caused holes in the cells and leaky cells. The authors of the study say this may be the same mechanism by which it kills insects.

The only human feeding study ever published showed that genes from soybeans, designed to make the soybeans Roundup®-ready, transferred in part to the DNA of bacteria living inside our intestines, and appeared to continue to function. *This means that long after we*



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## PATHWAYS INTERVIEW

stop eating genetically engineered foods, we may have these genetically modified proteins produced continuously within our digestive tracts. There have been no follow-up studies yet to see if genes that produce the Bt toxin—the ones that are found in corn chips, for example—also transfer to gut bacteria and continue to function.

If they do, it would turn our intestinal flora into living pesticide factories. If we go back to the Canadian study, the scientists were wondering why such a high percentage of the women had the Bt toxin in their blood, when the toxin would normally wash out of the blood very quickly. They surmised that there had to be a very frequent source of Bt toxin in the diet. And since the Canadians don't eat corn tortillas and corn chips every day, they speculated that it was from eating the meat and drinking the milk from animals that were fed GM corn.

What about high fructose corn syrup?

That wouldn't have the Bt toxin because it's processed out. I think a more plausible explanation is that these women had Bt genes colonizing their gut bacteria and the toxin was produced continuously inside their gut. If we had that situation in North America, it could cause inflammation and digestive disorders, which are on the rise, and if it creates permeable intestines, it

could increase food allergies, inflammation, autoimmune disease and even possibly things like autism. These are also on the rise.

We may be in a situation where the entire integrity of the digestive system and the immune system has been compromised in North America, resulting in degeneration of our health. If you look at the statistics, they are consistent with that hypothesis. Whether or not we believe this is the extent to which the harm has occurred, we know that this might occur, and we know that studies are not being done to evaluate the damage or to even follow up on the findings of independent scientists. So we're in a very dangerous situation. This is why we call for a ban on GMOs in their current state, and until then at least labeling them so that people can opt out of this dangerous experiment. Especially for the children, who are most at risk.

*Daniel Redwood, DC, the interviewer, is a Professor at Cleveland Chiropractic College—Kansas City. He is the Editor-in-Chief of Health Insights Today, Associate Editor of Topics in Integrative Healthcare and serves on the editorial board of the Journal of the American Chiropractic Association. Dr. Redwood's website and health policy blog are at [www.redwood-healthspeak.com](http://www.redwood-healthspeak.com).*

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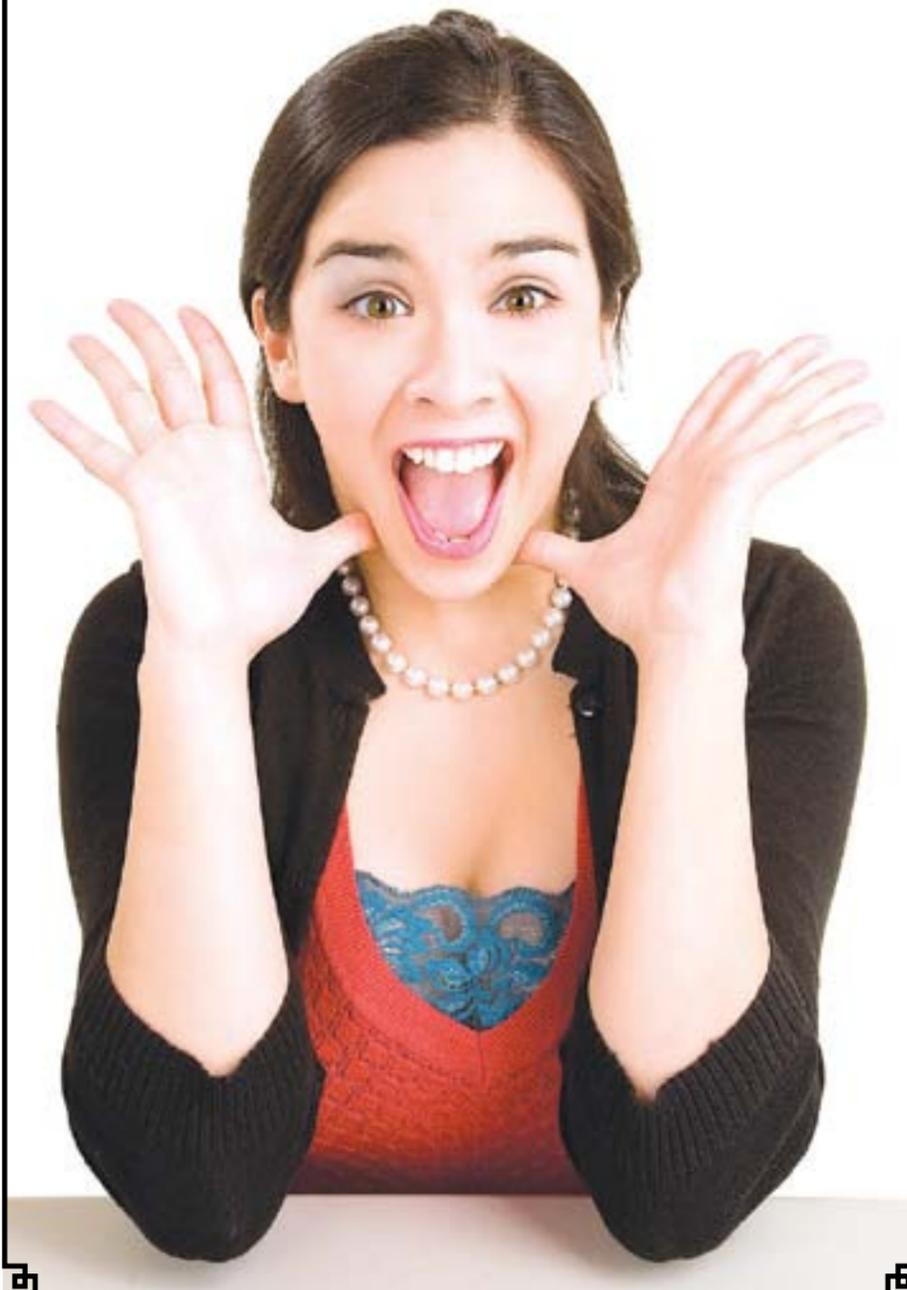
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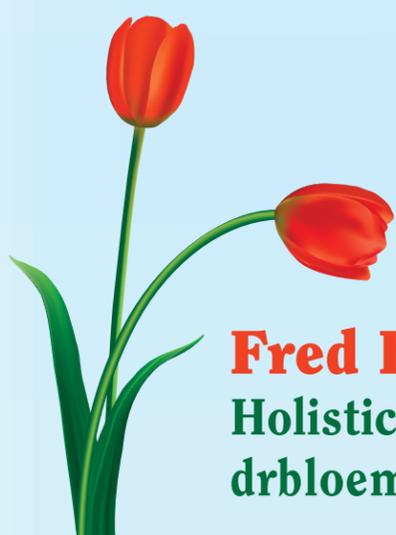
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### What patients have to say about Dr. Bloem:

“This is not a paid advertisement:), but an honest, from the heart testimonial. The HCG diet is amazing. It has changed my life. I have hope again that soon I will be a smaller and better version of me.

For years I thought there was no hope, I would be a size 16+ forever. I am down 35 lbs., feel better than I have in 10+ years and see the light at the end of the tunnel. I still have 35 lbs. to go to get to my goal, but thanks to Dr. Bloem, Alecia and all of my friends and family that have supported me, I am now in a size 12 and can *finally* shop at Ann Taylor Loft and not worry that the outfit won't fit, because guess what? *It will!!!!*

So for anyone who is worried that you will be hungry. You really aren't! If you are, it is habit, not hunger. For anyone that is worried you will be tired because of the low calories... You won't! You will have more energy than you have had in a *long* time! Besides that, my aches and pains are almost totally gone and food tastes better.”  
— Jenni D.

“I am a Real Estate Agent at Remax Realty Centre in Olney MD. My experience using the HCG diet plan was amazing and I have been thrilled with the results.

After gaining over 30 pounds in 3 years I just couldn't seem to slow down the weight gain and I was not having any success at being able to stick with traditional diets.

I found out about the HCG diet on YouTube while looking for motivation through others' weight loss success stories. I was skeptical at first and searched endlessly for possible negative side effects and could find none.

I decided to take the plunge and do the diet, it was easy to follow and my appetite and cravings halted with no adverse symptoms that I've experienced with other diet aids, in fact I had a wonderful sense of well being. With the help of Dr. Bloem and HCG I was able to shed an incredible 33lbs in 50 days!

The most amazing thing about the HCG diet is that I have been able to maintain my weight loss without issue, I have never been able to do that in the past. My appetite and cravings continue to be diminished and I no longer feel the need to abuse my system with excess sugars real and fake or to other processed foods to which I had become addicted.

I also discovered that while on HCG my migraine headaches disappeared entirely and I was suffering those several times a month. HCG truly is an amazing diet and I am incredibly grateful for having found it, it really has changed my life and being able to have shared it with so many others has been a blessing. If you have tried everything else and lost hope that anything will work before giving up try HCG.”

—Alecia Scott

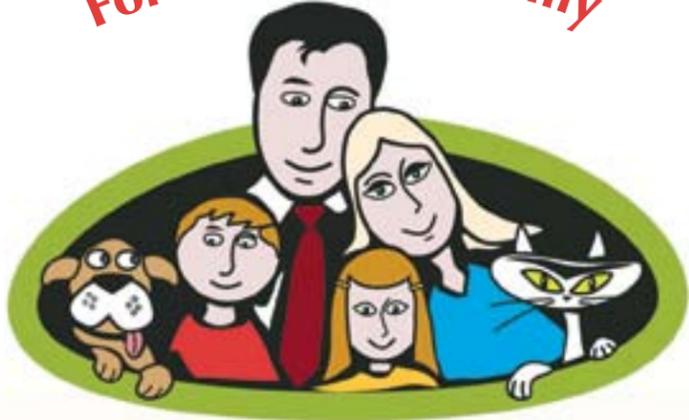


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after

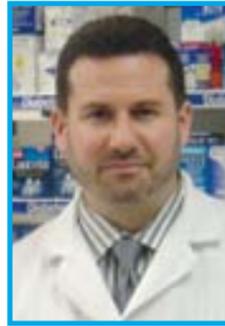
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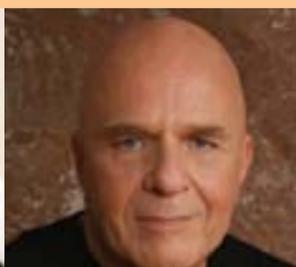
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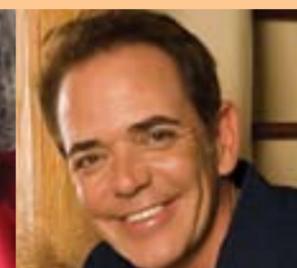
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