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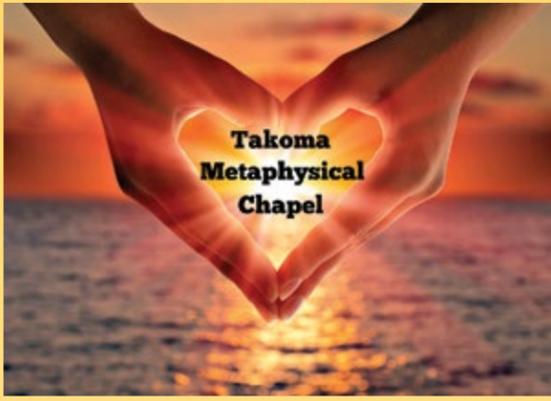
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WHAT WE'RE ABOUT

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

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

—R. Buckminster Fuller

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

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

MAKING CONNECTIONS

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

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

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

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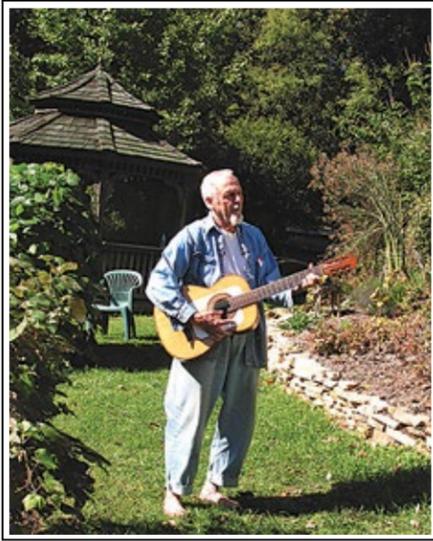
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The Barefoot Doctor, Jim Duke, in the Green Pharmacy Garden. Photo by Helen Metzman. Story on page 9

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AN INVITATION FROM LOU DESABLA, THE PUBLISHER OF PATHWAYS MAGAZINE

Please set aside Sunday, March 25th on your calendar to share our joy at our 47th Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. I have been blessed with the honor of hosting this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.

At only \$10, it's cheaper than most movies. You can visit 150 booths and attend up to 8 workshops of the 56 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing services; a psychic, Tarot, shamanic or face reading; or peruse hundreds of unique products.

See pages 57-65 for information. See you there.

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A Tribute to Jim (1929 – 2017)

From the Desk of James A. Duke

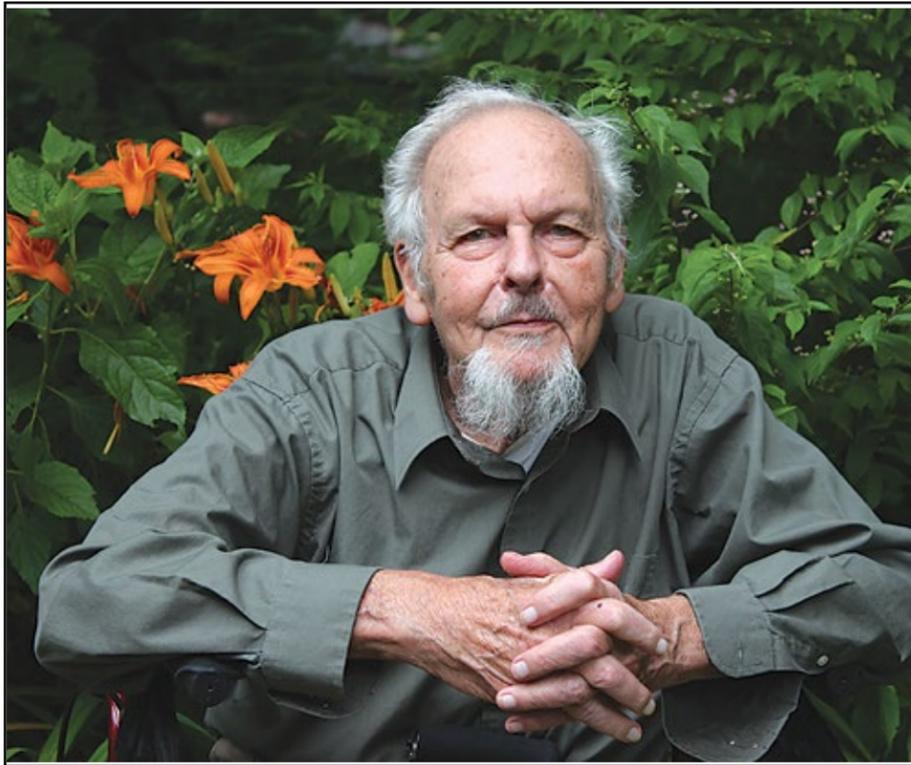
BY HELEN LOWE METZMAN, 17 DEC '17

It's daunting to be sitting at the legendary Dr. James A. Duke's desk typing a tribute to him. It's even more disconcerting to be here in Jim's basement library/office without him hunting and pecking away with his index fingers. I am surrounded by Jim's wealth of books, and his articles, poetry, and prose stuffed inside government-issued file cabinets lining the side wall. How I wish I could hear just one more story...like the story of his dangerous flight over Jamaica inspecting for ganja fields, or the story of going to Iran seeking Persian poppies to replace opium poppies, or going down the Shenandoah and discovering Sweet Annie (*Artemisia annua*) at pit stop number two, or the tale of traveling to China to meet the Chinese fountain of youth.

*Searching for the holy grail
On the Appalachian trail,
When I found the herb they call ginseng.
Growing deep down in the woods,
That's where I got the goods,
That the Chinese call renshen.*

This otherwise outdated office comes alive with artifacts of Jim. Vibrant red colorful fabric *molas* on the walls of cats, fish, demons and the Mexico musician Antonio Aguilar are a reminder of his early beginnings as an entobotanist. Watercolors of voluptuous Panamanian Choco Indian women straight opposite his desk are lovely to gaze at but also a reminder of what a charmer this man was.

Over the never-used brick fireplace in the corner is a highly textured expressionist painting of Jim playing a bass that grows out of tree roots.



Co-author photo of Jim for the third edition of the *Peterson's Field Guide to Medicinal Plants and Herbs of Eastern and Central North America*, 2014, written with Steven Foster. Photo by Helen Metzman

Photos on the wall of his band, The Howard County Dump, conjure images of Jim working steadily on his computer while listening to classical, jazz and bluegrass on his static radio and also every Sunday morning when he religiously listened to *G-Strings* on WPFW. The complete volume set of *The Wealth of India*, botanical references that span the globe, pharmacognosy books, nutritional books, edible plant and mushroom books, as well as many of his own publications are currently shelved neat and tidy even though just a few months ago they were strewn into collapsing piles when he worked tirelessly at his desk in this faded blue computer chair that I am presently occupying.

Jim did not care about the decorative properties of this basement grotto, where he spent so much time as a compiling troglodyte. He did not care one bit about aesthetics. He was a man of the mind. Words mattered. Information mattered. Music mattered. Plants mattered. Family and friends mattered. Teaching and telling stories mattered as did trying repeatedly to get the FDA to test and get fair comparable trials of North American and all medicinal plants alongside Big Pharma and placebos. Walks in the woods identifying local flora mattered. Saving the Amazonian rainforest mattered. Getting folks outdoors and promoting healthy food pharmacy mattered.

He was a tome, a walking encyclopedia with a genteel southern drawl that fluctuated between refined and

red neck. Women would peel off their shirts down to their undies in our classes for him to urticate or flagellate their arthritic backs with stinging nettles (*Urtica dioica*). He dined on BBQ cicadas spiced with Old Bay. He ate live palm beetle larva suri grubs (*Rhynchophorus palmarum*) from the Amazon and coined the word "suriculture." He would stuff creeping Charlie (*Glechoma hederacea*) up his nose to demonstrate how to ward off the anthrax virus. Jim wore bulbs of the stinking rose garlic necklaces to keep away the flu. He cooked Duke's soup du jour for the garden crew every day for years. He made manuka honey antibacterial salves and concocted pomegranate juice stypitics to stop bleeding.

Jim's idea of a research study in the garden was to rub mountain mint (*Pycnanthemum muticum*) on only one of his legs for its pulegone phytochemical, walk through the woods and see which leg ticks prefer. Jim taught us about the ejaculating seeds of the jewelweed (*Impatiens capensis*) as well as the uses of horny goat weed (*Epimedium grandiflorum*). I'm not even going to discuss what he had to say about fava beans (*Vicia faba*). Jim dyed his hippy beard yellow with turmeric (*Curcuma longa*) and chanted shamanic chants, icaros, "mucarita, mucarita" as he reflected on his experience with La Soga and the ayahuasca ceremony. He formulated medicinal living liqueurs with clever labels like *Alzheimeretto*, *Crème de'mentia*, and *Hot-Bloodied Mary*.

He was always on the hot trail of

the latest health issue or herbal discovery and would spend days "crawling" through PubMed data to either support or disclaim the information. He would, in his folksy yet scientific fashion, write plant rants suffused with long lists of phytochemicals of each species and continually update his USDA database to report his findings. Day after day, he broadcasted his rants via his enormous email contact list, interviews on radio shows, newspapers, videos, and on garden tours.

With his humble yet eloquent teaching style, Jim had a unique gift to make phytochemicals, traditional plant knowledge, and scientific research palatable to all no matter their background. Universities, government organizations, garden clubs, homeschoolers, refined researchers, botanists, herbalists, hippies, and wild edible connoisseurs made their way to the garden not just to learn plant medicine but primarily to meet Jim. He was often asked at the tours, "How did you get your interest in plants as food and medicine?"

Jim repeatedly said that he had a charmed life. He was born on April 4, 1929, in Birmingham, Alabama, just prior to the stock market crash. At age five, Jim was introduced to foraging watercress and chestnuts after befriending the lonely old man across the street "who only had his rabbits to talk to." During the depression when he was eight, his family moved to Durham, North Carolina, where Jim became interested in wildflowers and enjoyed going to the woods so much that he worked at a state park in his teens as a junior park ranger.

Not only the woods but also music filled his high school years. The guitar was his first interest as he learned to play hillbilly chords and then moved on to bass fiddle in Raleigh. He played with Homer A. Briarhopper and the Dixie Blues and cut a record called the "Briarhopper Boogie" in Nashville. A singer-songwriter himself, Jim's songs were cut into a vinyl LP, *Herbalbum* in the 80's. He played jazz, big band, blues and bluegrass, and maintained his love of music with jam sessions at the house to his final days of ordering "Alexa" to play his favorite tunes.

After abandoning a music major his first semester at Chapel Hill, Jim eventually received three "academically inbred" degrees at University of North Carolina (UNC) Chapel Hill including his PhD in Botany. It was during his Master's at UNC that he fell in love with Peggy-Ann Wetmore Kessler, who was also pursuing her Master's in Botany degree. Together, they shared botany and music and eventually married in 1961.

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Intelligent Spring Cleaning to Heal the Five Major Organs of the Body

BY TOM WOLFE

I often present the herbal students at Smile the following scenario: Suppose your parents gave you a car at age 16 and told you that would be the only car you would ever own for the rest of your life. After thanking them in jubilation for your first (and final) car, would you take excellent care of that car knowing it was the only one you would have for decades? Well friends and *Pathways* readers, this body given to you is the only one you will know until your death this time around. Like the effects of wear and tear on a car, this body can cause us great suffering if we do not give it the loving care it deserves. So, should we not take excellent care of this temple of the spirit that we call “our body”?

Proper car care requires a regular oil change to remove the accumulated sludge and replace the tired worn out oil with a fresh batch so everything flows smoothly. This article will share the herbal equivalent of changing the oil, which is an annual spring cleaning to do the same: remove the accumulated sludge (called “ama” in Ayurveda) and replace the tired worn out water/lymph with a fresh batch so everything flows smoothly.

From my 42 years of herbalism (Smile began in 1975) I have found there are six stages to the cleansing process. Each of these stages takes one week to perform, and, according to Ayurveda, spring is the perfect time to do “spring cleaning”. As it happens, by so-called coincidence (aka Godincidence), these six weeks needed for a spring cleanse are exactly the same amount of time as the seasonal restraint of Lent in the Christian calendar—Forty Days and Forty Nights. Every year I plan a finish date of the first of May 1st, so I like to begin this six-week program on March 15th to finish on May 1st. None of this is written in stone; however, I would like to share what has proven to work best year after year for “changing the oil” in the spring.

Six Stages of Spring Cleansing

The six stages follow; and for each week I will give you a unique strategy and observation to shoot for in each of the five main organs.

Week 1) Clean the intestinal tract for a week combined with using aperient (gentle laxatives) and astringent herbs along with green herbs and vegetables. This is for the first main organ—the stomach, receptive organ of earth. This also clears the small intestine and large bowel, which form the three main organs of digestion in Ayurveda.



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Our strategy is based on greens, greens, and more greens combined with a simple and easily digested source of protein. My favorite greens include: spinach, kale, beet greens, carrot greens, fresh parsley, fresh cilantro, chard, and dandelion greens.

Week 2) Continue cleaning the three organs of digestion and add in the second week clearing the respiratory system using the three N’s: Neti, Nasya and Nettles. These will be described later if you are not familiar with these practices. This frees up energy in the lungs, the active organ of air.

Week 3) Clean the blood during the third week with copious amounts of Alteratives/Blood Purifiers while continuing to keep the intestines and respiratory system free of stress. This purifies what is called in Ayurveda *Rasa Dhatu*, or element of cleansing water.

Week 4) This is the most important week, which, after preparing the body for a deep cleanse, approaches the Liver—the granddaddy of the body. Clean the Liver while continuing the alteratives, aperients (gentle laxatives) and astringents, and greens. The Liver is the active organ of the wood element.

Week 5) Transform whatever specific main organ is in need while continuing the liver cleansing, alterative/blood cleansers, intestinal cleansing, and greens. This transformative use of herbs is fiery involving the heart as the main active organ pumping the blood.

Week 6) Rebuild the tissues and structure of the body with very nutrient-dense, most easily digested foods and gentle supplements. At this point we will have completed our Forty Day and Forty Night Cleanse and may resume our regular dietary habits.

Here we rebuild the earth element and come full circle.

In three decades of my own purification and observing others’ attempts at physical purification, I have found the biggest error people make (including myself) is to go too fast, similar to binge diets that swing from one extreme to the other in what I would call “binge cleansing”. Here I give you a version of the 4000 years of Yoga Wisdom of how to allow the Infinite Intelligence that lives within us to cleanse and renew gently in a realistic and practical way that increases vitality. We are most blessed in this moment in history to be able to combine take advantage of the best of both East and West: the ancient wisdom of the East with an incredibly diverse, and the sophisticated choice in herbal products made possible by Western technology. I am confident if you follow these instructions and work with the Infinite Intelligence you, too, can find your balance and increase your energy level gently and consistently without a sense of being on a roller coaster.

As many of you know, I have been devoted to an Indian Master named Meher Baba for thirty-four years; and Meher Baba teaches that the first goal in spiritual evolution is to become energy. In Ayurveda energy, or Prana, is held to exist in five distinct forms. In the springtime the energy most available is Udhana, the upward-moving energy, which, coming out of the stillness of Winter (Samana), prepares us for the activity and excitement of

the summer months (Vyana). Not only will this approach keep you off the roller coaster, it will also allow you to keep your strength, vitality, and flow moving upward while freeing congestion and blockages for greater energy in the spring.

Week-By-Week Cleansing Strategies Week One

In the first week, our strategy is to begin the cleansing of the intestinal tract with aperients (gentle laxatives) and herbal astringents. Our primary goal in week one is to remove buildup and toxins from the entire intestinal tract; a secondary goal is to tone the stomach, the small intestine, and the large intestine through the use of herbs with an astringent action.

The easiest way to cleanse the intestinal tract gently and thoroughly is to use Triphala, a combination of three fruits (Tri=3 and Phal =fruit). You will probably find, as most do, that Triphala is easy on the system. I would dose it at two tablets with 6 ounces of water right before bed. This one combination is the favorite of many herbalists because it is so gentle yet deep in action. Triphala is primarily aperient (gently laxative) and astringent, which gives it a toning effect as well to the big three of digestion...the stomach, the small intestine, and the large intestine. I would dose Triphala (which comes from Planetary Formulas in one gram tablets) at one to one-and-one-half grams per 50 pounds of body weight (up to 10 daily) for at least two weeks before concentrating on the third week when we will begin blood purification.

Another part of our week one strategy is to prepare our bodies by lightening the diet (see the sidebar on Kitcharee and cleansing teas) and using a minimal quantity of herbs. The goal is to prepare ourselves mentally and inform the body we are about to begin a more intensive transformative process that may have moments of discomfort. A secondary goal is to carry a sense of reserve energy into the cleansing process so we feel confident we can undergo the cleansing without depression or excessive fatigue.

Our strategy is based on greens, greens, and more greens combined with a simple and easily digested source of protein. My favorite greens include: spinach, kale, beet greens, carrot greens, fresh parsley, fresh cilantro, chard, and dandelion greens. Another herb that is always a great addition to a cleansing regimen is Nettles. We love Nettles and grow copious amounts of it in Smile’s own organic herb garden. We also make Nettles available in tea, tincture, and capsule forms. Gaia Herb’s Nettle Extract Capsules is a

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Mindfulness Meditation:

Stabilizing, Clarifying, and Strengthening Your Mind

BY PATRICIA ULLMAN

Meditation is a way of realizing the fundamental truth, the basic truth, that we can discover ourselves, we can work on ourselves. The goal is the path and the path is the goal. There is no other way of attaining basic sanity than the practice of meditation. Absolutely none.

~ Ven. Chögyam Trungpa Rinpoche

Mindfulness isn't difficult, we just need to remember to do it.

~ Sharon Salzberg



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Mindfulness is the innate ability to be fully present and engaged with what's happening in the present moment. It's being "on the dot," not sidetracked by our wandering minds that tend to default to anything other than what's actually going on. When we're more present and less caught up in our own thoughts, we become more available to others, more accurate and productive, and more content.

This natural but untrained ability to be fully present is cultivated through mindfulness meditation practice. An untrained, "mindless" mind is like a wild horse: it is beautiful and full of energy; but not only are we unable to ride it, we are constantly dragged around by its seemingly independent power. Your mind can seem to have a mind of its own.

Having an out-of-control mind creates a lot of unnecessary stress, because you are constantly trying to navigate through an endless clamor of ricocheting thoughts, which spark emotional responses in endless chain reactions. This makes it very difficult to relate fully with what is in front of you, as your attention goes in and out of focus. We all miss so much of our lives in this way, and we waste a lot of time and energy.

If you think of your mind as being like a jar filled with water and colorful sand, you are usually so speedy and distracted that the jar is constantly shaking, sometimes even turning upside down with confusion, forgetfulness, and rug-out-from-under-you emotions. You can expend all of your energy trying to keep the many threads of your life going, losing track and trying to recover, taking sidetracks before you even know it, forgetting where you were in the first place, and being unclear about your priorities. For example, many of us routinely begin our workday by instantly turning on the computer and letting our first email dictate where we go from there, which can easily snowball into a disorganized, inefficient use of our time. The sand in our water jar is so agitated that the water is murky and unclear. In this stirred-up state, we can't see anything, and we bounce reactively from

one thing to the next, feeling anxious and out of control.

Mindfulness meditation allows the sand to settle so the water becomes calm and clear. This practice trains the mind to be more fully in the present. It is a gentle and skillful technique for reconditioning ourselves to come back and be here. Using the example of the wild horse, you can imagine the skilled trainer who very slowly, gently, but persistently works to make a relationship with the horse. The training is conducted with an attitude of respect for the horse's power, with no intention of subjugating or reducing that power in any way. On the contrary, the whole point is to develop a mutual familiarity and trust so the energy is fully available—so the horse can be ridden with enjoyment. Eventually, the horse and trainer develop a mutual understanding and respect, and in that way, they realize their full potential together. This takes patience, discipline, skill, and love.

One of the Tibetan words for mindfulness meditation is *shiné* (Sanskrit: *shamatha*). In English, this means "resting the mind," or "peaceful abiding." By taking time to stop and let your mind rest, without reacting to its jumpy profusion of habitual thoughts and feelings, you gradually settle and become more familiar with being simply present. By letting your thoughts come and go and returning to your breath again and again, you strengthen your innate ability to connect fully with what is going on around you.

A traditional image for steadying the mind in meditation is that of a candle flame burning uninterrupted by wind. When a flame is sputtering and flickering in the wind, the light it gives off is reduced, and it is harder to see where you are. But when the flame is steady, it illuminates everything around it. So likewise, when our minds are relaxed and still, resting in the present moment, we are able to see what is around us without the sputtering and flickering of our running commentary about it, including all of our habitual

thoughts, judgments, hopes, and fears.

Another Tibetan word for meditation is *gom*. (Tibetans have many words for meditation, like the Northerners do for snow!) *Gom* means "familiarizing," or "getting used to." When you first sit down to meditate, your mind can seem unfamiliar and wild, like the untamed horse. This is such a universal experience that the Tibetans compare it to a waterfall—a cascade of thoughts all tumbling over each other. People often remark with alarm that meditation is making their minds more busy and crazy; but what is really happening is they are observing that busyness fully, for the first time. As you make a relationship with your mind through regular meditation practice, you quickly become more familiar with your own recurring patterns of busyness and with the way you alternate between being caught in thoughts and fantasies and then returning, again and again, to the simple, present situation where you are just sitting and breathing.

This pattern of clumsiness, practice, and eventual familiarity/mastery is how we go about learning any new skills. Just remember what it was like to learn how to drive a car. For me, it was completely foreign to get into the driver's seat and figure out what in the world to do: where to put the key, where to put my feet, how to relate with the mirrors, how to judge distances on each side of the car, how to look at the speedometer and drive at the same time, etc. I remember my father being terrified in the passenger seat and more than once slamming his foot down instinctively on imaginary brakes. But with practice and study, we internalize the rules of the road and join them with the physical act of driving, until it all eventually becomes familiar and coordinated—second nature. This same thing happens when we're learning how to meditate.

Meditation also has the effect of strengthening your mind. Each time you deliberately, gently let your thoughts go and return to your breath, you are shifting your habit of letting

your mind randomly drift to being able to hold it more easily and naturally on what's occurring in the present. Not only does it shift your habits, but it also literally reshapes your brain in beneficial ways.

Many studies are now showing that even short amounts of practice, like thirty minutes per day, cause measurable changes in the brain that can be tracked on a brain scanner. For example, controlled studies show that the amygdala, which is the primitive part of the brain responsible for our fear response (commonly known as the fight, flight, or freeze reaction) and anxiety-related emotions, actually shrinks in size—its brain cell volume decreases—after mindfulness practice. Similarly, the gray matter in the parts of the prefrontal lobe related to functions like planning, problem solving, and emotional regulation has been found to increase with mindfulness meditation.

Thanks to many scientists and researchers today, like Jon Kabat-Zinn and Richie Davidson, among others, the experiences that meditators have observed directly for millennia are now being measured and explained in modern scientific language. This is bringing a new acceptance of the ancient practice of meditation into our culture.

Mind training has been missing for too long in the West. It is an essential and basic tool for a full and healthy life, and it benefits people of all ages, no matter how young or old. What could be more basic, and more important, than being in touch with yourself in a clear and accepting way? What could be more natural than learning to ride the horse of your own mind?

Meditation Instruction

Short sessions of meditation done regularly are more valuable than longer sessions done only occasionally. Find a regular time in your day when you can stop for ten to twenty minutes and meditate. When you have more time, it's helpful to sit for longer periods. Finding a group to do this with is invaluable, as well as a trained meditation instructor for support.

Preparation

- Find a place in your home where you can close the door and have this time to yourself. Choose a seat that helps you to be comfortable and upright (if possible)—a cushion on the floor, or a sofa or chair. Sitting on your bed can be a good option too. If you're at work, you may be able to use a conference room or staff room if you don't have a private office. (Meditation is becoming more acceptable in many workplaces, so you might even start something!) The easier you can make it for yourself, the more likely you will be to do it regularly.

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America's Broken Criminal Justice System

Hard-Hitting Reality Checks That Affect Us All

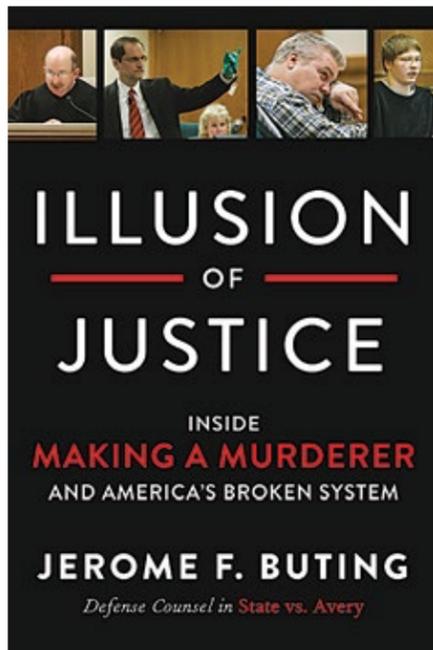
REVIEWS BY ALYCE ORTUZAR

Both of these books describe case studies that reflect how our system of justice and overall democratic processes are so flawed, they are too often mere illusions and legal fictions. The plights of the individuals and their families highlighted are both sad and also infuriating, because the documented injustices leading to incarceration are too often deliberate. These broken systems target certain populations and consume lives and money that can certainly be used to generate better outcomes with more widespread benefits. If only we as a society cared.

These gripping and well-written narratives are calls for actions amidst evidence of profound harms perpetrated by our laws, police, courts, prosecutors, and judges. The checks and balances that should distinguish a democracy are deliberately undermined and underfunded. The individuals and families targeted are too poor to defend themselves against what amounts to legal bullying—one constitutional violation after another (including falsified drug test results) perpetrated by the very institutions designed to protect against such illegal intrusions. There is nowhere for these poor and largely nonwhite victims to go but to newly constructed (i.e., costly) prisons that were also seen as a jobs program, so they tend to be concentrated in economically depressed and mainly white rural areas.

That prisons are the best economic “opportunities” we as a society can offer to unemployed or underemployed workers is an unacceptable commentary on our current political, economic, and moral paradigms. The motivation for filling the prisons thus appears to be as revenue streams to compensate—albeit inadequately—for state and federal tax reductions extended to the wealthy. But the costs of what today has become mass incarceration have far exceeded the unsound economics that significantly reduced tax revenues from the richest corporations and individuals. The mainstream media too often lend support for and even perpetuate this anti-taxation hysteria, as revenues for domestic needs and effective programs decline. “Our labor market is broken. There are not enough jobs, let alone enough good jobs.” Workers who are in jail are also not competing for ever-diminishing jobs with low wages that continue to decline.

Prison contracts with private companies that hire out prisoners who are paid pennies are another national scandal. Once released, these workers now have a prison record that continues to bar them from many, if not most, jobs. Although state and local “Ban the Box” campaigns have started to reverse this trend by not permitting questions about criminal backgrounds on initial job applications, with very

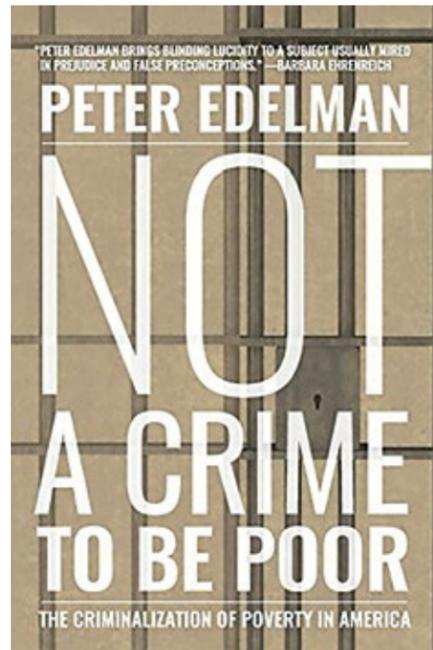


Illusion of Justice: Inside Making a Murderer and America's Broken System

By Jerome F. Buting, Defense Counsel in *State vs. Avery*
HarperCollins: New York
2017; 359 pages; \$27.99(HB)
ISBN 978-0-06-256931-8

good results; the long list of nonviolent “crimes” that so many individuals can still be convicted of and sent to prison for continues to defy logic, sound economics, and any semblance of moral decency. In “Illusion of Justice,” criminal defense attorney Jerome Buting documents “lawless milieus” confronting case after case of innocent suspects who were convicted anyway and sent to prison, helped by inadequately funded resources needed to first keep them out of jail and then to try to free them.

Noted inadequacies include an absence of legal representation despite the 1963 *Gideon versus Wainwright* Supreme Court decision affirming that the Sixth Amendment of the U.S. Constitution guarantees the right to legal representation for criminal defendants in all federal and state courts. Yet children assigned to an adult court today do not necessarily appear with legal representation, and both books are filled with too many similarly sordid examples of judicial and constitutional lapses. Buting sadly notes, “Far too often, to be charged with a crime is to become something less than human,” because law enforcement has evolved to “a de facto monopoly on wisdom and truth telling.” He points out how “men and women, some of them barely more than boys or girls, move through the machinery of the system on conveyor belts that rarely lead to trials or justice” but directly to prison. He is critical of prosecutors who are able to corrupt the system “by distorting the truth and even destroying or hiding evidence to mislead judges and juries to ensure a



Not a Crime To Be Poor: The Criminalization of Poverty in America

by Peter Edelman
The New Press: New York
2017; 293 pages; \$26.95 (HB)
ISBN 978-1-62097-163-5

guilty verdict. The judges themselves become complicit.”

Because evidence of prosecutorial misconduct can take years to uncover and prove, Buting calls for “restraints on any presumption of virtue afforded to prosecutors as they cut corners with the truth and with the rigors of due process. A defense lawyer must be skeptical when law enforcement, prosecutors, or both try to control” so-called objective processes that test and interpret the evidence in a trial—while hiding conflicts of interest and personal bias against what are often already marginalized defendants forced into these potentially amoral charades. “When crack cocaine flared into the national consciousness, many corrosive ideas originating in the political arena were imposed on the criminal justice system, including mandatory minimum sentences and lowering the age at which teenagers could be tried and punished as adults.”

Buting also argues against transforming social problems into criminal cases and challenges mass arrests as a one-size-fits-all solution to complex issues. “Moving those ailments behind bars far too often solved nothing.” For many of these defendants, drug use substituted for underperforming schools that then led to poor job prospects. Trade bills passed by Congress sold the economy to the highest campaign contributors by moving good manufacturing jobs offshore in a race to the bottom for low wages, no unions, and few if any health and safety regulations.

He raises concerns about the potentially negative influence on civil rights from electoral politics. His examples cite judicial proceedings and decisions that violate civil rights, which are handed down by elected judges who have to run for re-election. He decries the many underfunded public defender offices but does cite some well-run exceptions (Portland, Denver, and Seattle). Claims that an innocent man finally freed after spending decades in jail is an example of a system of justice that is working are disparaged. His evidence also dispels myths about the reliability of so-called eyewitnesses and confirms the influence of race and socioeconomic status on law enforcement practices and outcomes.

Not a Crime To Be Poor reflects Peter Edelman’s unwavering advocacy for the most vulnerable among us. His books detail our moral failures as a nation at every level of government that date back to the founding of this country. Existing “almshouses, workhouses, and poorhouses” later became “pauper auctions toward the end of the nineteenth century.” The New Deal finally “began to reach the poor in positive ways. Social Security, unemployment insurance, and fair labor standards made an enormous difference.” Then “the sixties saw an explicit focus on reducing poverty.” Overall rates fell “from 22.4 percent in 1959 to 11.3 percent in 1973; African American poverty dropped from 55.1 percent to 31.4 percent.” These improvements were attributed to “the historic civil rights statutes enacted during the sixties. Beginning in the seventies, progress slowed and public attitudes regressed.” By that time, the enacted policies had enabled “more than ninety million people to live above poverty.”

Edelman informs us that “poverty is not only a cause of acquiring a criminal record but also a consequence.” Over the past thirty-five years, “poverty would have been 20 percent lower but for mass incarceration and its consequences. By age twenty-three, approximately half of African American men have been arrested at least once. Some 45,000 laws impose bans on people with criminal records, including prohibitions on everything from voting to obtaining a license to cut hair.” Employment gap estimates resulting from having a criminal record “cost the gross domestic product up to \$65 billion a year, and the cost of mass incarceration tops \$80 billion per year.” Some 100,000 released offenders annually are denied public housing and Section 8 vouchers, in addition to temporary cash assistance or financial aid for higher education. These denials “almost always ensure a permanent state of poverty” with future crimes committed out of desperation.

That “87 percent of employers use

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

Side makes him a gentle and wise teacher, healer and medium.

Trump's Assault on Solar Masks an Epic Crisis in the Nuclear Industry

BY HARVEY WASSERMAN

As Donald Trump launches his latest assault on renewable energy—imposing a 30 percent tariff on solar panels imported from China—a major crisis in the nuclear power industry is threatening to shut four high-profile reactors, with more shutdowns to come. These closures could pave the way for thousands of new jobs in wind and solar, offsetting at least some of the losses from Trump's attack.

Like nearly everything else Trump does, the hike in duties makes no rational sense. Bill McKibben summed it up, tweeting: "Trump imposes 30% tariff on imported solar panels—one more effort to try and slow renewable energy, one more favor for the status quo."

The administration's public excuse for imposing these tariffs is to "defend American workers," and foster the production of panels here at home. The political impetus came primarily from two manufacturers—Suniva and SolarWorld—that manufacture in the United States, but are principally owned by foreigners. Ironically, a majority of Suniva is actually owned by Chinese investors, and the company is currently involved in a tortuous debt dispute that has clouded its future.

SolarWorld's parent company, based in Bonn, Germany, has been involved in bankruptcy proceedings that prompted its owners at one point to try to sell the company's American holdings, primarily a manufacturing facility in Oregon.

China's record on renewable energy is mixed. The nation has long been committed to nuclear energy, and currently has thirty-eight reactors in operation. After the 2011 Fukushima disaster in Japan, China staged a major re-examination of its new reactor projects, but has since committed to building another twenty.

But China has also poured immense resources into leading the world in photovoltaic cell production. It flooded the field with below-cost, government subsidized panels that helped drive the photovoltaics giant Solyndra into bankruptcy. Solyndra defaulted on a \$500 million Obama loan, prompting a high-profile assault on renewables from fossil and nuclear advocates.

In 2011, then-U.S. Senator Sander Levin of Michigan charged the Chinese with unfair trade practices, saying in a statement, "China is systematically deploying an arsenal of trade distorting policies to corner the global market in green technology products, whether it be electric cars, wind turbines or solar products."

But in the years since, the burgeoning U.S. market for cheap Chinese



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panels has birthed a very large industry. More than a quarter-million Americans now work in photovoltaics, with most of the jobs in building desert arrays or perching the panels on rooftops. Except for the very marginal pressure from Suniva and SolarWorld, solar advocates have focused on the rapid spread of low-cost panels, even if they come from China.

Powered largely by Chinese product, the cost of a solar-generated watt of power has dropped from \$6.00 in the late 1990s to around \$0.72 in 2016. Further drops are considered inevitable. At that price, there is virtually no economic margin for any other new energy production construction except wind and natural gas. Even gas—with its uncertain long-term supply—is on the cusp of being priced out.

Thus, the industry's reaction to Trump's solar panel tariff has been fierce. "We are not happy with this decision," Abigail Ross Hopper, president of the American Solar Energy Association, told Reuters. "It's just basic economics—if you raise the price of a product, it's going to decrease demand for that product." Trump's move is predicted to drop upcoming solar installations by 10 to 15 percent and cost some 23,000 jobs.

Sustainable energy professor Scott Sklar, in an email to *The Progressive*, estimated that Trump's 30 percent tariff will, after four years, "retard the solar market by 9 percent, cause the loss of thousands of U.S. jobs, and not save the two companies that brought the anti-competitive tariff request initially. The tariff was a political statement to China rather than specifically addressing the health of the U.S. solar industry and increasing U.S. solar jobs."

Two major developments in the nuclear power industry further illustrate the absurdity of Trump's decision.

In California, the Public Utili-

ties Commission has gutted a major agreement that would have kept two mammoth reactors at Diablo Canyon operating for several more years. The landmark deal—cut between Pacific Gas & Electric, the host communities around San Luis Obispo, the reactors' union workers and two environmental groups—called for PG&E to collect some \$1.3 billion from ratepayers.

But the California commission cut PG&E's take to about \$300 million. To continue running the two fast-deteriorating old reactors would require massive capital repairs. The company also has admitted that all of Diablo's power can be otherwise produced with zero- and low-carbon green technologies.

While Trump's tariffs may slightly alter the math, they're not expected to make photovoltaics, wind, geothermal, or increased efficiency more expensive than the power Diablo might generate in the coming seven years. Thus, Diablo opponents like Linda Sealey of the San Luis-based Mothers for Peace are extremely hopeful for early shutdowns.

"We think this makes it likely they'll shut as early as 2020," she told me January 18 on California Solartopia at

KPFK radio in Los Angeles. "They just can't compete."

A parallel fate may soon overtake Ohio's ancient Perry and Davis-Besse reactors on Lake Erie. Because the increasingly decrepit nuclear plants have been priced out of the market and face huge capital repairs, their owner FirstEnergy has been desperately begging the Ohio legislature for massive bailouts, which it has so far resisted. As a result FirstEnergy is poised to go bankrupt, and may soon be bought out by financiers expected to insist the two reactors finally shut. A decision is expected in April.

The shutdown of four more major reactors would be a huge blow to the downwardly spiraling atomic energy industry. California's booming solar business employs more than 100,000 Americans, more than are currently digging coal nationwide. The void left by Diablo's shutdown would generate thousands of Golden State jobs and billions in renewable revenue.

In northern Ohio, massive wind potential is also poised to create far more jobs than are currently in place at the two reactors, with energy to be generated far more cheaply. Overall, the closure of these four high-profile plants would thus accelerate the already rapid run away from nuclear power toward renewable sources, regardless of any attempt by the Trump Administration to alter the course.

Harvey "Sluggo" Wasserman's "California Solartopia Show" is broadcast at KPFK-Pacifica 90.7FM in Los Angeles. His "Green Power & Wellness Show" is podcast at prn.fm. His History of the US and Solartopia! are at www.solartopia.org, which will publish his America at the Brink of Rebirth later this year. See also his ad on page 78.

This article first appeared online in January 2018 at progressive.org (<http://progressive.org/dispatches/trumps-assault-on-solar-masks-an-epic-crisis-in-nuclear-180125/>) and is reprinted here with the author's permission.



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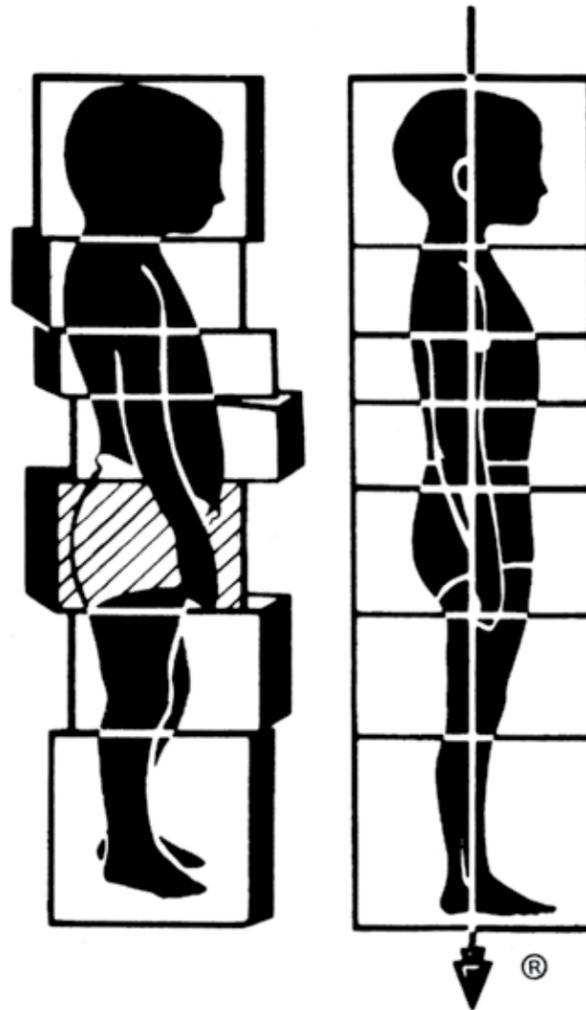
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Patanjali on Asana Practice: Wise tips about doing Yoga poses



BY CLAUDIA NEUMAN

Now that spring is here, you might find yourself more motivated to start your Yoga practice. Before you jump into that “spring detox flow Yoga” class at your local studio, keep in mind the words of wisdom from the great “father” of Yoga, Patanjali, on how the asanas (poses) can and should be done for maximum benefit.

Patanjali, who lived around 200 B.C., is known mostly for compiling and synthesizing the system today we call Yoga. His much studied and translated book, *The Yoga Sutras*, is made up of 196 Yoga aphorisms, which are short, meaning-filled pearls of wisdom, all stitched together perfectly. In this article we take a closer look at Patanjali’s specific Yoga sutras about asana (poses), as a guideline for how to practice them. At the end, I’ve put together a simple practice that can be done to prepare the body and mind for all the increased energy of springtime.

Longevity vs. Brevity

Before we go into the asana sutras, here are a couple of thoughts to consider. The practice of Yoga is not a “one size fits all” sort of endeavor. The images of beautiful yogis doing complex poses with grace and ease blazoning the covers of Yoga magazines are almost a misrepresentation of Yoga, in my opinion. Cultures throughout the ages have long admired physical perfection and made a lot of it. There are countless promotional articles and blogs touting the goal of the practice is to use the yoga poses to get six-pack abs, a great “Yoga butt”, “defined arms”, or core strength. Bodily strength, coordination and vitality are obtainable through any physical regime done with focus and consistency, and also available through practicing the poses of Yoga. However, the idea is to create something sustainable for *your* body, *your* life, and *your* temperament that you can build on for years to come.

Ultimately, the goal of Yoga is psychological, not physical. Yoga practice is aimed at developing your ability to choose actions and thoughts that lead you to a closer relationship to your own soul. Yoga is a system of practices that enables one to “un-do” the learned behaviors that have hidden the light of one’s own soul.

Patanjali’s method recognizes that suffering can and should be avoided. When we look to the outside world for

happiness, validation and fulfillment, temporary solutions are provided. Yoga is about finding the permanent solutions; it is always guiding you to your soul’s wisdom. So, the attitude, the intention and the effort you make towards doing the asanas means a lot. Hopefully you are thinking about the practice as something more than just getting a good stretch or workout.

In short, you can be really great at doing Yoga poses, but never experience Yoga; and, you can have deep and abiding experiences of Yoga, without ever doing a Yoga pose. Therefore, it’s not what you can do with your body that counts, but *how* you do it that brings lasting transformation.

The Sadhana Pada, Sutras 2:29, 2:46 – 2:48

Out of all 196 Yoga aphorisms by Patanjali, there are only four that actually refer to asana (poses). These come in the second chapter entitled “Sadhana Pada.” The word *Sadhana* means “daily spiritual practice,” or the foundation of all spiritual endeavors. It refers to the effort of the individual, the *sadhaka* (one who practices), who is progressing toward the ultimate expression of reality, which is *Samadhi*, or “waking up.”

The first mention of asana is in Sutra 2:29. Patanjali is outlining the *Ashtanga* (“ashta” means eight, and “anga” means limb) Yoga system, which is characterized by the **Eight Limbs of Yoga**. This is a comprehensive set of guidelines on how to live a purpose-filled life toward the goal of Yoga.

These eight limbs are: the *Yamas* (observances towards others); the *Niyamas* (observances for oneself); *Asana* (poses); *Pranayama* (breath retention); *Pratyahara* (withdrawing of the senses from the outside world); *Dharana* (sustained concentration); *Dhyana* (meditation); and, finally, *Samadhi* (spiritual absorption).

The Yamas contain 5 practices. They are: *Ahimsas* (non-violence); *Satya* (truthfulness); *Asteya* (non-stealing); *Brahmacharya* (continence, control over physical impulses); and *Aparigraha* (non-attachment).

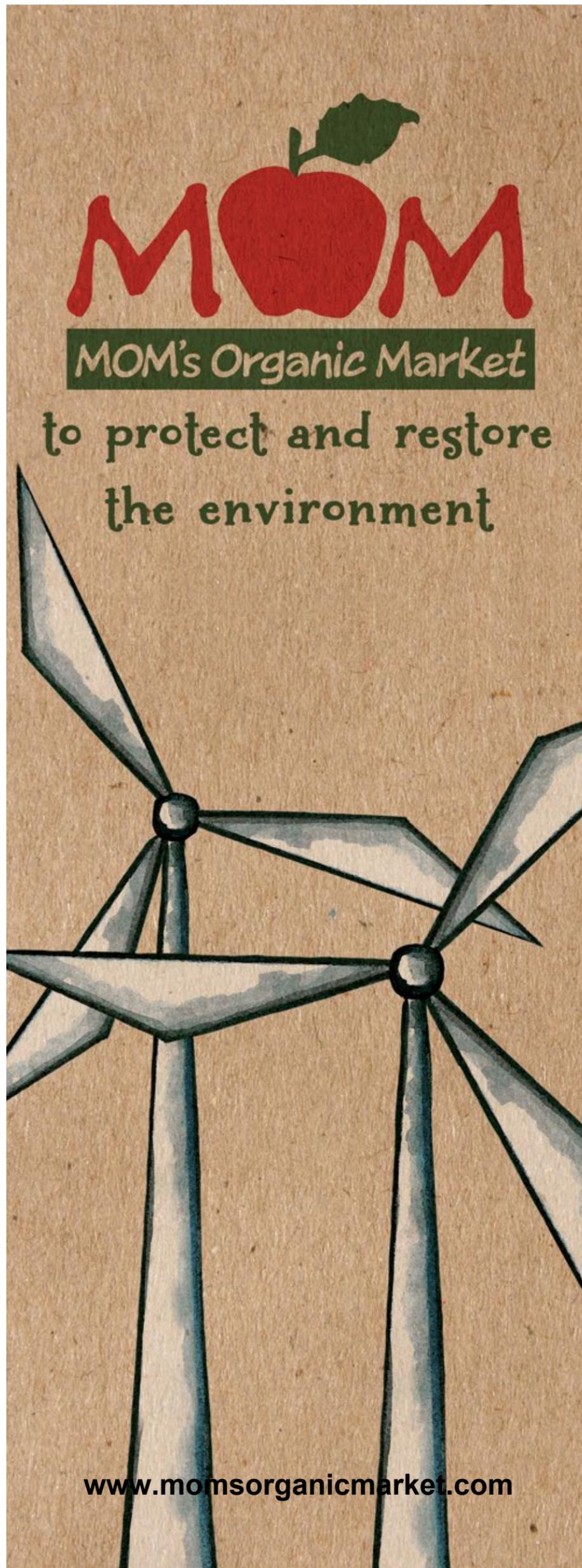
The Niyamas also contain 5 practices, which are: *Shaucha* (purification); *Santosha* (contentment); *Tapas* (asceticism); *Svadyaya* (self-study); and lastly, *Ishvara Pranidhana* (trustful devotion).

The third limb is “Asana” or posture. He mentions it in this initial sutra that introduces all the limbs, Sutra 2:29, and then goes into some detail in Sutras 2:46-48 about what it actually is, how to practice it, and, what one can expect if it is done properly.

Sukham and Sthira

Sutra 2:46 states: “Sthira-Sukham Asanam,” which is translated to mean, “A stable and comfortable posture is asana.”

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Creating for a Cause: Activism in the DC Music Community

BY ANNIE STOKES

When I was little, I loved two things: creating things, and the forest. I was always writing a story, or making up a play and forcing my sister to be in it, or scheming up ways to build a fort with curtains and electric lighting. I also very distinctly remember driving past razed trees and construction vehicles and feeling like the world was ending. I knew very little about global warming or sustainability (it was the nineties), but I felt an almost physical sense of pain when the environment was destroyed. I decided that when I grew up I would be a famous actress and use my money to preserve undeveloped tracts of land. Not only did this seem like a totally reasonable goal to my 11-year-old self, but I also felt like it was accomplishing two things at once.

Flash forward about 15 years, and I was the same in many ways: I was still an artistic person and I still cared about the environment. But I was also a lot different. I felt smaller. I felt less powerful and capable. I was a little more cynical. And somewhere along the way, I absorbed the message that only

certain people can make a difference—politicians and scientists, specifically. Given my abysmal chemistry grades and my tendency to cry during debates, I figured I was out of the game, activism-wise. Around the same time, I started to feel disillusioned with making music. I still loved it and craved it, but I was questioning its deeper purpose. I had a small yet faithful group of fans in the DC area, but I didn't know exactly what I was giving to them, myself, or the world. I felt very disconnected from the things I cared about.

And then something clicked. Maybe that mindset—I'm small and meek and don't know calculus—was a huge factor in why we were in this mess to begin with. Maybe everyone thought they couldn't make a difference, and so they



never tried. Maybe everyone was good at something for a reason. And there I was again: a skinny little kid, with body glitter smeared inexpertly all over her face, earnestly telling her class she was absolutely going to prevent deforestation and save winter and the whales and the planet... through song. If the one

thing I'm really good at in this world is writing lyrics and stories and performing them for people, then I would use it to save the world.

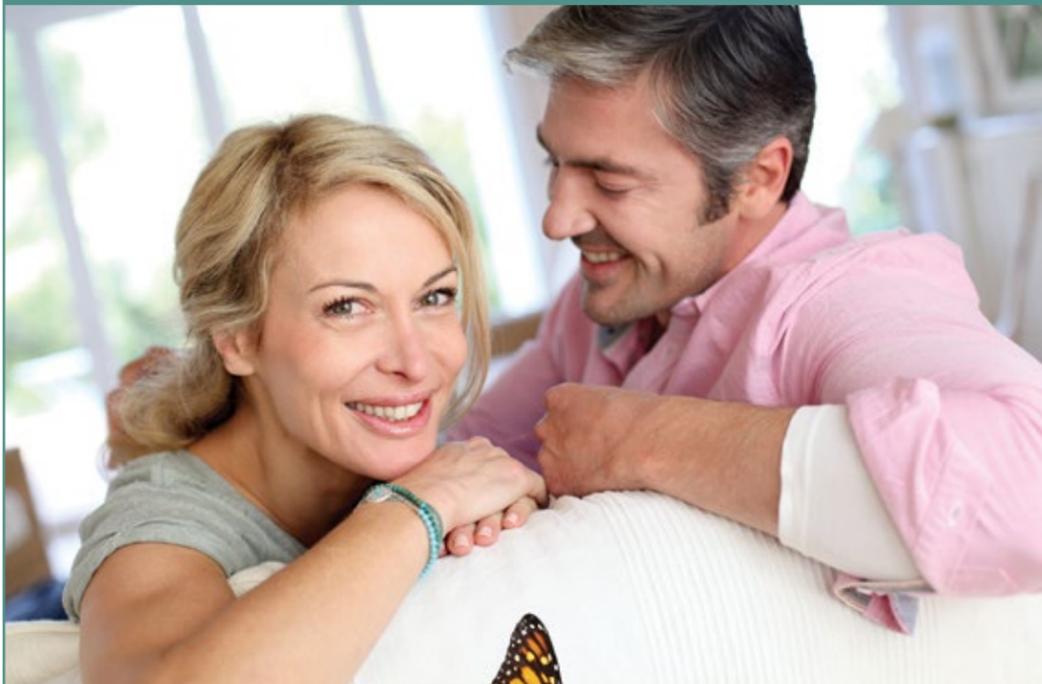
I decided I would accomplish this by releasing a collection of folk songs loosely written about places and people whose lives were changing through man-made climate change. There's a song about the Carolina coastline, and one about the Shenandoah Valley. One about the manufacturing culture of the Rust Belt, and one about the often-

times capitalist nature of religion. Ten percent of the proceeds of ticket sales, merchandise, and streaming royalties would go to two organizations I felt promoted sustainability on a very personal level (even though I obviously believe in the importance of policy change): Conservation Music and Trees, Water & People.

A fellow DC musician named Alex Paullin created Conservation Music after he found himself at a similar "crossroads" of pursuing both music and environmental activism. I was attracted to this organization because it not only represents the passion and awareness of the Capital's music scene, but it operates on the belief that local culture is crucial to promoting sustainability. Right now, Conservation Music works with subsistence communities in the African countries of Angola, Botswana, Lesotho, Mozambique, Namibia, South Africa, Swaziland, Zambia and Zimbabwe. Because subsistence communities survive directly on the land, climate change affects them the most. Conservation Music creates music media that tackles issues like erosion, overfishing,

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



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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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A Great CAUSE: Urban Farming at UDC's Muirkirk Farm

BY RACHEL CARILLO

What do aquaponics, Nigerian rice, solar power, and fresh produce for the inner city have in common?
A very just CAUSE for a capital region that thrives on causes.

Looping off the Beltway into Beltsville, MD, we find a slice of sustainable, multi-ethnic agricultural heaven at the University of the District of Columbia's (UDC) Muirkirk Farm Experimental Research Station. From food justice activists and urban farmers keen on eradicating the harmful effects of chemicals and toxins in fertilizer to Nigerian immigrants growing drought resistant rice, the Farm is an operating education center for all.

The only designated urban land-grant university in the U.S., the farm is a centerpiece of UDC's College of Ag-



Aquaponics nourish seedlings and starters in a greenhouse, fed by water nutrient rich with fish waste. Photo by Rachel Carillo

riculture, Urban Sustainability and Environmental Science, better known by its acronym "CAUSES." When I visited on an overcast, rainy day in January, the muddy aisles between greenhouses and solar pumps and panels made me feel like I was walking through a

biosphere. It struck me how the farm's name sounds a bit like the research station on the TV show "Lost," where a diverse array of scientists and humanitarians, cooks and gardeners were sent to a hidden island to live in a new form of biosphere. Such is not the case

with Muirkirk Farm, however, as more seem to be "found" than "lost" on its 143 acres.

Organically and aquaponically grown kale and microgreens, ghost chilies, African eggplant and Thai basil are just some of the green goodness growing in greenhouses. Outside, fruit trees like Asian pears await the Spring. Solar panels and solar pumps glint along the acreage, between alley crops and some of the greenhouses and picnic shelters. Most of the alley crops and gardens were with cover crop for the winter, so I didn't get to see the farm "in action" outside the aquaponic and hydroponic. A veritable mountain of compost rose above the greenhouses as an ode to sustainable agriculture, and I learned local farmers can come to take some of the compost for their own fertilizing needs.

The greenhouses of CAUSES also grow all manner of lettuce and leafy greens, tomatoes and herbs. Local food justice programs like Bread for the City and DC Central Kitchen have dedicated acres on-site to farm and grow

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ON THE PATH

A Great CAUSE: Urban Farming at UDC's Muirkirk Farm ...continued from page 25

nutritious produce to serve the hungry in Washington. It's very much at once a local and global enterprise, with international researchers and farmers coming together to serve the local DC community through science and food. And with international attention and collaboration with the United Nations' Sustainable Development Goals, it appears Goal 2 (no hunger) and Goal 12 (responsible production and consumption) meet at this intersection of local and global.

In a city where finding common ground is often a challenge, Muirkirk Farm welcomes a diversity of peoples and talent to collaborate in serving its mission of the continual study of sustainable and organic agriculture, and how to apply these techniques in urban farm settings. On any given day, the people who join in learning about farming microgreens grown by aquaponic systems or drought-resistance rice could include solar technicians, agricultural scientists and researchers, local chefs, urban farmers, gardeners, immigrant communities from West Africa and the Caribbean, and local high school students. As an extension of the farm, UDC CAUSES' students host a farmer's market from May-November at the Van Ness campus, boasting cooking demonstrations, greens and fruits crops grown at Muirkirk Farm, as well as offering a multitude of other regional farmers selling their produce.

Clients and staff of local food banks learn to grow and share healthy produce. It truly takes a village—and an off-Beltway village at that—to grow nutritious kale and collard greens for DC-based hunger-relief nonprofits like Bread for the City and DC Central Kitchen. Their staff and volunteers come to Muirkirk Farms and work miracles on their three acres of donated land. Together with UDC CAUSES students, these nonprofits are turning DC food deserts into veritable food oases. The result? A cascading abundance of microgreens, kale, squash, strawberries and Asian pears (to name just a few) finds its way to the heart, hearth and homes of DC residents who normally go without access to fresh, nutritious produce.

While touring the farm, I had the chance to meet up with Eugene Faison, an entrepreneur working on food storage via solar-powered mobile refrigeration “cubes.” Grid-tied electricity was not working the day I visited, though the mobile cube was hummily operational with its battery storage, keeping stacked bags of rice cool in one corner. By using solar power, it appears the future and the now of food storage and energy needs meet a nexus at Muirkirk Farm. Urban food deserts may be turned more into food oases with the advent of this type of storage, and ready access to a mobile unit that houses fresh produce.

During my visit I also met Chef Herb Holden, who works with UDC on education and outreach across the District. He helps run the farmer's market at



Chef Holden conducts a cooking demonstration at UDC using fresh produce harvested from Muirkirk Farm. Photo by Herb Holden

Van Ness, as well as the demo kitchen on-site. The learning kitchens are in established pods—elongated and redesigned trailers dotting the far end of the research farm. Chef Holden explained how aquaponics closes an agricultural loop. The aquaponic water is filled with nutrient-rich fish poop, which flows out in labyrinthine pipes from the fish-filled tanks to the seedlings and starters in the greenhouses. Bigger fish “retire” from their work in the aquaponics systems, and are then smoked in the demonstration kitchen building, which boasts a hand-built smoker designed by Chef Holden. Veggies and peppers grown on-site are smoked, too. Chef Holden is excited for spring when the smoking of fish and chilis commences. Other chefs from CAUSES as well as the Hay-Adams' hotel have access to the microgreens and produce and the smoked tilapia, too. With the aquaponic fish being cooked for consumption, nothing is wasted, students learn farming and cheffing skills, and CAUSES meets its mission of conservation and sustainable farming.

Perhaps it is no wonder that part of the Farm's name—“Muir”—is the same as the founding father of wilderness conservation and co-founder of the Sierra Club: John Muir. While no one has confirmed this to be the case, I like to leave it to the imagination. After all, Muirkirk Farm operates like a conservation and preservation program in its sustainable farming practices.

Muirkirk Farm has a special way to close the locavore loop in true farm-to-table fashion. It is located at 12001 Old Baltimore Pike Road in Beltsville, Maryland. The farm is managed by Che Axum, Director for the Center for Urban Agriculture & Gardening Education in the College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES) of the University of the District of Columbia.

For more information on Muirkirk Farm, contact Che Axum at mchezaji.axum@udc.edu. For more information on CAUSES, visit www.udc.edu/causes or call (202) 274-7124.

Rachel Carillo is a gig-economy writer, social and climate activist, share-economy denizen and public transportation lover who devotes her time and talents to advocating for causes near and dear to her heart. With a Master's degree in International Studies, she has traveled extensively, lived bi-coastally, and is obsessed with noodles. She is currently staying in the DC area while writing her first novel.

On Your Spiritual Path

BY MISTY KUCERIS

For most of the Spring 2018 quarter, life seems simple. You want to review the boundaries you've created in life and see how those boundaries define you. You also want to look at the structure you've created to support your lifestyle. Structure means everything from your daily routine and your work environment to your home environment and your health regiment. Structure means the concepts you have that you live by. It also means the spiritual approaches you have to situations in your life that determine your moral and ethical attitudes.

All of this is important because in May, Uranus enters a new sign, Taurus. The entry of Uranus into the sign of Taurus indicates a major paradigm shift that occurs every 84 years and lasts for approximately seven years. It means you re-evaluate your goals and determine if you are on your spiritual path. It also means new information will enter your life, which helps you re-evaluate your goals.

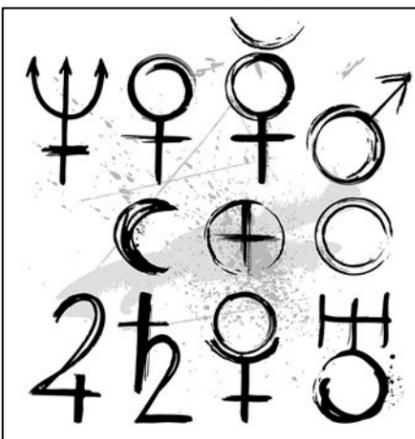
A full Moon with the Sun in Pisces and the Moon in Virgo occurs on March 1st as the Spring Quarter of 2018 begins. Usually when a full Moon occurs,

you want to make changes in your life and let go of situations or people who stand in the way of your success. But this is not quite so easy to do at the time of this full Moon. The Sun forms a

conjunction to Neptune while the Moon forms an opposition to Neptune. This means you may not see everything as clearly as you'd like to. You might even feel confused about the direction of your life. Rather than taking any direct action, it's more important to reflect on your life and meditate on what's important.

On week later, Jupiter in Scorpio turns retrograde on March 8th. It will remain retrograde until July 10, 2018. When Jupiter is retrograde you want to review your long-term goals. Perhaps you want to spend more time studying spiritual matters; or perhaps you want to make some changes in your life. With Jupiter in Scorpio it's important to look at all the items you've accumulated over the

past year and throw out those items no longer important in your life. By getting rid of clutter, you'll be able to open your life to new and more important experiences.



On March 17th, the new Moon with Sun and Moon in Pisces occurs. This new Moon forms a conjunction to Chiron and a trine to Jupiter retrograde. If you weren't certain about what needed to be thrown out on the 8th of March, you'll find it easy to throw out the garbage. This is an excellent day for meditation where

you review your priorities and release any self-defeating behaviors that prevent you from feeling good about yourself. Self-defeating behaviors are actions you take without thinking, yet these actions prevent you from feeling good about yourself. Many of these actions are based on fears. For this reason, this is a good time to evaluate your fears and find ways to release them.

The new astrological year begins on March 20th when the Sun enters the sign of Aries. This is the time of the Spring equinox. To understand the full impact of this new year, you want to set up a chart for Washington, DC, the capital of the United States. This will also help you understand the challenges the United States faces for the next twelve months.

When you review the chart of the Spring equinox, you'll see the Ascendant is Cancer and the Sun forms a square to the Ascendant. This means you want to spend more time with your family. It also means safety and security are very important to you. When it comes to government action, you want to see that the government is showing concern for its citizens rather than its political agenda.

The planet Neptune is conjunct the Midheaven of this chart and found in the tenth house. Unfortunately you continue to hear mixed messages from not only the President but also Congress. Not everything is as it seems. There will still be problems with various political parties working together. Individually, you may need to do more research when you hear information

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On Your Spiritual Path

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regarding governmental affairs. Not all the information you need to know is being revealed.

On a personal level, you're willing to fight for what you believe in. At the same time, you need to listen to what other people have to say. It's important to understand all sides of a situation before you take action. If you feel confused, take more time to research the information to make certain you have the facts.

Researching the facts before taking any action becomes more important on March 22nd as Mercury in Aries turns retrograde and stays there until April 15, 2018. When Mercury is in Aries, you want to rush into situations. But when Mercury is retrograde, it's more important to proceed with caution and get all the facts before you make a final decision. So with Mercury retrograde in Aries, take the time to observe people and circumstances in your environment. Listen to what other people are saying. If possible, put off any important decisions until Mercury turns direct on April 15th. Since April 15th is also the final day for filing your taxes, make certain you double check all your figures before submitting the tax return, especially if you itemize your return.

which is the sign that Pluto rules. Normally that would make it easier for this energy to operate, but Jupiter is also retrograde. For this reason, it's important to determine what may be preventing you from feeling empowered to reach your goals. You need to dig deeply into your subconscious mind for understanding. You may even benefit from working with another individual who can help you understand your subconscious mind. If you can understand what is preventing you from achieving success and use that information, you find you are able to achieve many of your goals by September 12th when the sextile in this triad sequence occurs for the last time.

What's really good is that the following day, April 15th, Mercury turns direct and the new Moon occurs. Any analysis you did yesterday becomes clearer today. You're able to communicate your needs to others. You also realize you don't need their approval as you move on with your life.

With the new Moon (where the Sun and Moon are in Aries) forming a conjunction to Uranus, you'll receive new information that can help you. You'll also be willing to try new experiences that increase your personal growth.



Pluto turns retrograde on April 22nd and will remain retrograde until September 30, 2018. While you may feel you can't control everything in life right now, this is a great time to determine what empowers you to succeed and what stands in the way of your success.

As the month of March draws to a close, a second full Moon occurs on March 31st. This time the Sun is in Aries and the Moon is in Libra. The Sun forms a conjunction to Mercury retrograde while the Moon forms an opposition to Mercury retrograde. You'll experience some difficulties in your communications as you fluctuate between wanting to do things on your own and wanting to work with other people. If possible, find areas of agreement or compromise when working with others. If you can't find those areas, you may need to end the project or the relationship.

On April 14th, Jupiter retrograde forms a sextile to Pluto. This is the second time this sextile is occurring in this triad sequence. The first time it occurred was on January 15, 2018; the third time will be on September 12, 2018. Jupiter represents the need to move forward with your long-term goals. Pluto represents the need to understand how to empower yourself so you can achieve those goals.

Jupiter is in the sign of Scorpio,

On April 17th, Saturn turns retrograde. With Saturn retrograde in Capricorn, you need to re-evaluate the rules you've created that dictate how you live your life. Perhaps you need to make some changes so you feel more secure; or you may realize you're on the right path in life and don't need to make any changes. There is only one thing to remember when Saturn is retrograde: life feels as if it's moving more slowly. But since you want to re-evaluate the structure of your life, especially your daily routine, this is a positive feeling. Saturn will be retrograde until December 19, 2018.

Pluto turns retrograde on April 22nd and will remain retrograde until September 30, 2018. While you may feel you can't control everything in life right now, this is a great time to determine what empowers you to succeed and what stands in the way of your success. Take time to understand your desires for success and start creating a plan. Determine what stands in your way and what you need to do to clear up those barriers. When Pluto is ret-



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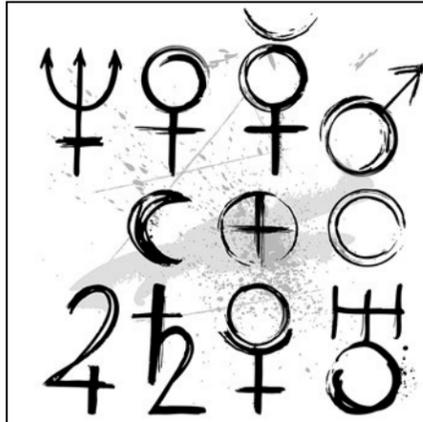
ASTROLOGICAL INSIGHTS

rograde it becomes more important to throw out any garbage so you can clear up space for new and wonderful situations and people to enter your life.

April ends with a full Moon occurring on April 29th. This full Moon has a Sun in Taurus and a Moon in Scorpio and forms a square to Ceres and the Moon's North Node. This is a very special full Moon—one you may want to call karmic. Spiritually you need to find that balance between your future goals and your past lessons. At the same time you may find you need to compromise and readjust the path you are on. You want to find value in what you do. You want to understand what others value so you can cooperate with them in order to achieve your goals. Since the Moon also forms a sextile to Saturn retrograde you'll be able to create the right structure for your life.

May 15th is the day to watch for in this Spring Quarter. On this day a new Moon occurs as well as a major paradigm shift a few hours after that new Moon. The major paradigm shift is the planet Uranus entering a new sign. The fact that a new Moon occurs before a major paradigm shift increases the importance of that shift.

When the new Moon occurs, both the Sun and Moon are in the sign of Taurus. When Uranus enters a new sign a few hours later, that sign is also Taurus. This is a day where you need to review what you value in life. You



Uranus in Taurus represents the need to understand you may have to make changes in your value system if you want to move forward with your life in spiritual harmony.

need to think about the last seven years and see how values have changed in your personal life and on a global level. This new Moon forms an opposition to Jupiter retrograde indicating it's important to understand the values of other people if you want to be able to move forward with change in your life. This new Moon also forms a trine to Pluto retrograde and Mars, which indicates that if you are able to feel your power, you'll be able to incorporate new values in your life thereby increasing your spiritual understanding of the world around you.

Uranus enters the sign of Taurus a few hours later and a new 84-year cycle occurs. Changes that occur at this time will take about seven years before they become a part of your daily life. This is because Uranus stays in the same sign

for approximately seven years.

When Uranus first enters a new sign, it is in that sign for only a few months before it turns retrograde and re-enters the previous sign for a few months. So, when Uranus enters Taurus on this day, it will be in the sign of Taurus until November 6, 2018, when it re-enters the sign of Aries. Uranus will re-enter the sign of Taurus on March 6, 2019, and remain there until July 7, 2025. On a spiritual level the first time Uranus enters the sign of Taurus, you get a sense of the changes to come. As it re-enters the sign of Aries, you realize you still have to clean out some old garbage from the previous changes that were occurring over the past seven years. Once Uranus re-enters the sign of Taurus on March 6, 2019, you'll start seeing changes happen faster than you

expected. Now is the time to prepare for these changes.

Uranus in Taurus represents the need to understand you may have to make changes in your value system if you want to move forward with your life in spiritual harmony. This is not the time to hold on to concepts that cause you pain. If you don't make these changes on your own, circumstances will occur that force you to make the changes.

You need to look at your finances and your accumulations; you may find these possessions aren't important anymore. Children born within this placement of Uranus often rebel against having too many possessions. They won't want all those toys you, as a parent, may think are so important. They will also rebel against your value systems if you don't spend time teaching them why your values are so important. They won't want to hear, "Because I told you." They'll want to hear, "This is why."

You'll see changes in how information, especially memories, is stored. More information will be placed into the cloud rather than printed as documents. There could be a danger of important artifacts and records being lost if you don't find a way to store them.

You'll see a lot of changes in how finances are being held and managed. More cash will move into digital for-

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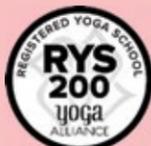
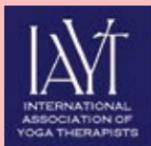
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Judy Pohl is a Shamanic Practitioner and full mesa carrier in the Qero tradition. She has studied at the Shamanic Healing Institute since 2006. Judy has developed a unique healing relationship to a group of guiding spirits, the Grandmothers. Her goal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

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Patty Drew is a Shamanic Practitioner and full Mesa carrier in the Qero traditions. She has also received Reiki training and has been practitioner since 2000. Her goal is to utilize her clairvoyant gift to provide healing ceremony to others filled with harmony and munay (love and beauty).

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ASTROLOGICAL INSIGHTS

On Your Spiritual Path

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mats as cryptocurrency or the systems used to move money become a daily fact of life. While some country leaders may want to build walls and increase tariffs under the rationale that such actions will improve the economy, those tactics will actually increase the prices of goods. At this time, world governments need to work with other countries and currencies in order to maintain the right supply of goods. This is why the push for digital currency will become more important. You may even find that some stores stop taking cash or checks in lieu of credit or debit cards. Unfortunately there will be a rise in interest rates, which could cause a problem if you put too many purchases on your credit cards.

Emotionally people will want heroes who inspire them. If these heroes include you, this can be a good situation in your relationships with others, especially younger individuals. However, if these heroes are computerized, there could be unrealistic expectations of individuals.

With more computerization, you'll see more video games and an increased use of memes and avatars. You'll also see increased use of computerized appliances, which link your identity to a grid in the sky.

Because Uranus in Taurus indicates a change of values in the world, you find government leaders either increasing fears of differences or attempting to find ways to accept these differences. If government leaders use fears of differences to rule, you'll find a decrease of personal liberties in those nations. If government leaders use acceptance of differences, you'll find an increase in personal liberties. When Uranus is in Taurus, this energy can go either way. By reviewing the last seven years of a nation, you may get an idea as to the direction a particular government's leadership will take.

As the quarter ends, Jupiter retrograde forms a trine to Neptune on May 25th. This is the second time this trine occurs in this triad sequence. The first

time this trine occurred was on December 2, 2017, when both planets were direct. The last time this trine occurs in this triad sequence will be on August 19, 2018, when Jupiter is direct and Neptune is retrograde. Because this is the second time this trine is occurring, you may want to review what happened in December 2017 for a better understanding of what you can expect now.

Both Jupiter and Neptune have a symbiotic relationship. Although Jupiter is in Scorpio right now, it rules the sign of Pisces just as Neptune does. Both planets represent the need to push beyond the boundaries established by society. Jupiter indicates you know which boundaries you want to push and how to create new boundaries. Neptune indicates you don't like boundaries and want to break them but you don't always know how to establish new boundaries.

When these two planets form a trine, it becomes easier for you to understand what stands in your way as you take your aspirations and find a way to make them real. With Jupiter retrograde in Scorpio, you're willing to throw out concepts or objects that stand in your way. With Neptune in Pisces you understand the importance of those aspirations as a starting point in developing your dreams. This is a great time to write down your aspirations and determine how to create realistic dreams. This aspect will also help you understand the importance of the Uranus-in-Taurus energy and how changing some of your value systems actually helps you on your spiritual path.

Misty Kuceris is a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections: www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com. See also her ad on page 48.



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Operating in a World of Polarity, Part 2 Ownership, responsibility, and power

BY CAL SIMONE

In my Winter 2017 article for *Pathways*, I introduced a three-part program to bring about the sort of change that many of us desire. The program involved:

Part 1: Discovering the disowned “other” in ourselves;

Part 2: Taking ownership of the situation; and

Part 3: Declaring responsibility, and therefore, power

I also offered a set of practice steps to help you explore the first part. Here I’ll discuss Parts 2 and 3, and touch on how we can work at the collective level.

The Shadow is Erupting

Since I wrote the last article, the collective shadow has continued to erupt:

- Our leaders continue to take credit for what goes well, yet point the finger elsewhere when things don’t go well, lashing out at people appointed just weeks earlier.

- While our society continues to dole out privilege to lighter-skinned people, we continue to see vocal individuals spewing prejudice and hate based on skin color or religious preferences, and laws are being passed accordingly to favor those already in the privileged set.

- Individuals who were born in the U.S. are at risk of deportation to a country where they have never lived, have never known, and whose culture may be unfamiliar, even alien, to them.

- While our leaders berate other world leaders and insult the character of entire countries, the rest of the world increasingly wonders whether we have lost our way as the guiding light we once purported to be.

The list goes on.

Progressive activists continue to protest in increasing numbers, only to find that, while there may be some victories on very specific issues, with the stroke of a pen, the leaders are pushing progressive causes back, in what seems to be an unending reactionary trend to continue to undo decades of progress towards human freedom and sustenance for all. Rather than taking stock of what’s been happening, activist leaders continue to believe all that’s needed is to have more and more people march for change. What’s missing is a sober examination of their large-scale failures, taking responsibility for the outcomes, and making course corrections or devising a radically different approach. Unless activist leaders recognize there is a force within us, and within our society, that is pulling us away from our goal, we cannot succeed in the noble causes that more people increasingly devote their lives to.

For many of us, it is a dark time, getting darker with each passing month. And it may seem as though we as individuals are too small to affect the sort of systemic change that eludes us, slip-

ping us further into darkness. There is something fundamental we, as a society, have not taken care of yet that is holding and pulling us back.

What’s missing is a relationship to our shadow, both individually and collectively, beginning with an awareness that what we perceive as “other” exists within us, particularly when we’re reacting to it. In my last article, I offered a set of steps to discover and locate that “other” within us, particularly the aspects of “other” to which we react most intensely. Now we will move from discovery to taking ownership, taking responsibility, and stepping into power.

What are the consequences of ignoring or repressing the Shadow? If we do not come to terms with our shadow aspects, they will just continue trying to get their needs met in ways we cannot see, thereby becoming increasingly more powerful, and leading to undesired behavior and unwanted consequences. How can we be accountable for ourselves if we don’t know what aspects of us are driving our desires, decisions, and behavior?

(Note: It can be easy to retreat into the perspective that, on a spiritual level, we are all equal, we are all just parts of a universal human soul, and our problems stem from our ego and its desires and delusions. This is a form of spiritual bypass, and a topic for another time.)

Continuing The Shift

We can shift the tides, at both an individual and systemic level, by reclaiming the shadow aspects of (a) us as individuals, and (b) us as a society. Let’s quickly review the practice steps for Part 1: Discovering the disowned “other” in ourselves. Make sure you’ve done this sufficiently before moving to Part 2.

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

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

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

Then for each aspect you discover:

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

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

Part 2: Taking Ownership of the Situation

Our society does not place accountability and responsibility at the pinnacle of the way we operate. In recent decades, our society has even *rewarded* high-level political and financial leaders for egregiously unaccountable behavior. Consider:

- The heads of banking institutions profited off the displacement of families from their homes, and rather than being held to account for that with

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Operating in a World of Polarity, Part 2
Ownership, responsibility, and power
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stricter regulations or enforcement of fair compensation, are instead rewarded with more wealth and new opportunities.

- A presidential candidate dismissed sexually offensive language as “locker room talk,” rather than owning his offense and taking responsibility for his impact on women as a whole.

- The head of the governmental agency responsible for protecting consumer financial affairs recently scaled back the investigation into the causes of a credit bureau security hack that put the personal information of millions of Americans at risk, effectively letting the negligent credit bureau off the hook.

What none of these high-level leaders seem to understand is there’s power in vulnerability. Holding *themselves* to account for their impact is an expression of power. Instead, it falls to us to take up that mantle.

If what I react to is within me, then I have the following choices, not all of which are truly viable: Ignoring, eliminating or owning. Intentionally ignoring something has very nearly the same effect as not knowing it is there. It will either continue to operate within you, and therefore likely will have un-

wanted consequences, or it will keep meeting you from outside. This is similar to ignoring a health condition in the body.

Elimination may seem like a perfectly reasonable movement towards being liberated from responsibility; however, it could even be worse than ignoring it. If you push an aspect of yourself away, it will feel unloved and either take up residence in someone else, or more likely, it will burrow further into deeper recesses of your unconscious. As an example, there have been some political figures on a moral crusade, who decry loudly against a particular element of society, only to have it later discovered they were guilty of the very thing they were crusading against, often with multiple incidents or a long history, all of which originated from deep in their unconscious.

Of these choices, both ignoring and eliminating have the same net result—what’s in the shadow becomes more powerful. Despite being potentially distasteful, ownership is the only true path to integration and wholeness.

It’s easy (and tempting) to relinquish any responsibility by saying, “I didn’t vote for that person” or “I’ve devoted my life to this noble cause.” Having positions such as these may be absolutely true for you, and yet, because we are all interconnected, we are all also part of bringing about the situation our society is in. For some people,

such ownership can only found in the deeper layers of our psyche.

Practice: Taking Ownership

To own an aspect of yourself, you must know it, embrace it, and love it. Sounds simple, but it can be highly challenging to embrace something you may have disdained your entire life thus far. To reclaim personal ownership, practice using these steps:

Step 1: Know it. Get to know it, and be curious about it. (For example, I discovered I have a part who has the capability of destroying all human life. It was highly beneficial I know about that.) You can use Active Imagination if you know what you’re curious about, or you can have a Voice Dialogue facilitator verbally dialogue with your parts if you don’t know what questions to ask. Here’s a sample scenario:

Mary: I’m curious about your views that are so different than the ones I identify with.

Part: I think more protection is needed from our enemies.

Mary: What might our enemies do to us?

Step 2: Embrace it. Next is to find compassion for it. Once you’ve been sufficiently curious, you can view with compassion the part whose perspective is different from what you’re accustomed to, especially given the

hostility many people have towards its perspective. You can let the part know that, even if you don’t understand its philosophy, you acknowledge it is a part of you, and you feel for it.

Step 3: Love it. It may be quite a stretch to love something or someone whose perspective (and perhaps ideology) may be so different, if not opposite, from how we identify and act in the world. You likely know by instinct how to love—just apply the same to an internal part. This is good preparation for encountering such people “out there.”

Part 3: Declaring Responsibility, and Therefore, Power

Now that you own your disowned aspects, you can be responsible with them. Here’s a definition of responsibility that I found useful: *To be the source and cause of something.* If I don’t own being the source and cause, then how can I truly take responsibility?

People often tend to equate responsibility with blame; but taking responsibility and taking blame is not the same thing. While it’s possible to have an internal pattern where one part blames another, more often *others* impose blame. The intention is to disempower; the consequence is the creation of a victim. In contrast, taking responsibility is to stand up, claim responsibility

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Energetic Literacy: Safe Self-Healing

BY ROSE ROSETREE

Nobody has ever died from energetic self-healing, as far as I know. But people sure have messed up their auras. This is especially unfortunate because that mess-up never needed to happen. Discernment through energetic literacy can protect us from “self-healing” approaches that backfire.

In today’s column, I’ll supply a vivid example of one such unproductive method that’s, nonetheless, quite popular. You’ll learn how to avoid wishful thinking about self-healing, so that energetic common sense can be your takeaway from this article.

In your honor, I’ll call you “Smart Self-Healer.” Because that’s what you are, of course, no matter which techniques you’ve been using so far to fix your aura and, thereby, improve your life. If you believe in mind-body-spirit, it’s just plain smart to develop this new kind of energetic common sense.

Protecting Yourself from the Start

It seems to me, as a Smart Self-Healer you have two really great ways to evaluate healing techniques:

1. Clarity for *understanding* exactly what a specific technique does.

2. Consideration for the *consequences* of any self-healing technique, as revealed by energetic literacy.

3. Decision making about whether or not you really *like* the teacher of a self-healing technique. The more popular that teacher, the better!

Hmmm...maybe you noticed I just listed *three* ways of choosing self-healing techniques, not two. Funnily enough, that third method may be the most common way folks evaluate self-healing techniques. As in, “Hey, did you hear the latest? Everybody’s doing XYZ, and it’s such a great way to heal yourself.” Or, “Google is my #1 source for finding ways to heal. I figure, whatever shows up near the top of the page has got to be good. Otherwise why would it be so popular?” And maybe, “Okay, so that self-healing method got to the top of Google because it’s an ad. But that only confirms how successful that healer is. Otherwise he wouldn’t have attracted all that money needed to advertise!”

Smart Self-Healer, I’ll leave it to you to debunk all these tried-and-true (or, actually, untrue) substitutes for energetic common sense. Instead, let’s see how poor choices play out with a very popular example of energy healing.

Supposedly, it “couldn’t hurt.” And we’ll add *understanding* about exactly what, specifically, that technique does for developing energetic common sense. Following that, I’ll give you an example of aura-level *consequences* of that misguided kind of self-healing.

Wishing on a Golden Bubble

Have you traveled much in the realms of woo-woo? If so, then you’ve likely encountered variations on “The Golden Bubble” technique, also known as “The Protective Bubble,” or perhaps “The Bubble to Protect Empaths.” Regardless of the name, here’s how this kind of self-healing technique allegedly works. The scenario usually plays out like this:

Supposedly other people’s negative energies can intrude upon you. To protect against this, you imagine a beautiful energy bubble surrounding you. (If you like, imagine it’s coming down from the heavens, your gift straight from God.) You think energetic protection is easy, provided you use it every day until it becomes a habit. All day long, off and on, you check that it’s securely around you. Should you slip up, you re-imagine your beautiful bubble. With practice your bubble will keep you protected energetically.

This kind of faulty premise can wreck energetic common sense temporarily. But before critiquing The Bubble, let’s understand why so many people don’t use their common sense about energy. What kind of faulty premise can keep that from happening?

Ever since The Shift into The Age of Awakening on 12/21/12, everyone has turned energy sensitive—at least everyone who wants to be, including you, too. Right, Smart Self-Healer? If you think back, you may even remember *when* you became aware of energies. Soon afterwards you may have become interested in mind-body-spirit! And energy work! And especially energetic self-healing!

Maybe you’re wondering, what kind of skill could help you to make the most of your energy sensitivity? Energetic literacy is one such skill. And this isn’t some yes-or-no skill, where either you’ve got it from birth or otherwise you’re unteachable. Energetic literacy develops in stages, where with Stage One Energetic Literacy you start noticing energies. It’s a sweet beginning.

That’s good news but also slightly bad news, because this degree of energetic literacy is terribly inaccurate and

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ENERGETIC LITERACY

Energetic Literacy: Safe Self-Healing

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can lead to faulty premises. To many, the whole point of holistic healing is to rid oneself of bad energies and substitute good energies. One tends to think in overly simplistic terms like, "I notice good energy and I notice bad energy, so self-healing means taking out the bad kind, then replacing it with the good kind." Since you don't like icky energies, under this circumstance, techniques like The Bubble seem to be brilliant. If only it were that simple!

So when it comes to energy healing, why is it a faulty premise to believe in simply moving out bad energy, and then putting in good energy? Because stuck energies aren't that simple. And because other people's energies aren't going to hurt you. Other people's "negative energies" cannot randomly enter your aura. You can catch a mood or a yawn, but not energies. This becomes obvious if you learn self-healing skills that can help you to heal astral ties versus negative thought forms versus a cord of attachment.

Smart Self-Healer, your awesome mind-body-spirit is far too great to reduce it to such a basic and flawed technique. Although with Stage One Energetic Literacy, techniques like The Bubble seem to make perfect sense—simply bubble away, shoving out "bad" energy and keeping only what's

"good." It's appealing to use imagination to heal yourself; just remember, there's talent but not a great deal of discernment at this level of energetic literacy.

Get Real About Energy Healing

It is only upon developing Stage Three Energetic Literacy that the need for discernment becomes clear. Why Stage Three? Because that's the minimum for reading people's auras accurately—yours and other folks as well, and even reading people's auras just fine from regular photographs.

With aura reading discernment, you can go on to develop discernment about techniques for healing an aura. As the founder of Rosetree Energy Spirituality (RES), I specialize in healing techniques for emotional and spiritual growth. Alternatively, many *Pathways* contributors and advertisers specialize in healing the body. Either way, we parlay energetic literacy into precision skills for energetic healing. Just as math is the basis for science, energetic literacy is the basis for energy healing.

After facilitating thousands of client sessions, I've identified 30 specific types of "bad energy." Although it's too complicated to explain within the scope of this column, please know



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ENERGETIC LITERACY

Smart Self-Healer, with literacy skills beyond the beginner level you'll discover this truth: Imagining something made of energy does not create a cosmic cure-all.

none of the 30 kinds of STUFF I've identified is contagious. STUFF is the term we use in RES for energetic debris caught in your aura, causing emotional and spiritual stuckness. If you get STUFF caught in your aura, that's never because you innocently catch it from other people's negative energies. However, removing each type requires a different STUFF-specific RES specialty, and that's key to getting results. Energetic common sense, based on true premises, is gained through discernment.

Smart Self-Healer, with literacy skills beyond the beginner level you'll discover this truth: Imagining something made of energy does not create a cosmic cure-all. Imagining things made of energy creates "Thought Forms." A thought form is an object at the astral level—an object that can really, truly become established inside your aura. Maybe it's one that looks just like the Golden Arches at the nearest McDonald's! Don't expect that kind of thing to help or heal much at all, no more than carrying around a rabbit's foot.

The Bubble is a thought form, nothing more. And what happens when you create a shiny, new thought form in your aura? Here's a somewhat icky example, courtesy of famed actor Hugh Grant, whose aura I read for the *Chicago Sun-Times* newspaper. Mostly I praised his exceptional physical intelligence and way-analytical mind. As for sex appeal, well, "Even if Hugh was in a hotel ballroom, with lots of other people around, you would find that your knees would begin to knock together, and you'd drool, whether you're male or female. He's that sexual."

While aura reading Hugh's Heart Chakra, what surprised me was finding a wall. Or, to be more specific, Grant had given himself five walls, each one very thick. Apparently this

was his energetic self-healing technique! Not knowing better, or perhaps trying to cope with being so famous and sexy, he did something very much like "The Bubble." Clearly, he worked hard to get all those thick walls. Ironically, every wall would make it subconsciously harder for other people to get to know him—apart from the usual gaga reactions to his sexiness. So much for the healing power of Hugh Grant's self-created version of The Bubble! Instead of healing him, or even helping him energetically, he just made it hard to have intimacy in his personal life.

Energy healing is something to take seriously. Wishing isn't healing—the famed placebo effect notwithstanding. And it's important to develop discernment to know the difference.

Perhaps this column has given you a bit of a rude awakening, learning that all self-healing techniques don't work as advertised, to put it mildly. But don't worry, Smart Self-Healer. You can find encouragement in this simple fact. You've been reading a consumer-oriented article so far, and it hasn't killed you!

Keep up the reading and thinking. From now on, learn about the source of any new self-healing technique. Who offers it? Why is it supposed to work? If possible, have one personal session first, before you invest in learning, and pay attention to whether you like the results. Apply common sense to evaluate the technique.

I offer one last tip to keep yourself safe with self-healing. As you research websites and YouTube videos, pay close attention to this: Does that energy healer claim to teach you self-healing right there and then? (Maybe the length of today's column, or shorter.) If you respect yourself, cross that healer off your list, and find somebody with a deeper knowledge of how to do quality work.

Like any do-it-yourself project, energy healing isn't just good because you do it yourself. What matters is the value you get from doing it.

Rose Rosetree's next in-person workshop is "Co-Create with God for Self-Healing," April 14-15. Offering workshops up to the level of professional RES Practitioners, Rose has 397,000 copies of her books in print. Over 1,000 media interviews include The Washington Post, the Los Angeles Times, USA Today, and "The View." www.rose-rosetree.com. Email rose@rose-rosetree.com. See her listing under Classes & Learning Centers on page 88.

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Three Steps to Using Energy Effectively for Finding Love

BY EVE OF ELITE TAROT

Valentine's Day has come and gone. For those in happy, healthy relationships, this is a day of joy and romance. For those who are not in relationships, however, it is a dreaded time that feels as if an unpleasant spotlight is beaming down on you.

Friends, family and even strangers confront you with phrases such as, "I can't believe you are still single!" "It just takes one!" "Aren't you being too picky?" "You had better get on this as you are turning 30, 40, 50, 60!" These are phrases that single people hate. The words may ring true to some extent. Yet, the phrases imply that if you just made one or two simple changes, joy and love would instantly occur. Since the changes, however, aren't spelled out, this can lead to even more sadness, anger, resentment, and insecurity.

Let's face it, the process of dating and finding love is challenging enough at any age. Yet so often, with the best of intention and without even being aware of it, we can sometimes find ourselves blocking our own energy. This can make it even more challenging to manifest joyful love. The following is not a list of dating tips, but rather steps you can incorporate today which can shift energy so you are more easily manifesting the joyful love desired.

Step One: Change your language

Have you ever found yourself saying to friends in a joking way, "There are no good guys/gals left." "It's hopeless." "I'll be single, as always." Or how about, "The way I'm going, I probably won't meet someone until I'm 90 years old." "Always a bridesmaid, never a bride." Or, even, "I have a better chance of being struck by lightning."

When we are single, these statements come out all the time. In fact, they are sort of comforting in that they mask pain we don't want to publicly express or even feel. Using these phrases is so much better than saying something more optimistic, for fear it might jinx the situation.

The phrases seem innocent, yet they are not. From an energy perspective, these phrases are toxic. Every time you say one of these toxic statements, you create a heavy energy that weighs you down and makes it that much harder to get the very thing you desire. The Universe is like a computer. It is very literal. If you say you'll be single for 90 years, then the Universe will be perplexed, but might just honor your request. Unintentionally, you may be creating a self-fulfilling prophecy. Imagine it from the perspective of the Universe. Perhaps the Universe has a perfect guy or gal for you in mind, however you are publicly declaring that a relationship is not possibly happening. So, then, what is the point of presenting a person to you as you do

not believe it can actually happen?

Try this test. Ask yourself the following questions: "When will I have enough evidence to disprove my statement? One date, two-weeks, one month, engagement, marriage?" Most likely, answers to these questions are hard to declare, which only keeps the original statement entrenched. Habits are comfort-filled. The phrases and words are a habit and they are safe. Changing a habit is not easy, however it can be done.

When you find yourself using one of those toxic phrases that block energy, immediately stop and correct it with a positive statement. These can be phrases such as, "I can't wait to meet the love of my life." "I look forward to being in a healthy and happy relationship." While it may seem easy to think these phrases, they may not be easy to say out loud. When you say the positive phrases out loud, notice two things: 1) Is your brain calm and relaxed but your body feels heavy?; or 2) Is your brain showing resistance but the body feels lighter? When you say a toxic phrase, the brain will most likely feel calm and at peace, however the body may feel weighted down, reinforcing the idea that being in a joyful relationship is an uphill climb. When you use one of the positive phrases, however, the brain may start to resist, however the body may feel lighter. Suddenly, being in a relationship of joy seems possible, rather than hopeless.

Not sure where to start? Here's a place. Start by cutting out the words, "hoping", "wanting" and "trying". These words sound harmless, but sap energy and emotionally weigh you down. This makes it harder to manifest the very thing you want to manifest. When you start to notice what words you use around love, you may be surprised at how often self-defeating phrases are reinforced.

In the quintessential chick flick, "Win a Date with Tad Hamilton", there is a fantastic line that sums up this key step to manifesting joy. In a scene when Topher Grace's character is bemoaning his single status to a bartender, the bartender said: "When I told my father I would never get that job in a bar, he said 'Honey, your chances go up considerably when you file an application.'" Imagine wanting a job and just hanging around outside the building saying there are no jobs left, versus going inside and dropping off your resume. Is either a sure thing? No. However which one has the greater odds of success? By changing your language, you file an application.

It is important to note you may not believe what you are saying. In fact, you probably won't believe it at first. You may think you are lying when you say the statement in the positive. That's okay. You will ultimately believe it, but like anything else, it has to start somewhere. The hardest part of mak-



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ACCESSING YOUR INTUITION

ing a snowball is just getting it started. After that, momentum takes over to help get the snowball to grow.

Step 2: Check any bags that do not fit under the seat in front of you

We are all beings comprised of our pasts—both the positive and negative experiences. We all have baggage from past relationships, negative self-talk, trauma, pain. Bringing this excess baggage into the dating process, however, can block our own energy, making it that much harder to achieve the joyful relationship we want. Take the time now, before launching into the dating process, to heal and release wounds of the past. I always say it is best if you can get your baggage to fit into the seat back in front of you. When we have to go to the overhead bins, or even check extra bags, it makes it that much harder to be vulnerable, open and able to manifest love free of the baggage.

The more power we give to our baggage, the more power it has to work against us as we embrace joyful love. Fortunately, there are many options available to release and heal old wounds. You do not have to do this alone. I am a big supporter of therapy, support groups, and twelve-step programs to help navigate the emotional journey forward in a structured and safe way.

In addition to the above options, here is an excess baggage releasing exercise you may want to try.

Imagine you are carrying a backpack filled with heavy rocks. Perhaps one of the rocks was given to you in childhood from a misguided sense of love in the form of strict harshness or over-protectiveness. Perhaps one of the rocks was given to you maliciously in the form of harsh words, abandonment, or trauma. Maybe one of the rocks was given to you from a previous relationship in the form of distrust or anger. From an energy perspective, all these rocks in your cosmic backpack weigh you down.

Carve out some time when you know you won't be interrupted and have some tissues on hand as it might get emotional. Take out a notebook and a pen. Write a letter to a person (living or passed) who gave you a rock, for whatever reason, for your backpack. This letter will never go to that person, so don't worry. This exercise is about you and no one else. It is solely designed to shift your own energy so you no longer carry the weighted backpack. The letter can also be written to a situation, such as "promotion process", "inheritance fight", "holiday family dinner", or even a word, such as "pain", "sadness" or "illness".

Write the letter out: "Dear [name, situation or word], I hate that you said or did [backpack rock]. I was so hurt that you made me feel [resulting feeling]."

As this letter is just between you and the Universe, hold nothing back. Write down the impact the actions had on you, whether they were intentional or unintentional. When you can no longer think of anything more to write, pause for no more than 60 seconds. See if anything else comes up that has been lurk-

ing in the unconscious. Perhaps you remember other feelings or situations you've been carrying. They don't have to be big or small. If you are bringing it up, it is still with you, weighing down your backpack. When finished, you may have anything from 1-60 pages, so give yourself time to be able to do this in one sitting.

Once you have placed all your "backpack rocks" on paper, write the following sentence: "However, I choose to live my life with love, happiness, joy and strength, and so for all that, I release you and any claim you have on my life going forward."

After you write the final sentence and sign your name, imagine you have poisonous, toxic waste in front of you. As such, you do not want to hold onto it for even a second. Do not read it over. Do not take a photo of it. Do not go into the kitchen to turn the kettle on. Do not allow this letter ever to see the light of day. Immediately, shred or burn the letter. As you do this, note how your body physically feels when your brain can see you are actively letting something go that you have been carrying with you for a day, a month, or perhaps even a lifetime. (*Fire disclaimer: Be sure to burn the letter in a safe, fireproof place and never leave an open flame unattended.*)

This can be challenging, so feel free to start with a small pebble. "Dear guy in car who cut me off on the Beltway. I hate that you cut me off and made me late for work. You really made me mad. However, I choose to live my life with love, happiness, joy and strength. So for all that, I release you and any claim you have on my life going forward." Immediately destroy the letter. Note how your body physically feels after.

Remember, this is done for your benefit only. So, even though you are addressing a letter to a particular person, this has nothing to do with them.

If you have trouble with this step, consider talking with someone, such as a therapist or counselor, who can help you release excess baggage. You want to enjoy your flight to joy by being able to stretch your legs out under your seat without paying for any excess baggage fees.

Another tool for releasing excess baggage from an energy perspective is to examine the passwords you use. Passwords are reinforced energy as they are words and phrases typed over and over again. Even if you have the passwords set to appear automatically, recognize the energy weight they bring. Do any of your passwords contain numbers or words that just poke at a mental bruise? Imagine typing that in day after day. While your brain may resist, consider changing your passwords to something happy and joyful. Try a version of "EmbracingLove2018". You can make the letters encrypted or add special characters, yet the message is always unconsciously reinforced every time you type it. When you type it in the first time, again note how your brain and body feel. Are you feeling internal resistance to changing passwords that have a negative sentiment? That's information—and more reason to do this.

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Past life Regression Therapy with Darshan Khalsa

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



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

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We come into this life with certain baggage, but many of us haven't opened up the bag and figured it out. Past Life and Life Between Lives Therapy helps you to understand your life and then change it. At the end of a session you might feel more like you and less like your baggage.

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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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ACCESSING YOUR INTUITION

Three Steps to Using Energy Effectively for Finding Love

...continued from age 37

Step 3: Place your order with the Universe

Most likely, you have a very clear list in your head about what you are looking for in terms of qualities, energies, looks, etc., in your next joyful relationship. However, it is important to transfer that information onto paper. By writing down your list of non-negotiable needs, you may find surprises. Perhaps what you think is key in your mind is not, for whatever reason, written down on paper. Alternatively, maybe a quality you did not think was critical is written down first.

Tap into your inner child when you write down your list. You are best served when your inner child is your GPS. Think back to when you were younger, imagining the future love of your life. What qualities did that person have?

Once you have your list, go through each one and ask yourself the following questions: "What if I meet the love of my life but he/she does not have this particular quality. Would that be okay?" If you answer yes, cross it off your list as this is a want and not a need.

Your list should have no specifics. Blond hair may be nice, but by putting it down on your list, you may be unintentionally putting up energy blocks. The Universe may have someone who exceeds your expectations, but who has brown hair. Since you are clear you want to meet someone with blond hair, you might not be open or even see the person with brown hair.

Instead, your list might have qualities such as loving, respectful, affectionate in public, ready for marriage, wants children, does not want children, financially stable, religious, not religious, etc. These are not a list of wants, but rather non-negotiables you need and will not compromise on. Your list will be different from that of anyone else on this planet. Leave it to the Universe to do the heavy lifting in providing the specifics. By writing down a list of qualities without specifics, you open the door to more easily see and date someone you might not have considered before.

Once you've written your list, fold it up and put it away. Don't show your list to anyone. Now, as you go forward in the dating process, it is easier to see when you come across red flags. When the list is only in your head and not written down, red flags can be unclear as they are subject to interpretation, particularly when the heart is involved. This can then leave room for you to compromise on something that you really need.

Dating is challenging enough at any age. By using energy effectively and tapping into what is in your power, dating does not have to have the appeal of root canal surgery. Rather, it can be one of adventure and strength. May 2018 be a year of joyful love for you.

The Tarot Perspective

From a Tarot perspective, we can look at these three steps to manifesting joyful love with the following cards:



Step 1: Seven of Pentacles

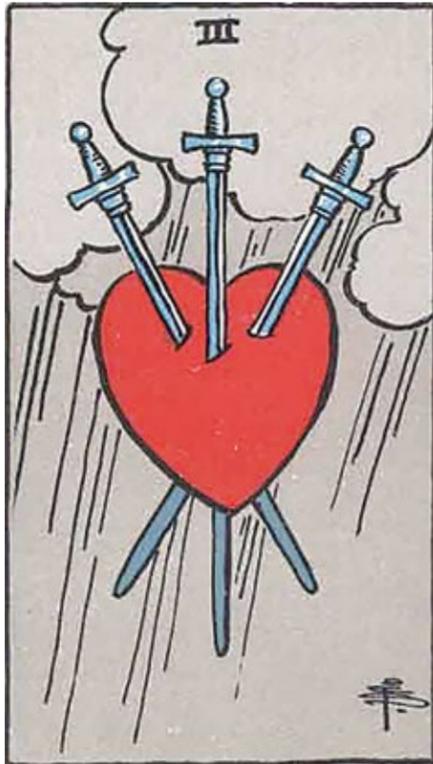
In the Seven of Pentacles, you see a man focusing his energy mostly on a large hill of pentacles. There is a comfort in this, as he has clearly become familiar with these pentacles over the years. However, the leaves in and around the pentacles are clearly not vibrant in color. They have served a purpose, however they are no longer yielding growth and joy. In front of the man is a new seed to plant in the ground in the form of a single pentacle. By solely using his energy to go over past patterns and behaviors, he is making it more challenging on himself to grow things in a new direction.

Ask yourself what percentage of energy you are placing on past relationships, past trauma, past experiences. Is that energy equal to that which you are placing on embracing new opportunity? While it is important to look backward, be sure when pursuing love and joy that energy is present and open to the new chapter that is waiting to be started.

Step 2: Three of Swords

This card features a heart under rainclouds. As if that's not bad enough, there are three swords plunged into the heart. Past trauma, challenging relationships, distrust from the past have left wounds that can impact presenting open energy to the Universe and to potential love relationships. The heart, however, is a muscle. It has the ability to heal and repair itself. By tapping into what is in your power to release baggage from pain and trauma, you allow healing to take over and joy to be possible.

ACCESSING YOUR INTUITION



Imagine pulling those swords out of the past with your own strength. Give yourself permission to heal, knowing that healing takes place on its own timetable. Then watch out world, as you bring forth an open and strong heart towards embracing love.

Step 3: Nine of Cups

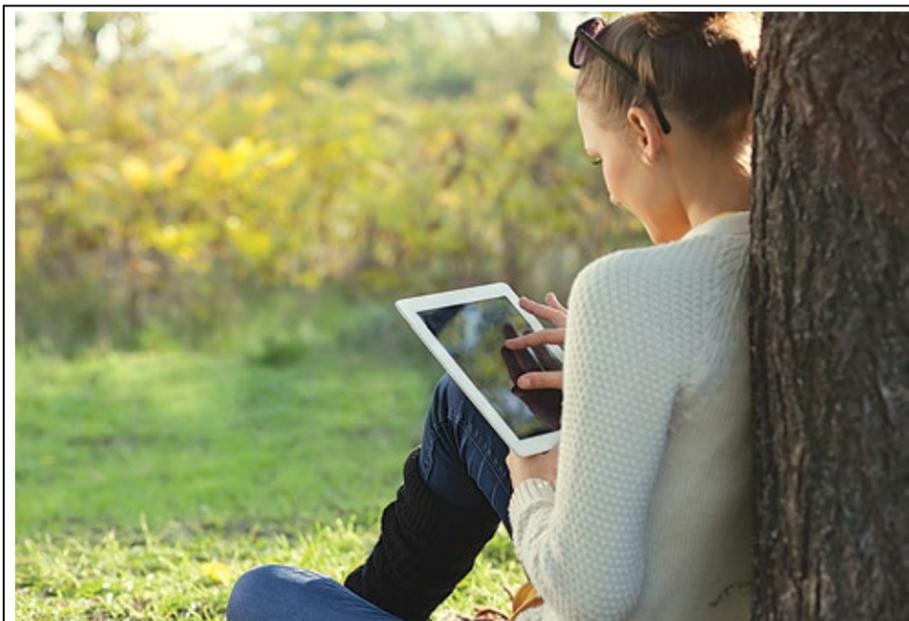
With energy being used effectively by changing language and healing past trauma, it is now time to be clear to the Universe about the qualities that are non-negotiables. In this card, a strong, confident and authentic person sits on a bench with 9 cups overhead. The cups fill the shelf above, however there is plenty of space for a new shelf—or rather a new chapter—to begin. As cups often represent the heart, honor your needs from the perspective of your inner child as you start your new

chapter on this glorious journey.

While you had cups in your last chapter, perhaps you start a new shelf with wands or pentacles. Instead of having the cups upright, consider having them in a different stance. Your journey is completely unique, and you and you alone determine your path.

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

Tarot images come from the Rider-Waite Tarot deck.



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The Soul Shepherd, Eileen Strange, is an international Intuitive Empath, Psychic/Medium and Medical Intuitive recently honored by Strathmore's Who's Who Worldwide under Women of Excellence. Working through your eyes, her readings can be done in-person or by sending her a photo via email. — A photo of someone who has passed can be sent in for a Mediumship Reading as long as she can see their eyes.

The Soul Shepherd is currently offering individual readings "in person" or "from a distance". You are able to choose your type of reading — Psychic, Mediumship or Medical Intuitive. She also offers one question readings.

CURRENT SCHEDULED SHOWS

Natural Living Expo ~ March 25, 2018

College Park Marriott Hotel & Conference Center
3501 University Blvd. East, Hyattsville, MD 20783
Sunday – 10:00 a.m. to 7:00 p.m. BOOTH: 113

WORKSHOP: I'M AN EMPATH Why do I "feel" EVERYTHING?

Maryland Psychic Fair ~ April 22, 2018

Bowie Elks Lodge No 2309, Gambrills, MD 21054
Sunday – 9:00 a.m. to 5:00 p.m.

Empowered Light Holistic Expo ~ April 27–29, 2018

Greater Philadelphia Expo Center
Hall D 100 Station Avenue, Oaks, PA 19456
Friday – 5:00 p.m. to 9:00 p.m.
Saturday – 10:00 a.m. to 6:00 p.m.
Sunday – 10:00 a.m. to 6:00 p.m. BOOTH: 211

WORKSHOP: I'M AN EMPATH Why do I "feel" EVERYTHING?

Additional Shows will be added to Facebook as they are confirmed.

The Soul Shepherd has several healing modalities but focuses mostly on her John of God Crystal Bed (one-hour sessions on the bed along with 15-minutes of Intentionalized Energy (something she has been practicing since she was a child). Investment of \$65.00 per session.

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Jumpstart 2018 with Easy Feng Shui

BY SHARON RUSK

Have you tried Feng Shui and experienced a boost of energy, luck, and even some manifestation of your desires only to be followed by a slow return back to your 'ordinary' life? Do you still have hopes and dreams to realize and wonder why the good luck disappeared?

Just as cars need tune-ups, so, too, do people. We get energized at the start of each New Year and make grand promises to ourselves. This is THE Year Things Will Change! Then, slowly, almost imperceptibly, we lose our concentration, lose sight of our goals, dreams, and maybe even lose hope.

First timer's excitement can so change your energy that it also energizes everything around you. Things start happening because your focus is making them happen. But then, with time, your energy subsides and ordinary life returns. Excitement and determination slip away. It's like buying a new car. At first you keep it shiny and clean and park it away from all other cars. Then one day you start parking in the closest open spot, even next to other cars. You wash it less frequently. The familiar replaces the excitement; now it's just another car.

You can't expect an exceptional life by thinking and doing the ordinary or familiar. Someone once said, "The only difference between a rut and a grave is a few feet." Are you in a rut? Is 2018 the year to change ordinary to extraordinary?

If you've followed the *Pathways* Feng Shui articles in past issues, you'll notice there's no bagua diagram in this article. The bagua diagram defines how to apply Feng Shui principles methodically to your home, room, or office. It can be confusing.

So, just for today, let's forget about using the bagua diagram. We'll make a fresh start by applying Feng Shui principles in your home, room-by-room, focusing on each room's use. If you're determined and energized, you'll find this fun, exciting, and successful!

Recall what the 9 life aspects covered in Feng Shui are: Prosperity, Fame, Love, Family, Health, Creations, Cultivation, Career, and Patronage. Enhancing any of these life aspects can yield



positive changes; enhance all of them, and the possibilities are limitless.

Change Your Mindset, Change Your Life

Improving your life should create even more excitement than buying that new car. Make, and then keep, your life shiny and well cared for. I suggest

you find a word or very short phrase that provides the spark to keep you on track every day. "Show Up!" "Be Alive!" "Smile!" "Thrive!" "Communicate!" "Glow!" Whatever works for you. Say it in the mirror every morning. Say it as you walk out your door. Say it when you see your reflection in a window. Optimism is healthy, enhances creativity, and is contagious... in a good way.

Now for the work.

There is simply no getting around the need to declutter— your mind, your home. You must love it, need it, or use it, and it must be in perfect condition. Excessive stuff weighs you down.

How many pens, pencils, or empty butter containers do you need? Touch everything in your home and don't skip over anything. Books and textbooks you'll never read again, magazines, newspapers, billing statements, refrigerator magnets and what they hold must go. Be honest with yourself. Do you have photos of people you don't recognize? Leave the rut of your past behind; the future holds new magic. Keep only items most special to you. *If you love everything, then you love nothing.* Negative thoughts and self-talk doom success. Declutter from yourself what gets in your own way on the path to living well and successfully.

Edit closets, dressers, and drawers. In daylight, try on all clothing. You must love it, need it, or use it, and it must be in perfect condition. Do you wear clothing that makes you feel 'ordinary' or that you wouldn't wear in front of someone special? Attention! YOU are someone special. Face your mirror, and the world, proudly, not in fear of being seen.

Now that you've decluttered you and your home, focus your intentions on each room.

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FENG SHUI



and the last one you see before leaving to face the world. Make it beautiful, in colors you love, with some special object that defines this home as yours. If you love the ocean, or flowers, what you love should welcome you here. Keep the foyer neat, with no tripping hazards (like shoes), and well lit. Re-affirm home as your sanctuary whenever you enter and leave. Let this area send you out energized and welcome you back warmly and hazard-free.

The kitchen is associated with health, love, family, and prosperity. Here you prepare the magic that energizes you. Think health and beauty in the foods you buy; think love as you prepare meals. Did you know you can stir positive energy and success into your goals by focusing your intentions as you cook? Keep the kitchen (and yourself) prepped to start every day fresh and ready. Overbuying food sends the message you fear its continued availability. Think bounty, not lack. Breathe in fresh and healing aromas. Knives are best kept in drawers; countertop knife blocks appear as weapons. Food reheated in the oven or stovetop is so much better than microwave 'zapping' the energy and flavor out of it. Choose 'better' over 'faster.'

The dining room (or 'area' in today's designs) should be a place of love, friendship, camaraderie, and social interaction—even if you live alone. Eat

meals at the table; it's best not to see the refrigerator from where you sit. Focus on the sensual pleasure of tasting the foods that energize you. Art should be beautiful and bountiful. Elegant china, crystal, and stemware are available at all prices. Paint walls a subtle, but uplifting color. Use candles—battery operated are fine. The dining room is a place to savor your food, heal, and nourish you. Mealtimes should be an art of living well that add spice to your life.

The living/family room should comfortably accommodate all activities that occur here. As the largest social area, seating should be flexible: to watch TV, read, talk with friends and family, maybe play games. Colors can

be brighter, but still warm and welcoming. Lighting and furniture that are easily movable add flexibility to this room's usefulness. Spring might find you wanting to sit by a large window, while winter may have you preferring a snug, warm corner. As in life, be flexible. Keep to a minimum sharp, angular furniture, tripping hazards (throw rugs), and expensive, breakable decorative objects. This area supports both recreational activities and self-cultivation. It may be the best place in your home to think, dream, plan your future, and devise the steps to achieve your goals. Make it warm, welcoming, and full service.

Bedrooms are very special and support love, family, health, creations, and rejuvenation. The master bedroom should be adult: the colors soft (not jarring or stark), romantic, and warm. Furnishings should be right-sized to fit the occupants and room, with adequate open space. Headboards and wardrobes should not be so large as to appear looming. Lush textures provide luxury to the eyes and touch. Romantic art adds to the ambiance. Religious items and family photos are best placed in areas of the home other than the master bedroom. As the owners' private sanctuary, this room is *not* to be under the watchful eye of deities, children, or parents. Think pairs of things: two bedside tables, two lamps. The

best lighting is dimmable. As everywhere else, clutter has no place here. This room is not about 'stuff' but about people. Everything should whisper luxury, living well, and you. Dreams are made here.

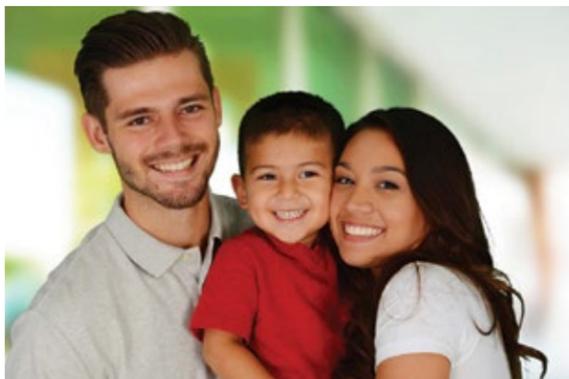
Make your home light-filled, aromatic, comfortable, and supportive, no matter the size. It's your safe haven, your inspiration, your rejuvenation, and your structural partner. Treat it well, keep it uncluttered and uplifting, and do the same with your thoughts, which create your reality. Thoughts support or derail your success. They energize or fatigue you. They give you the tools to manifest your best life. Choose wisely. Then...

Show Up! Be Alive! Smile! Thrive! Communicate! Glow!

2018: THE year to turn ordinary into extraordinary. If not now, when? Magic Happens, and the Magic is You.

Sharon Rusk, certified by the Western School of Feng Shui in California in 2006, is an active Feng Shui consultant, teacher, and lecturer. She blends Feng Shui, interior design expertise, and a native New Englander's common sense to create enhanced, client-oriented environments and lives. She practices in and around the Northern Virginia area and can be reached at thegoodlifefengshui@gmail.com.

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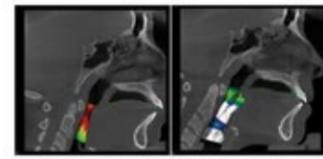
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Dr. Sheri Salartash,
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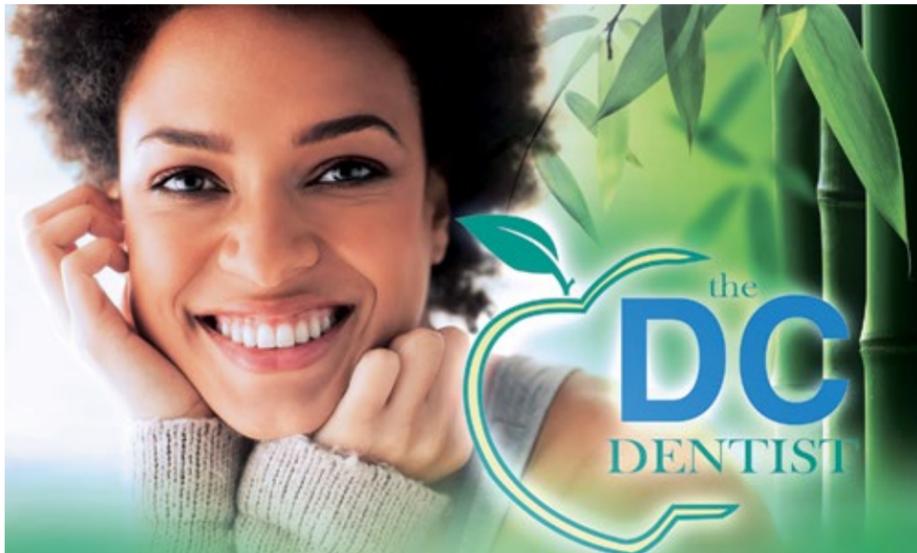


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TO YOUR HEALTH

Managing Diabetes Naturally

BY LAURA POWER, MS, PHD, LDN

Diabetes is a chronic condition of excess sugar in the blood or a lack of insulin production or inability to use insulin. Do you have Diabetes Type 2 (blood glucose over 125) and suffer from prescription drug side effects? Or perhaps have pre-diabetes (blood glucose of 100 - 125), and want to prevent diabetes? There are safe, effective natural alternatives, without the side effects or high price of prescription drugs. For many people these work well. But if you must take medication, a good diet, exercise, and natural remedies will help reduce your dependence on prescription medications.

Abnormally high blood glucose is usually caused partially by genetics and partially by lifestyle. Some people lack the genes for enzymes involved in insulin production, or glucose transport or metabolism. Others overeat carbohydrates (particularly sweets), fail to exercise, or lack the nutrients necessary to metabolize glucose in the cells and mitochondria.

When glucose builds up in your blood, it binds to hemoglobin, a protein inside red blood cells. The specific protein Hemoglobin A1c is used to measure the average level of blood glucose over 2 to 3 months. A good A1c level should be less than 7% for

an adult with diabetes—less for non-diabetics—but it does not replace daily glucose testing. A1c can be used to diagnose diabetes or pre-diabetes, monitor long-term glycemic control, adjust diabetes therapy, and predict possible complications.

When considering prescription medications for diabetes, it's important to note different diabetes drugs work in different ways, and each has different benefits and side effects. The drug Metformin reduces the amount of sugar your liver releases into your blood, and increases your body's response to insulin. According to NIH, common side effects of Metformin include: diarrhea, bloating, stomach pain, gas, indigestion, constipation, and a metallic taste. According to Johnson & Johnson, Invokana®, a different medication, flushes some sugar out through the urine. But side effects include: female genital yeast infections, urinary infections, increased urination, kidney damage, thirst, constipation, nausea, ketoacidosis, high potassium, and sensitivity reactions. Invokana® has a lower risk of hypoglycemia (low blood sugar); but it has higher risks of hypotension (low blood pressure), bone fracture and limb amputations. Finally, Insulin and insulin secretagogues (that control insulin secretion, such as sulfonylureas) are known to cause hypoglycemia.



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How does Rebecca work with her clients?

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

What does your holographic imprint or pattern consist of?

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

What is a holographic universe?

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

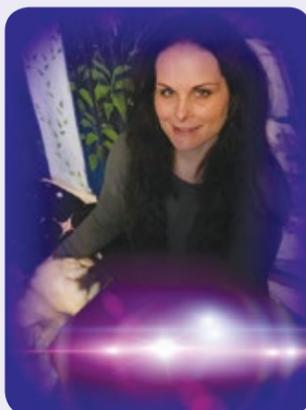
Imagine a kaleidoscope of waves and particles floating freely everywhere around you. Within each particle exists multiple realities and different possibilities in your life. The possibility, the reality, the portion of the holographic image that we focus on becomes your reality, it becomes the life that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

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

Testimonial:

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

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



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

About Rebecca

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



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

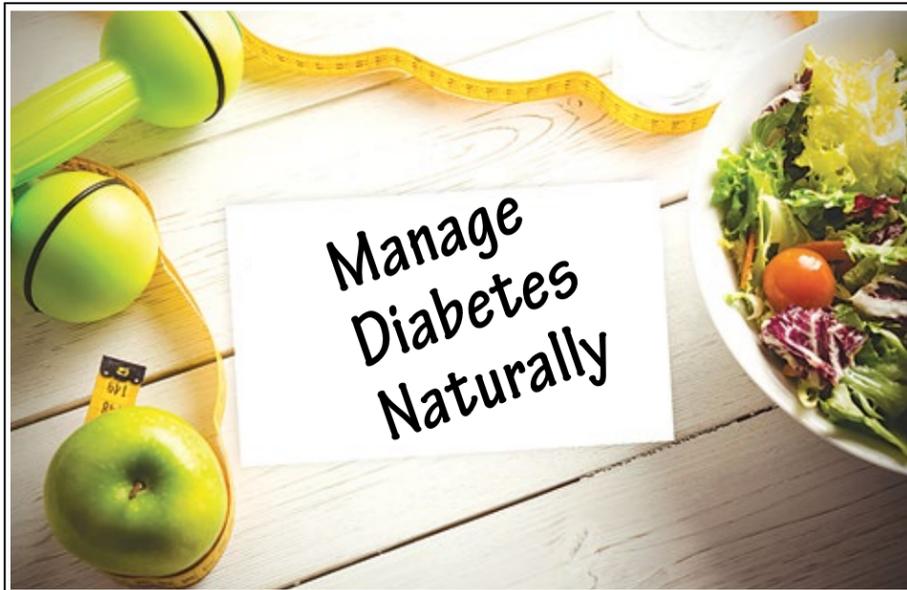
A Natural Approach to Managing Diabetes

It is possible to manage diabetes naturally as a healthy alternative that can go a long way to alleviating nasty side effects and dependence on prescription drugs. As a nutritional biochemist I look at the underlying causes of disease, how nutrients interact with our biochemistry, and then I use needed nutrients to balance body chemistry. After all, the body is made of nutrients—not drugs or magic substances.

How can diabetes be managed naturally? Here are some approaches to consider and important points to keep in mind.

The Role of Nutrients

Minerals play an important role in blood sugar control. Zinc helps make insulin in the pancreas. Five other trace minerals regulate cell signaling and insulin receptors on cells. These are: chromium, vanadium, manganese, copper, and lithium. When any of these are deficient, it can prevent glucose from entering the cells, thus causing both “insulin resistance” and “gestational diabetes” (in pregnancy). Vitamins B2 and B3 play crucial roles in glucose metabolism in cells (the Citric Acid Cycle). Other nutrients (alpha lipoic acid, vitamin E) protect mitochondria from free radical damage, while CoQ-Enzyme-10 and PQQ help the mitochondria produce energy.



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There are also some herbs that have been shown to regulate pancreas and liver function, and thus help control diabetes without side effects. Berberine has been shown in clinical trials to out-perform Metformin without the side effects. It is also an anti-histamine, antioxidant, and anti-inflammatory.

Because there are so many nutrients involved in glucose metabolism, transport and usage, it is often difficult to determine which are deficient and therefore require supplementation. Fortunately, lab testing for nutrient deficiencies is available. My favorite

test is the SpectraCell Micronutrient Test, which tests white blood cells for every vitamin, most minerals, and several mitochondrial factors, plus tests for glucose/insulin function and fructose. The advantage of this test is that it measures the cellular uptake of nutrients, so we know which nutrients have been already metabolized into their active forms in the liver, then taken up into the cells. This truly represents the functional level of nutrients. In addition, hair tests will show the excretion of mineral levels and heavy metals.

The Role of Other Organs

Putting together a natural treatment plan would not be complete without understanding how the other organs in the body play into or are affected by diabetes. Insulin is produced in the pancreas to bind to glucose for transport to other organs. Glucose is taken to the liver where it is stored as glycogen for metabolic processes. The muscles and heart also store glycogen for use in movement; the brain uses huge amounts of glucose. Cortisol from the adrenal glands also plays a role in recycling glucose. It enters the cells and tells them to mobilize glucose byproducts, such as lactic acid and pyruvate (fatigue acids), to make new glucose. Then adrenalin (epinephrine) knocks at the cell doors (receptors) and signals the glucose to exit the cells. Each cell also uses sugars, fats and vitamins to help the mitochondria to produce ATP energy, like the green light of the firefly.

Diabetic Nerve Pain

Diabetic nerve pain is just one of many possible complications with Diabetes. This can usually be alleviated with vitamin B6-phosphate (the pre-metabolized form). Vitamin B6 (aka pyridoxal-5-phosphate) is also known to be involved with peripheral neuropathy, where the extremities become numb or tingling. It can also be involved in Shingles or post-polio syndrome.
continued on page 44

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

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TO YOUR HEALTH

Managing Diabetes Naturally ...continued from page 43

drome. Other B-complex vitamins also play supporting roles.

Liver Problems

Europeans have long held that diabetes is a liver problem, and in part, it is. Diabetics often have high liver enzymes, specifically SGOT and SGPT, both of which are vitamin B6-based enzymes. Other problems include fatty liver, which can be decreased with Lecithin (a fat emulsifier).

The Role of Diet

Probiotics (good gut flora) and Prebiotics (fiber that feeds flora) help prevent the growth of bad bacteria, yeast and fungus. Good gut flora can help curb your appetite, assisting in weight loss, which lowers blood sugar.

Many diabetics are overweight or obese. Proper diet is far more than reducing calories. Patients must limit sugary foods and excess carbohydrates, which are metabolized as glucose, thereby increasing blood glucose. Focus on clean healthy foods: proteins, fats, vegetables and some fruits. Natural fructose (in fruits) does not stimulate the release of insulin, but is metabolized as fat by the liver. Whereas, High Fructose Corn Syrup is not a natural sugar, but is a man-made additive and toxin.

Avoid unnatural food additives, preservatives and dyes (Red #2, Red #40, and Yellow #5, which are very allergic). Food allergies can also wreak havoc in the digestive tract, causing inflammation, tissue damage, and leaky gut. These include both immediate and delayed food allergies. Food lectins are allergens that bind to digestive tissues, causing inflammation, swelling, and gas. A low lectin diet will reduce symptoms and accelerate weight loss. That means limiting grains and beans.

There is no one-size-fits-all method of treating diabetes, but there are options—both natural and prescribed—from which to choose. Working with a health professional is key to finding the healthy balance that works for you. The goal is the same...getting and keeping you well.

Laura Power is a licensed nutritional biochemist with 25 years experience in Medical Nutrition Therapy. She is founder and director of the Allergy & Nutrition Clinic in Falls Church, Virginia (1992 - present). Her skills include: Evaluation and treatment of serious cases, laboratory testing, individualized diet and supplement programs, and Rx custom nutrient compounds. Her treatment specialties include allergies and Autism. To learn more about her overall practice and research, visit www.laurapower.com. See also her ad below.

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Hypothyroidism: Signs, Symptoms And Support

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

Your thyroid plays a part in nearly every metabolic process in your body. Shaped like a butterfly lying low on the front of the neck, this small gland has an average weight of 16.4 grams in an adult. When the thyroid is its normal size, you can't even feel it. However, when your thyroid is not working, you won't feel well at all!

Hypothyroidism, also called underactive thyroid, is when the thyroid gland doesn't make enough thyroid hormones to meet your body's needs. These hormones influence your metabolism, growth, development, body temperature, and brain development. The main hormone is *thyroxin*, also called T-4; but there are others called T-3 and lesser known T-1 and T-2. Thyroid hormones control the way the body uses energy, so they affect nearly every organ in your body, even the way your heart beats. Without enough thyroid hormones, many of your body's functions slow down. And because your thyroid's job is complex, it is very sensitive to drugs, infections and environmental chemicals, which may affect proper function.



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According to the American Thyroid Association (ATA), more than 12 percent of the U.S. population will develop a thyroid condition during their lifetime, with occurrences appearing five to eight times more in women than men. Furthermore, more than 10% of the general population and 20% of

women over the age of 60 years suffer from clinical hypothyroidism. Indeed, over the last year, my clinic has seen an increasing number of clients presenting with this condition, but it was not the chief complaint that brought them to my door.

Because hypothyroidism develops

slowly over the course of months, or even years, and can occur with a wide range of symptoms commonly linked to other issues, many people don't notice they are suffering from this particular illness. As a result, only a small percentage of those suffering recognize the symptoms and are being treated.

Symptoms of Hypothyroidism

Symptoms for hypothyroidism vary greatly from person to person, and range from more common, like fatigue and weight gain, to less common, like fertility problems and light sensitivity. To help you identify some early warning signs you may be experiencing, here are possible symptoms broken down by categories. Note: Some of these are common and don't necessarily mean you have a thyroid problem. But if you are exhibiting a few in combination, it may be an indication your thyroid gland function needs to be checked.

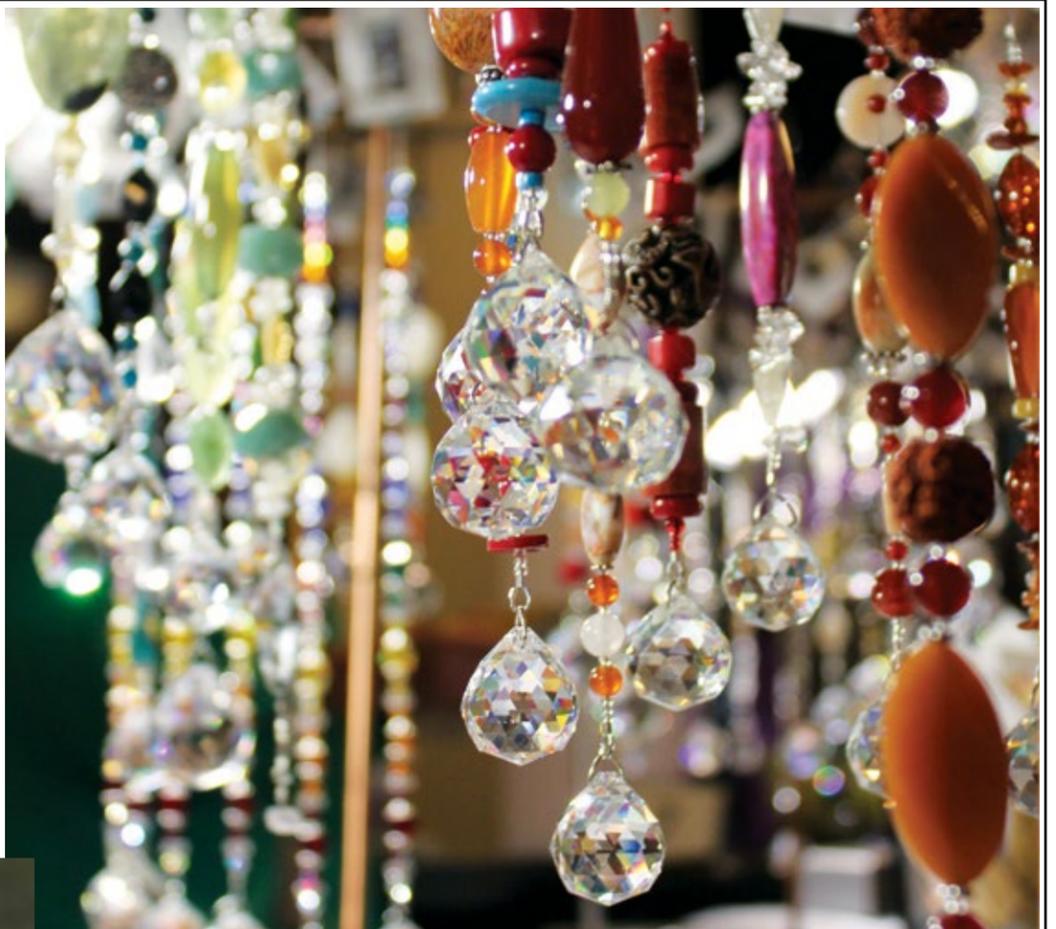
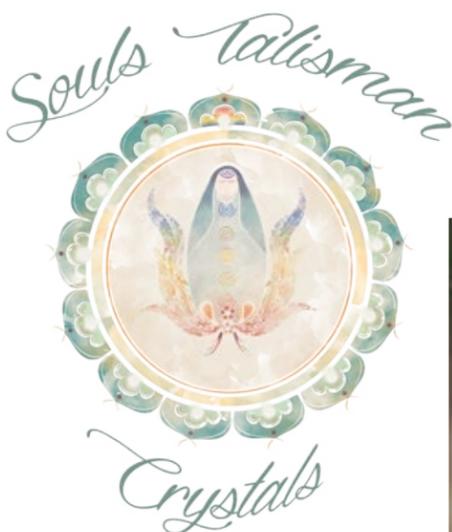
Facial Signs of Hypothyroidism

- Skin looks and feels thinner; dry and scaly skin
- Frequent skin breakouts and/or acne
- Puffiness and swelling around the

continued on page 46

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TO YOUR HEALTH

Hypothyroidism: Signs, Symptoms & Support

...continued from page 45

eyes and face

- Dry and droopy eyes
- Course and brittle hair and nails
- Loss of hair, prematurely grey hair; thin eyebrows, especially the outer 1/3

Musculoskeletal Symptoms

- Extreme fatigue
- Weakness of the limbs
- No stamina to exercise
- Difficulties swallowing with a lump in the throat
- Numbness/tingling in hands/fingers
- Hoarse voice
- Frequent headaches
- Painful, stiff and swollen joints

Endocrine/Hormonal Symptoms

- Goiter
- Type I OR II Diabetes
- Erectile dysfunction; low libido
- Menstrual cramps; irregular periods
- Infertility or frequent miscarriage

GI Symptoms

- Chronic constipation/dry stool
- Bloating and sluggish digestion
- Food sensitivity, Celiac disease or gluten intolerance
- Crohn's disease, ulcerative colitis

- Elevated cholesterol level
- Iron deficiency
- Absorption issues
- Leaky gut syndrome

Mental/Emotional Symptoms

- Depression
- Mood swings
- Anxiety
- Forgetfulness
- ADD

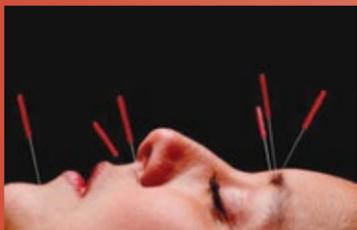
Miscellaneous Symptoms

- Auto immune diseases (Hashimoto's disease)
- Slow heart rate
- Increased sensitivity to cold
- Sensitivity to light
- Respiratory symptoms
- Susceptibility to colds and yeast infections
- Recurrent infections

Tips To Support A Healthy Thyroid

A healthy thyroid requires adequate amounts of selenium, iodine, zinc, B vitamins and antioxidants for optimal function. Hypothyroidism can be largely controlled with thyroid hormone medicine at recommended dosages, which are determined and

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adjusted with regular blood testing. The symptoms and severity of the condition can also be managed naturally through dietary adjustments and supplements, and herbal supplements, as well as with lifestyle changes, and acupuncture.

Dietary Considerations & Herbal Supplements

If you've been diagnosed with hypothyroidism, there are foods you should eat and foods you should avoid. To replenish important vitamins and minerals, eat wild caught fish like salmon, or supplement your diet with Omega-3 fatty acids. To boost your antioxidant and mineral intake, load up on foods rich in selenium—eggs, mushrooms, oats, brown rice, Brazil nuts—and iodine—seaweed, cod, yogurt, tuna—both of which are essential for maintaining thyroid levels.

Among foods to avoid if you have a hypothyroid condition are: soy products, which can impair absorption of thyroid medication; excessive refined sugar and processed foods, which impair production of thyroid hormone; and fried foods and too much of animal fat, which burdens the liver and consequently decreases thyroid hormone production.

Doctors may also recommend you eliminate dairy and gluten from your diet. Gluten can create small intestine inflammation and block thyroid medi-

Other healthy lifestyle approaches such as meditation, yoga, and deep breathing exercises, can be very beneficial when managing hypothyroidism exacerbated by stress.

cation and iodine absorption. This is especially problematic if you have been diagnosed with Hashimoto's disease, or thyroiditis—inflammation of your thyroid that causes stored thyroid hormone to leak out of your thyroid gland. Approximately one third of Hashimoto's and thyroiditis patients are sensitive to gluten. However, people with Hashimoto's disease or other types of autoimmune thyroid disorders may be sensitive to harmful side effects from excess iodine. In these cases, more thorough conversations should be held with your health care providers about a proper dietary plan.

If you are adopting a Traditional Chinese Medicine (TCM) approach to hypothyroidism, TCM practitioners recommend cinnamon (rou gui), Aconite (fu zi), Rehmannia (shu di huang), Di-

oscorea (shan yao), and Cornus (shan zhu yu). Take Holy Basil and rhodiola to support healthy neurotransmitters. And they also recommend the following tonics: Kidney Yin Tonic (Liu Wei Di Huang Wan) is the herbal formula most often used; Liver Cleansing (Zhi Zi Qing Gan Tang); and Heart Yin Tonic (Tian Wang Bu Xin Dan).

Lifestyle Choices & Acupuncture

According to the World Health Organization, acupuncture can be used to treat thyroid diseases. Several studies also suggest that acupuncture and Traditional Chinese Medicine can be beneficial treatment methods, especially when acupuncture is received regularly. Acupuncture increases circulation in the thyroid and adrenal gland, and signals them to function properly. Furthermore, acupuncture provides great support in treating hypothyroid symptoms like hoarse voice, slowed speech, puffy face, drooping eyelids, sensitivity to cold, constipation, weight gain, dry hair and skin, depression and more.

Stress plays a huge role in hypofunction of the thyroid gland. The stress hormone cortisol produced by the adrenal gland suppresses the thyroid function. Other healthy lifestyle approaches such as meditation, yoga, and deep breathing exercises, can be very beneficial when managing hypothyroidism exacerbated by stress.

In addition, supplements like Ashwagandha and eleuthero fortify the immune system and reduce stress, anxiety, and fatigue.

Finally, get plenty of sunshine to optimize vitamin D, or take a vitamin D supplement. And as with any use of supplements or prescribed medications, be sure to work closely with a health practitioner to ensure any combination is monitored and right for you.

In a lot of cases in our clinic, proper nutrition, compensation of missing nutrients, clearing infection, and building up adrenal strength are great factors in treating hypothyroidism. Very often patients require less medication, or eventual experience remission. Regardless of the path you choose to take gain support, what's most important is to understand each patient is unique and therefore requires an individual approach to treatment.

Helena Amos, M.Ac., L.Ac., MD (Eur.) is an acupuncture and natural medicine practitioner since 1986. She is the owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for complementary consultations. Call 301-881-2898, email her at doctorhelena@aol.com, and visit rockvilleacupuncture.com/ for more information and a schedule of upcoming classes. LIKE on Facebook @ AmosAcupunctureAndNaturalMedicine. See also her ad on the previous page.

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BY DEBORAH BUSTIN AND MARA BERMAN

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Five Steps to Bringing Bliss

BY J. P. RIPPETOE

Most people spend their lives doing one of two things: either searching for that which can make them feel great happiness and contentment, or they do the opposite and attempt to become emotionally numb. Many corporations, leaders in all of the organized religions, and even politicians are aware of this universal search as they try to capitalize on it. The primary focus of all this tends to go along the lines of “you are not complete/happy/healthy/safe” and “you will be if you believe/buy/vote for what we are selling.” (If you want to see some examples and have a laugh at the same time, spend some time on YouTube watching the As Seen On TV ads.)

The question this raises for me is, “For what are we searching?” I think the answer is “Bliss.” The challenge to this answer is that, like all words, “Bliss” is different for every one of us. So before we delve too deeply into the Five Steps to Bringing Bliss, let’s take a moment to find out what that looks like for you.

To start this process, grab paper and pen and find a quiet place to spend

some time in introspection. Below are four questions to which you can respond. Be sure to be authentic in your responses (you don’t need to share this with anyone unless you would like to). Try not to use expected answers, unless they are right for you.

1. Ponder the words “happiness,” “joy” and “contentment.” How are they alike? More importantly, how do they differ? What is your relationship with each of these words? Do you feel drawn to one more than the others? If so, why?

2. Search the Rolodex of your memories to those times when you just felt happy. For each memory, rate your happiness on a scale of 1 to 10, with one being someone who found a dollar bill on the street and 10 being one who had just won the lottery. Now focus on a time when your happiness was a solid 5 on the scale. During this time, what was going on in your life? How were you feeling emotionally and spiritually? Who was in your life? Who were you being? If you could describe this time with one word, what would it be?

3. Now, think back to a time when you felt joy. Use the same process and questions as you did for “happy.”

4. Finally, think back to a time when you felt contentment. Again, use the same questions as for “happy” and “joy.”

Through this exercise, you should start to get some clarity on what bliss would look like for you. Now let’s dive back into the five steps to making that bliss a reality.

Balance

When I think of balance, I think of the toy from my childhood, the Weebles. The TV ads had the catchy jingle of “Weebles wobble, but they don’t fall down.” The ditty illustrates what Balance causes in our lives. It is not that things won’t go awry, but rather that when they do, we won’t lose our center of gravity. Since I shared the Seven Steps to Bringing Balance previously, I won’t go in depth on them here, but as a reminder they are:

Be In the Moment - You simply cannot live an empowered present if you are still reliving the past.

Access Your Pillars - Pillars are those things, typically conceptual, that drive and guide your life.

Let Go of Expectations - When we expect something to show up a certain way, and it doesn’t, we judge that thing as being inadequate.

Acceptance - When we don’t accept those in our lives, ourselves included, for who they are, the message we are sending to them is they are not enough.

Nature - Nature has the incredible ability to transmute those energies we release that are out of alignment with who we are.

Commune With the Divine - How you define it and where you find it has little effect on your Balance. What does is communing with it on a consistent basis.

Expand Your Heart - Balance is about connection—connection with our Inner Being, connection with nature, and ultimately, connection with others.

In looking at the steps, I hope you can see how finding your balance is the first step in finding your bliss. It is the foundation upon which you will build and the center to which you will consistently return.

continued on page 50



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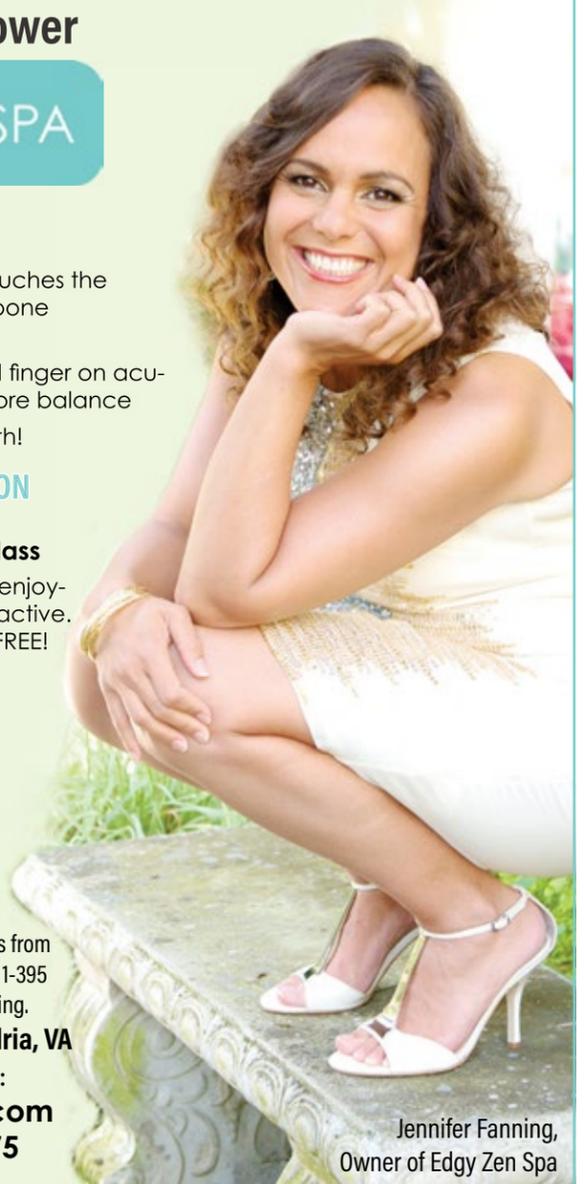
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MIND • BODY • SPIRIT

Five Steps to Bringing Bliss

...continued from page 49

Love Yourself

As he was teaching, the Christ instructed his followers (and the rest of us, by extension) that we should love our neighbor as ourselves. I grew up in the outskirts of the Southern Baptist church. During the times we attended church, I can remember preachers covering this passage. The fascinating thing is that each time, the preacher focused solely on the “love your neighbor” part. Perhaps they thought that loving our neighbor was the tougher part—that we had the “love yourself” part down. Or maybe they knew the “love yourself” cog was one that had many spikey emotional vines entwined on it, and they just didn’t want to go there. From my experience as a human soul on its path to healing, as the Alchemist Coach and as an Energy Healer, I know for a fact that loving one’s self is a herculean task.

The first obstacle to overcome is that loving one’s self and self-care are very much like identical twins. They may look and sound alike, but at their core, they are two very different things. Self-care is those things we do (or don’t do) to make sure we stay physically, emotionally and spiritually healthy. Like just about everything, self-care is going to look differently for every one of us.

For some, it means pampering by getting massages; for others, it means participating in a football fantasy league.

Self-care is vital to our continued growth and our finding our Bliss. Think of your life as a car—I will let you decide if you are a muscle car, luxury SUV or a mini-van (all are more than appropriate answers!). Would you continue to drive your car without getting regular oil changes and having the various mechanical systems checked out? Of course you wouldn’t! If you did, the car would leave you stranded on the side of the road.

As vital as self-care is, it is not loving one’s self. In keeping with the “you are a car” analogy, I think loving one’s self is the feeling the driver (your soul) has when it is behind the wheel. I can tell you with certainty that your soul has nothing but love and gratitude for your person—even with the scraped tires, chipped windshield, and slightly dented bumper. So how do we move that soul feeling into our own experience? Once again, it is time to grab pen and paper and try an exercise.

Take as much time as you need to complete this task. You may even want to consider doing it on more than one day, but I would suggest allowing some time between each session to

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give the work a chance to set fully into your life. Each time, take one sheet of paper and write out four things about yourself, leaving plenty of space between each, that cause you pain, embarrassment or that you just don't like. These can be physical traits, emotional responses, or even life choices you had made in the past. It is essential you do no more than four items per session. If you do more, you may become overwhelmed and not be able to move entirely through the process. In the space between each "negative" trait, begin to write out how this aspect of your life has had a positive impact on creating who you are. An example may be that one feels she is slightly overweight. As she sits with this concept, she begins to realize that, while that may be true, being so has caused her grandchildren to love to cuddle up with her and watch movies. The goal of this process is to take those aspects of ourselves we attempt to push into a closet and bring them out, dust them off, and find the value they bring. Many say a chain is only as strong as its weakest link. Well the love we have for ourselves is just as strong as the darkest aspect of our self that we bring into the light.

Inspiration

In just about every dominant religion, a being of some sort created our world and everything in/on it. This act indicates that the Divine, however you

define that, has a creative aspect; and we have each inherited this creative spark. Our creativity may be different from others, but its existence is undeniable. For me, I create using the written word and by dabbling in photography. For you, it may be something more analytical, like designing a database or coding a new computer game; or more physical like building a garden shed or knitting. Regardless of the vehicle, creating is an integral part of who we are and one that even fits nicely in the "self-actualization" layer of Maslow's hierarchy of needs. As you look more deeply at the creative process, you will notice that even creativity has something that has created it, and that is inspiration.

Recently, there was a challenge going around one of the more popular social media venues: for seven days, post seven black and white photos, no people, no pets, no explanation. Eventually, someone challenged me, and I accepted. At the end of the week, I found it had started to change the way I looked at the world around me. It forced me to begin to look at things in a new way. I found myself looking at the sides of abandoned buildings and seeing beauty in them. In many ways, I felt like one who was reading a book on a train, and looking up to find myself in a new world. So the challenge I put before you now is to discover your personal form of inspiration and to be

mindful in doing so. You will know it is working when you notice that one day is no longer the same as those that had gone before. While inspiration is the creator of creativity, it is also the end of monotony.

Steep in Gratitude

I just now did a quick search on Amazon and found over 13,000 listings for books with the word "gratitude" in the title. Doing the same on Google gave me over 127,000,000 hits. That is a lot of information on one word, but that shows how important a word it is. Gratitude can alter your relationships with others and yourself. It can literally slow and eventually turn a downward spiral. I can say this with certainty because I have seen it do so in my own life.

A number of years ago, from the outside, I was living the perfect life. I had a good paying job, beautiful home and had been with my partner for over a decade. Despite this, I made a series of decisions that caused me to lose all that I had. I call this the life 'Ctrl, Alt, Delete.' Up to that point, I had lived life from a place of constant numbness, running from one failed relationship to another. During the Great Upheaval, my relationship imploded, and my career had taken a nosedive. The Universe had finally found the right way to wake me up.

It was during this time that the pow-

er of gratitude altered the course of my life. Despite all I had lost and the deep levels of despair I felt at times, something within me knew I had to be grateful. I admit that on some days it was difficult to find something to be thankful for—it was on those days that I poured my gratitude onto my dog. What I did see is that the more I focused on those things that were good in my life, the more good things started to come into my life. My career began the upward climb as over the course of years I moved from job to job, each bringing me closer to where I was pre-destruction. My home became my own, and those who saw the authentic me replaced those who were in my life.

To assist with your attitude of gratitude, I suggest getting a journal and using it every day. With my clients, I call it a "Win Journal." You will use this to chronicle those things that have gone good in your life, be they big (woohoo! I got a 50% pay raise!) or small (someone bought me a cup of coffee). If you want to amp it up, add to this why you see the events as good and the feelings that they produce. When you have a down day—and don't judge, it will happen—then you can read back through your Win Journal and see just how much you have for which to be grateful.

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MIND • BODY • SPIRIT

Five Steps to Bringing Bliss

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Surprise

The final step—Surprise—is very similar to the stage of Inspiration, as they both are meant to engender a sense of wonder in your life. As you work on the bringing Balance and Bliss into your life, you will find that things will start to happen in unexpected ways. What had once seemed impossible will merely say, “I’m possible” (thank you, Audrey Hepburn, for pointing that one out to us).

I have a good friend who is starting the process of producing a documentary on a subject about which she is passionate. As you can image, this is a daunting task for the most experienced producer let alone for one who is trying it out for the first time. Despite the height of the mountain before them, she knows to her core this is something she is called to do and is committed to taking the journey. As Paulo Coelho said in his book *The Alchemist*, “When you want something, all the universe conspires in helping you to achieve it.” As she was preparing to film the first interview, people who were knowledgeable, capable and willing unexpectedly came alongside to help her start the journey. I can find no more excellent example of finding the surprise

in one’s life than this, and it is through seeing the surprise that we begin to bring even more surprise.

Mindfully implementing the Five Steps to Bringing Bliss is a new habit that may take some time to form, but doing so will undoubtedly shift your life. I would suggest taking some time, perhaps a week or two, to focus on each one in turn. As you continue through, you will add the additional layers, and in no time, you will find yourself moving into your version of bliss and will begin to become immune to the manipulations of those who wish to use your journey as an advertising tool. I wish you all and best on your path to Balance and Bliss.

J. P. Rippetoe is an Energy Worker, a blogger, author, public speaker and the owner/co-founder of NRG Concepts. He takes a holistic approach to providing solutions for his clients, bringing Balance and Bliss into their personal experience. This is done through programs that include energy balancing sessions, creating community through small group life classes, and assisting clients with the energy of their space through interior decor consultation, energy cleansing and clutter cleansing.

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Creating A Healthy Habit In Four Steps

BY CAROL K. WALSH

How often have you wanted to feel emotionally or physically better and knew that if you developed a new habit or skill you would? Instead, do you feel held back by some unknowable force and you just can't start? Or, did you begin something new, but became discouraged and stopped in your tracks? I struggled with this issue when I wanted to write my new memoir, but just couldn't make writing a routine. I only wanted to do my artwork.

While trying to develop a writing routine I quickly discovered two things: (1) *wanting to do something and finally doing it are very different things*; and (2) developing something new requires *letting go of something else*. For example, if we want to eat healthier, we have to first let go of mindless eating and junk food. To begin writing I had to temporarily set aside working on my art, something I routinely do for the first four hours of every day, so I could focus on writing.

At first my intentions were great, but there was no follow-through, that is, until I finally discovered a process that worked. Once I did, my writing routine worked so well I was able to complete my memoir. Now I want to pass on to you what I learned the hard way, in hopes that you will have an easier path.

But, before you read further, ask

yourself: "What new habit or routine would I want to add to my life? Why do I want to begin this new habit? What do I have to give up in order to do this?" The general answer is usually because you want to feel healthier, have more balance in your life, or you want to develop an interesting skill.

Sometimes the thing we need to let go of has an addictive quality, such as drinking too much alcohol, eating starchy and sugary foods, or watching too much television. Those habits can be so satisfying—despite the negative side effects—that they are especially hard to give up.

Here are the four steps I used to grow my new habit. Whether you are trying to learn a new skill, develop healthier eating habits or exercise routine, or begin any new creative endeavor, if you follow these, I am convinced you can be successful.

1. Begin slowly, with small goals.

A new runner doesn't begin by running a mile. But perhaps they can run one block and then walk the next one while they build up endurance. A new guitar player doesn't begin by practicing for hours each day. They set forth small lessons and goals and gradually build their skills. To begin something new, first set up a plan, a schedule, or a routine. Make sure to begin with small steps, and over time gradually increase your goals. If you become stuck with this step—and most of us do—a support system can give you courage and help you focus.

2. Find support.

It's important to remember you are not alone. Growing a new habit is hard for all of us. It doesn't matter what new habit or skill you want to develop—whether it's learning how to play an instrument, establishing a better food plan, writing in a journal every day, meditating regularly or routinely exercising—the process is the same.

You will be more motivated if you are with others who have common interests and skills. For my support I first

turned to classes on memoir writing and eventually joined a writer's support group. The support you choose can be professional or otherwise. You could find a friend who has the same interest and do the activity together. There are also mentors, support groups, classes, or organizations that can give you support, and share their

expertise. They can also help you focus on setting and keeping small goals. (If you don't know of any groups with your interest, look up Meetup.com for events in your area. You can also find classes through your public school system, or community college.)

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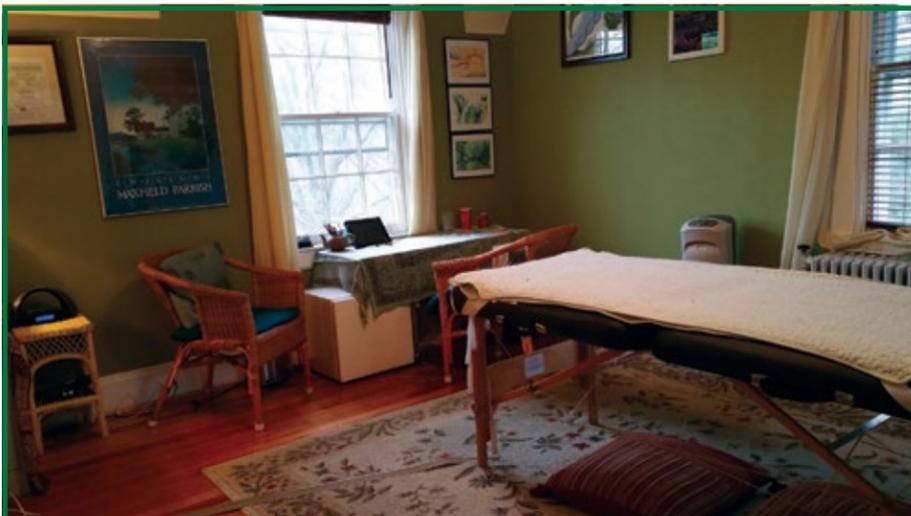
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MIND • BODY • SPIRIT

Creating A Healthy Habit In Four Steps

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3. Don't judge your process or progress.

No matter what new skill or habit you are putting into practice, do not judge what you are doing. Just do it. Progress is never linear. It is more like a roller coaster. Some days everything you do will feel comfortable and right, and other days nothing seems to work. Also, don't let the opinions of others deter you. If they give you advice, take what fits and let the rest go. If someone gives you advice you haven't asked for, it's fine to tell them politely you are not ready to hear other's opinions. Remember, unsolicited advice is never welcome.

4. Give yourself a reward.

After each successful session—like one practice session with a new sport, or one victorious week on a good food plan—give yourself a reward. These rewards can be very small, like allowing yourself to watch your favorite TV show, going for a walk with your partner, or calling a friend and sharing a cup of tea.

When you have had a number of successes you will feel terrific, because your new habit resonates with your true spirit. When something feels right, our soul and spirit want more. That's when a healthy habit is born.

If you want to turn an area of life into an emotional, physical and/or spirit-energizing habit, it is helpful to remember these four things:

- Start with small goals and gradually increase the size.
- Obtain outside support: a mentor, class, or writing group.
- Don't judge your progress.
- After each success, give yourself a reward.

There are added benefits to being successful. First, you will feel proud of yourself for achieving what you set out to do. Success builds ego strength. Second, you will be a role model for others. Your friends and family will be watching you, and when you're successful they see how great you feel and will want what you have. Also, if you have children, remember they are watching you and will learn from your willingness to try new things.

Carol K. Walsh is an artist, writer, psychotherapist and personal coach. Her new memoir, *Painting Life: My Creative Journey Through Trauma* is her fourth book. To read about her memoir, see her photographs and artwork and sign up for her bi-weekly blog about "Creativity in Art and Life", go to www.ckwalsh.com.

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Tips for Topping Up Your Vital Vitamin D

If you have a busy life, you may not get outside much, even on sunny days. But your body needs vitamin D to stay healthy, and while you can obtain some through certain foods, the most natural and effective way is through sunlight, especially throughout the spring and summer. Your body needs the vitamin to keep your bones healthy and your immune system strong, and for other important functions, too. Yet around half the world's population is deficient in the vitamin, studies suggest, so make sure you're getting your full quota by getting outside whenever you can. You may need to change your habits a little to make the most of the sunshine's store, while also avoiding extreme exposure to the sun's UV rays, but these suggestions will help you.

Take a walk before or after work

Depending on your local climate, a daily stroll first thing in the morning and another in the late afternoon could provide all the vitamin D you need in a day, at least through the summer. At these hours, you'll avoid direct heat and risk of burning, so they're safe times to be outside, while also fitting neatly around the average working day. If you walk or cycle to work,



you'll absorb the rays' goodness that way as well. For best results, keep your arms and legs bare, as well as your face, using sunblock to prevent burning as necessary. If the sun is dangerously hot even at these times, restrict exposure accordingly and don't stay outside more than about twenty minutes each time.

Go outside on your lunch break

Wherever you work, try to get outside in your coffee break and lunch hour for a few minutes. A brief breather is all you'll need to top up your vitamin D intake while the sun is overhead, especially on a hot day. The hours between 11 a.m. and 3 p.m. are the best for accessing the sun's vitamin

D. However, its dangerous UV rays are also at their strongest at this time, so use sunblock if staying out for more than a quarter of an hour, or alternate between sunshine and shade at these times.

Take tasks outside

Whether you work at home or away, look out for opportunities to go outside throughout the day. If someone is needed to run an outdoor errand at work, for instance, volunteer for the task and snatch a few sun rays in the process. If you work at home, perhaps you can take your work outside for a while. Whether you have a yard, balcony or just a window, make the most of it for catching sunlight, and its vitamin D. If your access is through a window, you'll need to open it: the elements you need won't penetrate the glass.

Go outside on weekends

Long working hours leave little time for enjoying the sun, but fortunately, there's always a day off to look forward to at some point, so be sure to schedule in an outdoor activity for your next rest day, or if you prefer, a quiet rest in the sun. Provided you

continued on bottom of page 56



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Can You Seek Acupuncture Treatment for Stress and Anxiety?

In a world where people have to juggle more than one job, take care of kids, be there for family, and pay bills, it is only understandable that one would suffer from stress and anxiety as a result. Unfortunately, when not managed, stress and anxiety can take a toll on your physical and mental health, and this can significantly affect your quality of life. In a quest to seek long-term relief from these problems, you may have heard about acupuncture. This article will address the ancient Chinese treatment and whether it is

effective in managing and preventing stress and anxiety.

Can acupuncture relieve stress and anxiety?

The answer is yes! As aforementioned, both stress and anxiety can affect your physical and emotional well-being. The result is lack of sleep, fatigue, digestive problems, respiratory problems and low immunity among other complications. As a treatment, acupuncture focuses on both the body and mind. It follows a holistic ap-



proach which aims at addressing the root cause of the problem, eliminating the symptoms that come with it. During acupuncture treatment, you get to lie down as the specialist focuses on acupressure points in the body. The act of lying down and paying attention to the sensations that come with the procedure produces relief against stress and anxiety. Most people who take this treatment leave the clinic feeling relaxed and renewed in the body, mind, and soul.

Are you a suitable candidate for treatment?

Acupuncture treatment is ideal for anyone who wishes to prevent and manage stress and anxiety. It is also used to manage chronic pain in the body, menstrual pain, post-treatment symptoms of cancer, and in promoting fertility. However, if you have any underlying medical condition and wonder whether you are a suitable candidate for acupuncture, it may be a good idea to check with your doctor first.

If you are struggling with the symptoms of stress and anxiety as a result of your daily hassles, it may be time to visit an acupuncture clinic for treatment. Not only will you find relief from stress, but you will also get rid of any pain, muscle tension, and sleeplessness that come with it.

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How does the treatment work?

During acupuncture treatment, the physician inserts needles in specific parts of the body to facilitate the flow of energy. The technique works by activating the body's healing mechanism. It triggers the release of endorphins

Tips for Topping Up Your Vital Vitamin D

...continued from page 55

shield yourself from the strongest rays or keep exposure times short, your body will reap the benefits of a day's sunshine and all its invisible goodness.

Get vitamin D from your diet

In cold, cloudy weather, and during the winter, it's wise to take vitamin D in your diet, rather than rely on the sun's supplies. The vitamin is present in a number of foods, including egg yolk, red meats and certain types of fish, such as sardines, herring and cod. Check medical or nutrition sites for details. Alternatively, you can take it in

tablet form. Some doctors recommend taking a combination of vitamins D and K2, as studies suggest they produce better results together for bone nourishment.

Sunshine will do you good in other ways, as well as providing you with body-sustaining vitamin D. Its cheerful brightness and relaxing warmth will raise your spirits and help you enjoy life, so make sure you get your fair share of it.

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**Free Community Classes given by this year's Blue Heron Wellness
Yoga Teacher Trainees have begun.**

Held Wednesdays and Fridays 5-6 pm. Come and experience their love and enthusiasm for Yoga and enjoy a FREE COMMUNITY YOGA CLASS.

Check the Blue Heron Wellness Yoga Schedule for exact dates.
These are FREE to EVERYONE!

All Free Community Classes and
YTT-200 Information Sessions held at:
Blue Heron Wellness
10723-B Columbia Pike, Silver Spring, MD
Visit: www.blueheronwellness.org
or, call: 301-754-3730

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

Find her on Facebook at
Align With Grace Yoga: Claudia Neuman



**Explore,
Learn, Shop,
Play, Network**

**And Have A Great Time At Our
47th Expo Of Healthy And
Unique Goods And Services**

Pathways Presents the 47th

Natural Living Expo

Sunday, March 25, 2018 • 10 AM - 7 PM

150 EXHIBITORS • 56 WORKSHOPS

**College Park Marriott Hotel And Conference Center,
3501 University Blvd., East, Hyattsville, MD 20783 • Free Indoor Parking
\$10 With Coupon In The Program • WE ARE BACK ON THE UNIVERSITY OF MD CAMPUS!
MORE COUPONS & UPDATES AT OUR WEBSITE**

**ALTERNATIVE MEDICINE • ANGEL READINGS • ART • AROMATHERAPY • ASTROLOGY • AURA PHOTOGRAPHY
AYURVEDIC • BIOFEEDBACK • BOOKS • CHILDBIRTH • CHIROPRACTIC • CLOTHING • CRAFTS • CRYSTALS • DENTISTRY
ENERGY HEALING • FACE READING • FENG SHUI • HEALTH PRODUCTS • HERBS • HOLISTIC DOCTORS • HYPNOSIS
JEWELRY • KABBALAH • MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NEUROFEEDBACK • NUTRITION
PAIN MANAGEMENT • PALM READING • PHARMACIES • POLARITY THERAPY • PSYCHICS • PSYCHOLOGY • QIGONG
REFLEXOLOGY • REIKI • SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAI CHI • TAROT • WEIGHT LOSS • MUCH MORE**

The Pathways Event Of The Year

www.NaturalLivingExpo.com

Enjoy 150 Exhibitors Who Heal, Entertain,

AN INVITATION FROM THE FOLKS AT PATHWAYS MAGAZINE

Please set aside Sunday, March 25, on your calendar to share our joy at our 47th Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.

We have been blessed with the honor of hosting this mind, body, spirit event for all these years and we are constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.

At only \$10, it's cheaper than most movies. You can attend up to 8 workshops of the 56 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing services; a psychic, Tarot, shamanic or face reading; or peruse hundreds of unique products.

This year, we are returning to the beautiful College Park Marriott on the campus of the University of Maryland with plenty of indoor free parking.

Please join us. Bring your friends.

ALC - Spiritual Development College, #84

The Wayshowers College is an International Spiritual Development organization. Through your involvement in community workshops, group sessions and individual consultations you will re-awaken your psychic ability, find your life's purpose and communicate with the team of angels who assist you in your soul's journey for this lifetime. This is Practical Spirituality with the focus of helping you find your own answers and trusting your inner guidance.
www.SpiritualDevelopmentCollege.com

A Spiritual Medium, #2

Esential Spiritual psychic Medium & Spirit Guided artist Rhonda blends Art, Music and Mediumship. Rhonda channels only the highest vibrations, offering psychic and medium readings, Tarot, Finger/thumb Analysis (palmistry) or discover your true essence and heart's desire through the Illuminating Soul stories that an original One-Of-A-Kind Soul Portrait reveals.
www.spiritualmediumrhonda.com

Access Bars® Sessions - Dawn Buckley, #123

27 years, 174 countries! Experience the relaxing, life-changing shortcut to remove stress, heal the body, quiet the mind, and find peace. Dawn's Walter Reed statistics: stress dropped 54.4%, pain 34.2%, etc. Try a research-based session today! Watch video at www.DawnSaleseBuckley.com/access-bars.

Age of Awakening with Rose Rose-tree, #78

Leading-edge skills for spiritual awakening from *Pathways* Columnist Rose Rosetree. Get aura readings, buy how-to books, ask your questions. Discover the power of unique RES Energy READING Skills, Energy HEALING Skills, Empath Empowerment®, and Enlightenment Coaching.
www.rose-rosetree.com

Alix Moore & the Archangels, #26

Alix Moore is a highly gifted psychic healer, medium, and channel for the archangels. She helps clients receive

the love, money, and amazing lives they desire. Visit her booth for intuitive readings, angel-assisted healings, mediumship, and books.
www.yoursoulstruth.com

American Ayurveda, #54

Ayurveda is an ancient healing system from India that stood the test of time over the ages. It is followed by over 1 billion people around the world. We offer authentic Ayurvedic products and consultation to achieve optimum health.
www.americanayurveda.com

Angel Talk Radio/TV-Telespectral, #77

With Jim and Sandy Young, Washington Metro Area's Premier Internationally Acclaimed Radio/TV Psychics with over 10,000 Professional Readings since 1994. In their 23rd year with *Pathways*, offering Personal Angelic Readings and copies of their books *Evidence of Things Not Seen* and *Clearing the Confusion*. Sign up early, openings go fast!
www.angeltalktv.com

Arbonne: Botanically-based Vegan Health, #20

Arbonne is a 38-year-old company whose products are botanically based and inspired by nature. We offer premium skincare, cosmetics and health & wellness products for every age. All Arbonne's formulations are gluten free, vegan certified, and free of GMOs, artificial colors, flavors and sweeteners. Come sample our world-class products crafted with integrity, expertise and innovation.
www.royparks.arbonne.com

ASEA, #98

Redox Signaling Molecules (RSM) decline as much as 90% over the span of a life from aging, stress, environment, and poor diets. RSM is foundational to cellular health and responsible for cellular internal communication involved in major body system and function. Learn how RSM can help your body's cells perform at its peak optimal efficiency and improve your health.
<http://signalmolecule.teamasea.com/newsite/>

Asyra Pro Bioenergetic Screening, #44

Bio-Energetic Screening improves the body's capacity to energize its own metabolic processes. It covers meridian points relating to internal organs, food, environmental factors and emotional patterns.
www.eneenergybalancingsounds.com

The Avatar® Course, #128

The Avatar Course® is a nine-day self-empowerment training. The Avatar tools are a synergy of exercises, drills, and procedures that when properly understood and used increase your ability to live deliberately. They are remarkably effective and efficient for taking control of your life
www.hwcourses.com/avatar/index.html

Avillion Aura Imaging Photography, #93

Avillion provides: Aura Photo of Heart Chakra Vibrations; detailed Personal Chakra Report with 2 Full Body Pictures; Aura Care Package with information of techniques for Self Realization. Available with short interpretive readings.
www.avillion.org

The Bandaid Room, #127

Grab your geometric purifiers, customized healing symbols, geometric dream catchers, healing wands, tool belts and crystal-topped walking sticks and necklaces. Order a depiction of your aura, a chakra health report, or meet with our sound cleansing and mudra healers.
www.thebandaidroom.com

B.Birdwatcher: Mind, Body, Stones, #96

Zenists and Fashionista will love to explore the world of B.Birdwatcher Spiritual Stones. The gemstone jewelry line encompasses the principles of balance & harmony, protection & strength, relationships & self-improvement with an eco-chic fashion sense.
<https://squareup.com/market/bbirdwatcher-spiritual-stones/>

Be You Spa, #9

Be You Spa has Intuitive Readings, Near Infrared Light Therapy, Chakra Balancing, Energy Tune Ups, Teas, Candles and Chakra Oils. Helping you be the best you possible through our services, classes and webinars. Stop by and find out more—first 100 get a rose.
www.beyouspa.com

Black Star Jewelry, #43

Himalayan Quartz Crystal Meditation Implements from Nepal. Carved Miniature Gemstone Deities. Unique, one-of-a-kind Hand Crafted Sterling Silver Jewelry with Gemstones from the Kathmandu Valley. Unisex Designer Jackets in Silk and Recycled Fabrics. Evocative Accessories.
www.blackstarjewelry.com

Britpsychic, #32

Linda Fitz Williams, The Brit Psychic, is a gifted International Spiritual Medium, and Psychic Adviser. She is a third generation, natural born and gifted medium from Oxford, England. She was raised with the teachings of the English Spiritualist Church and has traveled all over the world giving readings for 36 years. Linda communicates in a loving, caring and ethical manner via spiritual guidance. These inspiring messages of divine enlightenment can offer hope, healing and often closure. Drop by and meet Linda Fitz Williams for your own special, insightful reading.
www.britpsychic.com

Building Biology - Healthy Indoor Spaces, #36

Are you safe from EMFs in your home or office? EMFs and poor indoor air quality can affect your health! Healthy Spaces IQ, LLC provides experts with scientific training and specialized equipment to educate, assess, remediate and protect from EMFs.
www.healthyspacesiq.com

Carlos The Medium, #14

Carlos is a naturally gifted psychic medium with an impressive ability to connect with your loved ones in Spirit. Carlos will serve as a messenger to deliver messages of love, healing, and closure between you and those dear to you in Spirit.
www.carlosthemedium.com

CBD Livity, #65

CBD Livity specializes in all-natural CBD-infused topicals, aromatherapy, pet oils and more! All products are made using Hemp derived CBD and many other powerful plant oils. Visit booth #65 for valuable information, CBD wellness, giveaways, and exclusive deals.
www.CBDLivity.com

Courtz Crystal Balls Handmade, #119

Handmade Crystal Balls seen in a real vision, 1989. Burbank, California. Made with gemstones and crystals & the Cosmos. Each one is designed with its own unique healing energies. Water amplifies the crystals; the glitter represents atoms of energy. Meditation. Relaxation gifts.
www.courtzcrystals.com

Creative Healing Trends, #132

Rebecca Norris of Creative Healing Trends offers intuitive and channeled readings. Using ThetaHealing and Matrix Energetics shifts will be made within your field to align and create your desired outcome. The future can be created. Aura photos and readings available.
www.creativehealingtrends.com

Enlighten & Offer Lots Of Wonderful Products

Crystalis Treasures, #62

Find relief from stress, anxiety, sleep, and depression with our assortment of custom made power bracelets! We have a bracelet for all your needs. Stop by and chat with us. Plus Tarot decks, smudge, crystals and jewelry. 306 Elden St., Herndon, VA, 20170. www.crystalis.com

Crystal Luxe Lighting PLUS!, #51

One-of-a-kind home accessories made from natural crystals, minerals and semi-precious stones. You'll find mineral lamps, gemstone wine stoppers, LED night lights, rocky ring stands, key rings, purse charms, business card holders, mezuzahs, and more! www.crystalluxelighting.etsy.com

The Dancing Herbalist, LLC, #120

A topical herbal products company that supports wellness and keeps you moving through your daily life. Their products support joint and muscle pains as well as a variety of skin complaints. www.thedancingherbalist.com

The DC Dentist Dr. Terry Victor, #83

Learn benefits of Holistic/Eco-Friendly Dentistry. Discover advances in medical technology used to provide you with a customized experience that is less invasive, more effective and a healthy approach to your oral care from a Holistic, Biological and Eco-Friendly Dentist. www.thedcdentist.com

Debra Diamond, Psychic Medium, #58

A natural psychic, medium, healer and author, offers psychic/mediumship readings, workshops and healings. Debra provides remarkable insights in financial, family, career, medical and spiritual issues. She has the gift to assist others in the spiritual process and works with all aspects of Spirit. She is the author of *Life After Near Death: Miraculous Stories of Healing and Transformation in the Extraordinary Lives of People With Newfound Powers*. www.DebraDiamondPsychic.com
www.DebraDiamondAuthor.com

Do Bead Dooby Doo, #114

Specializing in aromatherapy bracelets and necklaces, as well as essential oil blends. In addition, we will be introducing our new Essential Oil Institute, designed to teach the safest and most effective ways to incorporate essential oils into your wellness regimen. www.DoBeadDoobyDoo.com

doTERRA by Totally Essential, #109 & 100

Whether you are looking for the tools to combat everyday health problems quickly and easily with doTERRA essential oils & supplements; or looking for an opportunity to work from home to create your ideal life, we have the best solutions for you. Those who

want a more in-depth conversation can set up a 30-minute video chat consultation after the Expo. Guiding you on your Wellness Adventure. www.TotallyColleen.com

Dr. Z Tarot Consulting, #115

Dr. Z's Tarot Consulting, in partnership with Bev Hitchins, Align Your Life; reveal the paths before you, by showing you the light within. Illuminate your present condition by observing your current energetic direction along "the Fool's Journey"; doing so you will discover the transformational paths available to you, as you Journey through this moment that is the human experience. Opening paths by sharing divine guidance on every question about work, home, fortune, love, and more. Let the Tarot Guide you! www.DrZTarot.com

Dreams of Stardolphin Visionary Art, #97

Gallery quality prints, embellished canvases, greeting cards, magnets, bookmarks and light encoded pendants and healing discs of my Original Artwork. I also have an Oracle Deck and three Children's books I wrote and illustrated. www.stardolphin.com

Dream Sister Studio, #38

Handcrafted ceramic art and jewelry, created from earth, fire, stones and wood. Each piece is a celebration of nature to inspire and spark magic! My DreamWeave jewelry is wire-woven with gemstones, crystals and glass. All created with love! www.dreamsisterstudio.com

Earth Energy Stones, #117

Intuitively designed Energy Pendants, natural stones and crystals for both personal use and home decor. All help to improve your energy health and that of your home! www.sarabryki.com

ECKANKAR: Experience the Light and Sound of God, #86

Simple spiritual exercises, such as singing the word "HU," can awaken you to your divinity as Soul. ECKANKAR offers classes and support to help you gain a deeper understanding of your unique spiritual unfoldment for your journey home to God. www.eckankar.org

EMFs Protect, #139

Electro Magnetic Frequency protection for Cellphone and Body. Get protection from EMFs while increasing balance & sleep, reducing inflammation and carpal tunnel, and decreasing motion sickness/vertigo, just to name a few. Free BEMER sessions for 8 minutes to increase your blood flow by 15%. We also offer IDLife Nutrition Programs. www.Emfsprotect.com

Fatima Issa, #136

Angel Readings by Fatima Issa, a certified Angel Practitioner trained by Charles Virtue. She conducts angel readings to help you hear the loving messages of your divine guidance. Allow and be lovingly guided by your ever-loving personal heavenly team. Let this delightful, powerful team fill your life with joy & beauty revealing the true, cherished and unique gem that you are! Blossom with blessings and let your brilliance shine!

Four Directions Wellness, Alexandria, VA, #104

Affiliated with the GW Center for Integrative Medicine, Four Directions Wellness (FDW) is focused on connecting body, mind, emotions and spirit. FDW offers individual sessions and classes to support your personal journey. Stop by our booth to enter a raffle for \$50 off of a FDW class! www.fourdirectionswellness.com

Four Quarters Interfaith Sanctuary, #102

Whether you are drawn to the ancient traditions of Earth Spirit or seeking a vibrant community of people from all walks of life; whether you are searching for a retreat center or a place for ceremony...we are here. www.4QF.org

Gainesville Holistic Health Center, #69 & 70

Dr. Stéphane (co-author with Louise Hay, Jack Canfield and Deepak Chopra) and our GHHC holistic practitioners provide a WHOLE-LISTIC SOLUTION to emotional, mind-brain, physical, spiritual, energy, Lyme disease and much more. www.ghhcenter.com. EXPO SPECIAL: Bioresonance SCAN + IRIDODOLOGY and more. We are an INTEGRATIVE and COLLABORATIVE center. www.drstephane.com

The Golden Lighthouse Metaphysical Center, #52

Soni Weiss, PhD, intuitive counselor and transpersonal counselor will assist you in finding clarity and guidance on questions unanswered and decisions not made. Her many years of working in both dimensions of the material and spiritual world with years of proven experience in material and spiritual world will help you find the right path to take. www.soniweisstarot.com
www.thegoldenlighthouse.com

GPS Your Path, #60

Bonnie Patterino is one of a few IHA Certified Hand Print Analysts in the world! Print your hands to accurately reveal your Soul Psychology, life lessons, gifts & authentic life purpose. Decode your whole-life blueprint and learn amazing details about your Life Agenda. After the Expo, experience a life changing one hour phone reading and coaching session within a few

weeks, and receive the recorded call to keep. Print today at a lower rate. The results are worth the wait! www.gpsyourpath.com

Ground One, #12

Feeling stressed about the world today and know you were born to help change it? Stop by Ground One's booth! Creative Intuitive Coach Kathryn Ramsperger will be pulling Oracle Cards for you to discover the best way to help NOW, and also using her special process Step Into Your Story© to discover anything that's blocking movement. You can also pick up a copy of her novel, *The Shores of Our Souls*, one way she's helping. Or just drop by, chat and sign her Social Justice Speakers waiting list for her podcast. www.groundonecoaching.com

GW Office of Integrative Medicine and Health, #45

The Office of Integrative Medicine and Health, the George Washington University School of Medicine and Health Sciences, is creating a collaborative space to engage and support providers, practitioners, and patients through our commitment to high-quality education, research, and community engagement. <https://smhs.gwu.edu/oimh/>

Habeebah's Herbals, #61

Habeebah Muhammad, Certified Reflexologist, Certified Aromatherapist & Certified Massage Therapist in traditional services and Sufi Unani preparation. She has a wholistic line of natural and organic body products that are spiritually heart created and righteously made. "It's About Chemistry and Creativity." www.habeebahsherbals.com

Hands of Light-Geoffrey Morell, #50

Internationally Renowned healer, Geoffrey Morell, will demonstrate his healing techniques and provide books and materials on the subject of energy healing. www.clendinningtechnique.org

Harmony Collaborative for Holistic Health, #122

A community of consultants for transformation and well-being. Find out if past traumas are affecting you now through muscle testing and brief consultation. Receive Seven Rays Reiki Healing or Core Self Reading. www.highestharmony.guru

H₂O At Home, #40

H₂O At Home is a mission driven company that seeks to bring safe, effective, natural home and personal care solutions to the world. Dedicated to sustainability, we want to help you live a cleaner, green, healthier life, starting at home. www.myh2oathome.com/KarenSulier

Enjoy Shopping From A Wonderful Selection Of

Healing, Spirit Messages with Ella, #13

Energy Healing: physical, emotional and spiritual concerns addressed with Ama~Deus, Seraphim Blueprint, Vogel crystal, and more. Spirit Messages: receive messages from loved ones, angels, animals, etc. Aura Photo readings: discover spiritual beings in your photo and receive their messages.

Healing With Grace, #8

Grace Elizabeth provides information on the human energy field, effects of blockages, past lives, and areas of spiritual energy healing. Mini healings will be available. Grace is a scientist, trained healer, and near death survivor, which opened her to other dimensional realities at a young age. www.healingwithgrace.com

Hemali Vora, PT, Integrative Nutrition Coach, Reiki Master, #10

I am your personal advocate for living an energized and abundant life. I offer individual consultations and workshops on: weight loss; facts about sugar; label reading; prevent or improve chronic diseases; spice as medicine; healthy living; love and forgiveness; cooking classes; health food store tours; fitness; meditation; and healing with Reiki. www.facebook.com/coachhemali

His Holiness Paramahansa Sri Nithyananda Swami, #150

Connect with a powerful Incarnation, an Avatar in the true tradition of the Hindu Sanatana Dharma. A spiritual leader and teacher who has inspired the formation of the Nithyananda Mission, a worldwide nonprofit organization, to spread the knowledge of Advaita. www.Nithyananda.org

Holistic Veterinary Healing, #47

We offer top quality holistic and integrative compassionate veterinary specialty care. Our doctors have decades of experience within the healing field. We view your animal as a whole focusing on the root cause of disharmony for projected long term healing. www.holisticveterinaryhealing.com

Homefix Custom Remodeling, #73

A Home Improvement Company specializing in Windows, Siding, Roofing, Doors, Gutters & Guards, Insulation and Walk-In Tubs/Showers. "There's No Place Like Home, A Homefix Home!" www.homefixcustomremodeling.com

Indigo Moon, #92

Indigo Moon features a variety of merchandise that spans from stunning wall hangings to exquisite purses, Indian clothing to sterling toe rings. The items come from the exotic lands of Thailand, India, and Nepal. Indigo Moon exhibits at festivals, college centers, and Eastern Market in Washington, DC. Please call 1-877-63INDIGO



for more information. www.facebook.com/indigomoon-clothing

Inner Circle Gifts, #24

Offering: Starborn Creations mineral and crystal jewelry, Tools for Transformation sacred geometry jewelry, that include instructions to cleanse and program these power pieces. Gorgeous genuine Vogel crystal, amethyst and labradorite display pieces, grape chalcedony, and dumortierite crystals and so much more!

Inspired By Angels, #29

Gena Wilson, LCSW, is an Angel messenger, psychic, medium, animal communicator and Reiki Master. Co-author of Reiki Divination cards. www.inspiredbyangels.com

Joyful Bath Co., #99

Local women-owned business hand-crafting natural and organic bar soaps, bath and foot soaks, soy candles, gift baskets and more. Made with vegan, cruelty-free, sustainably sourced ingredients. Pure, natural and healing for the whole family. Baby bath and dog soaps, too! www.joyfulbathco.com

Kangan Water // Juice Plus, #21

KANGEN Alkaline Water and the UKON - Tumeric Supplement. www.WhyChangeYourWater.net / JUICE PLUS+ and the Tower Garden: 28 different fruits, vegetables and grains in a capsule or chewable form. www.FruitsandVeggies.net

Knowles Apothecary, #79 & 80

A community pharmacy offering traditional and alternative health care. Our professional pharmacists, nutrition consultant and medical herbalist work holistically to meet patients' needs. Providing optimum care through compounding specific prescriptions, formulating herbal remedies and developing nutritional protocols with our line of professional supplements. Offering healing crystals, energy tools and salt lamps. www.knowlesapothecaryonline.com

Life Transforming Hypnotherapy, #37

I feature information about Spiritual Hypnotherapy (Past-Life Regression, Life-Between-Lives Therapy, Natal Regression, Counterpart Selves, Future-Life Progression, etc.) & other

hypnotic modalities. I give Crystal Skull Readings at the booth and sell my newest book, *Ending the Endless Conflict: Healing Narratives from Past-Life Regressions to the CIVIL WAR*, as well as my earlier book, *The Present Power of Past Lives*. www.lifetransforminghypnotherapy.com

Light Works, #146

A spiritual healing practice located in Old Town Manassas. Juli Richardson is a Certified Psychic Medium, Reiki Master Teacher, & Animal Communicator. For the event, she will be offering Life Path, Mediumship, and Angel Card Readings. www.lightworks.biz

Lotus Rising Handbags and Finery, #108

We custom design earth conscious, eco-friendly handbags from reclaimed and recycled textiles and supplies. We are committed to doing our part to create a more peaceful, compassionate, loving, socially, and environmentally just world. www.lotusrisinghandbags.com

Lotus Signature Massage School, #133

Lotus Signature Massage School offers a 525-hour approved massage program and is certified by the State Council of Higher Education in VA. Learn how you can start a career in massage therapy and receive mini massage sessions! www.lotussignaturemassageschool.com

Lotus Wellness Center, #134 & 135

Lotus Wellness Center is your spiritual hub in the community. We have a wide variety of classes and services to suit everyone's metaphysical and spiritual needs. Stop by and meet our Lotus Team! We have various services available today in mini sessions. www.lotuswellnesscenter.net

Marcie K, #136

Marcie provides well-rounded readings that present today's challenges. She assists her clients with learning more about themselves & the situations in their lives. Additionally, Marcie has unique experiences of a long-time career in Finance International Association & Corporate environments.

Mahalo Minerals, #88, 89 & 90

We offer a variety of minerals and crystals. We also have Shiva Lingas, Tibetan Singing Bowls, large crystals, amethyst geodes, as well as beautiful energy pieces. You will find stones as jewelry and we also have the largest selection in the tri-state area. See ya there. www.mahalominerals.com

Mare Cromwell – Gaia Priestess, Healer, #137

As a Gaia Priestess, Mystic, Author & Healer, Mare Cromwell is the visionary behind the 1000 Goddesses Gathering and the Gaia Wisdom Gathering. She loves leading Womb Wisdom workshops. Her award-winning books include *The Great Mother Bible*. www.phoenix-reiki.com www.marecromwell.com

Marie-Claire Wilson, #29

European Intuitive Consultant, Spiritual Advisor, Direct Clairvoyance, Tarot Consultation with my own deck, Medium for Spirits. www.marie-claire.tv

Mastery Healing by Maria, #144

Healing through your connection to you Angels & Guides. To get your Intuitive guidance in life. Maria's specialty includes Mediumship, healing, clearing, bringing awareness, acceptance, compassion. www.healingmasteryhealingbymaria.com

The Mindfulness Center, #67

In Bethesda, MD, The Mindfulness Center is a charitable community wellness center offering individual services, classes and workshops in Mind-Body Practices including Yoga, Meditation, Tai Chi, Acupuncture, Nia dance, Professional Teacher Trainings, Retreats, Mindfulness, Stress Reduction and Mind-Body Therapies for Chronic Conditions. Stop by our booth to enjoy a demo session of our services and therapies with our experienced practitioners! www.TheMindfulnessCenter.org

Melody Krafft, Visionary Artist, #16

Melody, a psychic medium artist will sketch a portrait of your spirit guide, and deceased loved ones, and bring messages of comfort. This is a rare opportunity to connect with the Other Side and see who is with you. www.melodykrafftartist.com

Moonbeams and Fairy dust, #126

We are a metaphysical book and gift store offering everything needed for your spiritual journey including divination tools, crystals, incense, hand-made gifts, holistic wellness items, and books. www.moonbeamsandfairydust.com

Natural Healing Options, #27

Jay Quinn specializes in energy clearing solutions for problem relationships, properties, and situations. Call 703-371-2174. www.naturalhealingoptions.com

Nutritional Healing Center, #131

We will be conducting free mini screenings that consist of muscle response testing. www.doctorlo.com

Artwork, Natural Clothing, Jewelry, Crafts & Crystals

Nutrition Master Foods, #25

Ancient Foods called Teddy's Meals™ is reestablishing the basic ancient way to rebuild and balance your healthy eating habits with one meal a day or every other day. These convenient ancient meals will make it easier than ever to eat right and feel good! The basic ingredients "fuel your body." www.nutritionmasterfoods.com

OM Botanical - Best Natural Skin Care, #48

Stop by the OM Botanical booth and experience a paradigm shift with uniquely superior products offering fast visible results. Skin care the way it should be—unbleached, unprocessed, incredibly effective and yet 100% natural. Made with full spectrum (whole) organically grown botanical ingredients, these multi-functional products offer a simple two-step regimen. www.ombotanical.com

Paige's Promotions for Wyndham, #130

Please come and visit our Wyndham booth! We are doing drawings for free weekend getaways and gift certificates of all kinds. And come get your free Mardi Gras beads, too. Have fun at the Expo!

Paradiso Jewelry, #19

This wonderful jewelry is handcrafted by expert artisans and made using some of the finest gemstones in the world. For generations this jewelry has been crafted using age-old techniques and beautifully fashioned in hand cut and hand carved silver using antique and modern elements.

Peace & Laughter, Cheryl Giannelli, #1

Crystal Intuitive, Psychic/Medium, Reader, and Healer. Variety of tumbled and natural gemstones, handmade Peace & Laughter Crystal Energy Wands, gemstone bracelets and pendants to support the body, mind, and Spirit. www.peaceandlaughter.com

Prayer, Insight, Counseling - Reverend Dr. Julianne Robertson, #15

Channeling universal unconditional love and support into your life. Pastoral Counseling, Reiki, Weddings and Baby Blessings.

Prayosha Ayurveda Store, #125

Ayurveda - Natural Science of Life since thousands of years. Explore your body type the Ayurveda way (vata, pitta, kapha) free by Dr. Purvi Vyas (PhD in Ayurveda). Free diet suggestions according to Ayurveda. Ayurveda medicine available. www.prayosha33.com

Prior Unity Garden, #68

Achieve your abundant, beautiful, organic garden dreams. Grow vibrant food, flowers, herbs and/or natives in any sized garden with classes,

courses, workshops, presentations, consultations, coaching and products to insure you are a successful and savvy gardener. Join the gardening community. www.priorunitygarden.com

Psychic Mara Berman, #63

Mara's Psychic information is derived from Aura colors, light source using twelve dimensional rings, starseed energy, and the energy flow of the vortex. Readings involve Tarot cards, palmistry, and psychology to decipher complex questions.

Psychic Readings by Maria, #149

Psychic Maria is a naturally-born gifted healer, and 100% accurate reader. www.thehoroscopeshop.com

Psychic Readings with Intuitive Awakenings, #55

Claudette Knox, gifted Intuitive and Shaman of Hawaiian Tradition, gives psychic readings with a combination of Palmistry & Hawaiian Aumakua cards. // WallStreet Psychic Medium Lisa Craft shares Animal-Tarot Cards, gives psychic readings including any Mediumship message that may come through.

Psy-Twins, #87

Psychic mediums Allyson and Adele bring messages of comfort and advice to individuals wanting readings, and will sign copies of their book, *Between Two Worlds*. Attend their mediumship audience demonstration today at one of the hourly lectures. www.Psy-twins.com

Reflexology and Beyond, #71

Brigitte Wiss, Clairvoyant & Gifted Certified Holistic Reflexologist since 2000 will rejuvenate you physically, emotionally & spiritually through her unique practice. She will customize your session to your personal needs. Not a foot massage! Not your typical Reflexology! Best for STRESS and more! See my website for the list. www.reflexologyandbeyond.com

Reconnective Healing Co-op, #91

Explore these new frequencies of light and information. Stop by for a demonstration or sign up for your personal session. See <http://Coop333.com> for details. The music of your life is in your instinct. Stop by and enter your name in our free seminar give away. www.reconnectivecoop.com

Relax With Sound, #138

Himalayan singing bowls and healing sounds for individuals and groups, plus certification classes in sound-massage for deep relaxation. Drop by to receive samples or mini-sessions, purchase instruments, sign up for classes and events, and meet local providers. www.relaxwithsound.com

Remnants of Magic, #121

Remnants of Magic makes one-of-a-kind wire-wrapped jewelry with your choice of gold or sterling silver wire. All jewelry is individually hand crafted so by nature is one-of-a-kind. We also have power bracelets, energy sprays, crystal wands and much more. www.remnantsofmagic.com

Remodel USA, #30

Your living environment is why we are in business. That's why we offer the highest quality remodeling products for your home such as the Owens Corning Basement Finishing System, Sunsuite Sunroom and Bath Planet Tub Conversions. <http://1800basement.com>

Results Thinking Consulting, LLC, #124

Nelda Fink, human potential coach, provides coaching as powerful as a ROAR and as effective as a whisper. Stop by for demo of programs offering powerful tools and techniques to break away from a life of mediocrity and live limitlessly. www.neldathewhisperer.com

Rosie Stars - Super 7 Healers, #74

Rosie Stars makes gemstone oils that quickly relieve chronic pain, anxiety, headaches, sleeplessness, etc. She specializes in Shungite soaps, jewelry and orgonite condensers that help to shift negative energies in your body or environment and accelerate your intention & creative powers. www.super7healers.com

Sacred Grove Animal Communication, #105

Maribeth Decker is an intuitive animal communicator. She works with people who want to have a 2-way communication with their pet. Maribeth works with behavioral and end-of-life issues. www.sacredgrove.com

Sagehealthnow - Heart of Nepal Salt Lamps, #4

I am an RN, Intuitive/Tarot Reader, Spiritual Life Coach and Reiki Practitioner. I also create Himalayan Salt Lamps infused with Reiki Healing Energy. Dedicated to the well-being of others, I will assist you in finding your life's purpose. My specialty is life changes and supporting those during difficult transitions in life. www.sagehealthnow.com

SavvyRest, #81 & 82

Savvy Rest Natural Bedroom is your one-stop destination to help create the customized organic bedroom of your dreams! Savvy Rest mattresses and furniture are the key components of a nontoxic sleeping environment. Visit our booth to learn more. www.srnbc.com

Self Empowerment Education Center, #72

Offering a wide variety of healing services with a well-trained, seasoned staff. Including Life Coaching, Guided Relaxation, Stress Management, Massage, Hypnosis for Birthing, Regression Therapy, Needleless Acupuncture, Body Compensation Analysis and more. Affording the most comprehensive training for Certification in Hypnosis in the U.S. www.seec-icmct.com

Shamanic Healing Institute, #49

The Shamanic Healing Institute provides healing and education services through spiritual healing ceremonies, retreats, practitioner training programs and products. Visit Paul M. Sivert, LCPC, shamanic practitioner, to learn more and start your personal journey in Shamanism. Sign up for a Divination Ceremony and Healing. www.shamanic-healing.org

Shea Inspiration - Whipped Scented Shea Butter, #129

Enjoy Shea Inspiration's Natural Non-Water Based Whipped Scented & Unscented Shea Butter! You will indulge in the feeling and fragrance of your skin! Choose from our wonderful menu of many fragrances! www.sheainspiration.com

Shelly's Rock Shop & Classroom, LLC, #75

I sell the most beautiful tumbled stones you've ever seen! I work with a master geologist who hand selects rough rock from around the world, hand breaks it for the best color, shape and size, and tumbles them himself. My stones will blow your mind! www.shellynorris.com

Smile Herb Shop, #59

Smile is the local hub for professional medical herbalism and natural living. In addition to teas, bulk herbs, spices, vitamins, supplements and essential oils, Smile features professional herbalists and an aromatherapist to provide customers with personalized attention to help them pick the right herbs and products for their needs. Smile is also home to several resident teachers and hosts educational classes nearly every week on topics from Ayurveda to Herbalism and from Aromatherapy to Mushrooms. Come by and experience the Smile difference today! www.smileherb.biz

Sole Healing, #94 & 95

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site Corporate Wellness programs • Business and Private Events • Girls' night out parties.

Learn From And Share With Holistic Health Practitioners From Many Different Modalities

Songs of Alchemy, #35

Creation sings a song guiding us along our Journey to Divinity. Songs of Alchemy provides unique treasures, handmade healing tools. Crystals, smudge, medicine bags, Smudge fans, aromatherapy, meditation supplies, hand rolled incense and more. We look forward to serving your love light filled souls!

Soul Mind Body Alignment Using the Practices of Master Zhi Gang Sha, #22 & 23

Master Sha's certified practitioners demonstrate the remarkable healing practices of renowned spiritual leader, healer and teacher Dr. and Master Zhi Gang Sha. Attend the Soul Wisdom workshop at 11:30AM. Check our websites for more details and Expo offers. The upcoming Soul Mind Body Alignment workshop and Tao Hands™ certification training in Virginia will further empower you. www.soulhealingcollegeparklanham.com
www.onestsh.com/spring-2018-natural-living-expo/

Soul Readings by Christine, #27

Christine Cook, LCSW, CHT, specializes in mediumship, psychometry, past lives, and animal communication. For appointments: 703-677-2526.

The Soul Shepherd, #113

An Intuitive Empath (she feels her world), Psychic, Medium and Medical Intuitive that works with people around the world in-person and online, needing only a picture where she can see their eyes. Other offerings include Group Readings where up to 6-8 people can be read in your home or her home; and healing work, including the use of the John of God Crystal Bed. Special requests are handled on an "individual" basis. www.thesoulshpherd.com

Soul Source, #41 & 42

Offerings: Past Life & Life Between Lives Regression®, Healing thru the Akashic Records, Transpersonal Journeys, Hypnotherapy, Quantum Consciousness, Angel & Spirit Communication, Spiritual Counseling, Sound & Energy Healing Bridging Science and Spirituality, Workshops. www.theSoulSource.net

Soul's Talisman Crystals, #100

Offering handmade Hanging Crystals, Gem bracelets, Mala Necklaces, Gem Elixirs, Pendulums and Loose Stones to balance your mind, body, soul and space. Each beautifully balanced Talisman is intuitively selected, designed and arranged with love, joy and inspiration. www.soulstalismancrystals.com

Spiritual Spectra - Spiritual Tarot Consultations, Medium Readings & Energy Healing, #53

A spiritual and holistic healing practice offering an array of services that increase wellness through the mind-body-spirit connection, located in Howard County, Maryland. Psychic Medium Jennifer Garcia, Founder of Spiritual Spectra, will be offering Spiritual Tarot Consultations and Medium Readings at this booth. She will also be presenting "Messages from Spirit" so please check the schedule for time and location. www.SpiritualSpectra.com

Susan Lynne's Mediumlink, #11

Susan Lynne is a gifted psychic & medium with over 30 years of experience. She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. Available for readings, consultations. CDs and other gift items for sale. susanlynnem@mediumlink.com
www.mediumlink.com

Takoma Metaphysical Chapel, #5

The Takoma Park Chapel is an interfaith spiritual community in the metaphysical tradition. We offer classes, workshops and uplifting Sunday worship service. Stop by our booth for psychic readings, messages, Reiki, spiritual healing and more information. www.takomachapel.org

Tarot Card Reader Sonia Subaran, #33

Sonia Subaran, Tarot reader with over 30 years' experience in Jamaica and the United States. Intuitive with clear messages from Spirit.

Tarot Readings by Tim Boyd, #34

Internationally renowned certified Tarot reader Tim Boyd provides 20-minute Tarot consultations. www.Timstarot.com

To the Point Tarot, #34

Don't have an hour for a Tarot reading? Laurie Catlin is the reader for you! She'll get straight to the point with a 15-minute reading. www.tothepointtarot.blogspot.com

Transformational Healing - Life Coach & Energy Worker, #18

Transformational Healing helps people find more beauty in themselves and happiness and passion in their lives. Cynthia Battino is a Life Coach and Energy Worker. She graduated from the Barbara Brennan School of Healing as a Brennan Healing Science Practitioner. She has also studied Reiki, BioEnergetics, Continuum and much more. Whether it's helping people who are stuck, unhappy in life or marriage or wanting to walk a path of self-discovery,

Cynthia uses all of her skills to help people live a happy, healthy life. www.transform-heal.com

Victory Nutrition International, #66

Change your cells, Change your Life! Prodosome technology is changing the nutrient absorption paradigm in the wellness industry. Clinically proven, it impacts the blood within 5 minutes of ingestion 100% of the time. Restores cellular ability to use and transport Oxygen, water and nutrients. www.empoweryourcells.com

Jamila White, Psychic, #31

One of *Pathways'* most popular practitioners, Jamila is a psychic, medium, clairvoyant, life coach and Reiki Master/Teacher who helps people get unstuck: money, love, career, past lives, soul purpose, Akashic records & more. Her readings are empowering, engaging, uplifting, and fun! Jamila teaches intuitive development classes online. Come to my workshop today to learn how to connect with your own angels, ancestors, and guides! In-Person, Phone & Skype appointments in New Orleans and D.C. www.InspiredJamila.com

Willow & Birch Apothecary, #64

Organic, botanical products created according to the vibration and intention of the herbs, flowers, resins, and crystals. Soy candles for the Full & New Moons, Archangels, Alchemy, and Sacred Space. Loose incense blends for Manifestation, Protection, Bright Blessings, and Faery Offering. Organic salves. Crystal-tipped wands. All products are small batch and hand crafted in our Loudoun County, VA studios. www.Willow-and-Birch.com

Women's Money & Life Empowerment Coach, #103

Sandy McDougall helps you build clarity, courage, and creativity across work and life. You will also learn to recognize your "financial issues" and develop a positive, more powerful relationship with money. Make it your year to change gears for good.

Wonderful Wellness, #142

The Luminescent Medium™ and Master Healer. Energetic medical scans/healing and clearing sessions. Watch my face transform into those wanting to give you special messages. Find out what is causing issues in your life. www.centerfor-healingarts.com

The World Teacher For All Humanity is Back, #147

This is a momentous time in the history of our planet with the emergence of the World Teacher, Maitreya; His group, the Masters of Wisdom; and the help of our Space Brothers. As our

world is facing many crises; there is more hope and help than ever. www.share-international.us/ne/

World Trendz, #56 & 57

Goddess Clothing (skirts, dresses, blouses) shawls, scarves and ruanas, jewelry, metaphysical tapestries, statues, bags, singing bowls. Belly Dance costumes, Turkish lamps and home décor items. www.worldtrendz.com

Valley of Gems, #6 & 7

We sell: gems, crystals, pyramids and spheres of quartz crystal and amethyst. Large pieces of polished moonstone, labradorite and lapis. Our own handmade jewelry made with unusual, beautiful, natural stones, such as peronite, druzy, dendrite opal, labradorite, moonstone, and rare Tibetan turquoise. And much more....

Visions of the Heart Ministries, #39

An Interfaith, all-inclusive spiritual community rooted in love, wisdom and truth; a sacred circle welcoming you, in remembering your truth, and mastering your life purpose. www.visionsoftheheart.org

Yoga Meditation Spirituality Vegetarianism Ayurveda, #28

ISKCON is an international organization dedicated to spreading spiritual knowledge and culture. It is based on the ancient texts of India such as the *Bhagavad-Gita* and *Srimad Bhagavatam*, and chanting of the holy names of God to become pure and bring peace and prosperity. www.iskconbaltimore.org

Young Living Essential Oils, #85

Discover why everyone is talking about Essential Oils! Come by to learn about Young Living's Seed to Seal Commitment to Quality. Come by and smell our signature essential oil blend Thieves®. Find me on Facebook: Schembari Family Wellness. www.schembarifamilywellness.com

Zoetic Workshops #112

Zoetic Workshops is transforming human consciousness from within. In our classes you are trained in meditation & other life-altering techniques. You gain mastery with Permission Conversations, perceiving others through their chakras, accurate distance readings, and advancing your natural healing abilities. www.zoeticworkshops.com

Visit

www.NaturalLivingExpo.com
for updates, directions
and discount coupons.

All Workshops Are Included In The Price of Admission

10:30 AM

The Chakras for Self Healing

Uma Alexandra Beepat
Room: Chasen Family Room
Chakras are a hot topic word in today's metaphysical community and they should be! Come learn in this fun and informative workshop about the history of Chakras and how they pertain to your soul journey. Also includes a short guided meditation to cleanse the chakras and seek out imbalances. **Booth #133**

Being An Empath...Why Do I Feel EVERYTHING?

Eileen Strange
Room: 1105
This workshop would be geared to people who "feel their world" and perhaps don't understand how different that is from most other people. While I would be giving a "workshop", I would also like to do a galley reading to show how "feeling and intuition" work together and how it can be a "gift"! **Booth #113**

A Course in Miracles

Melody Krafft
Room: 1101
Let's talk about you. A world of absolute freedom, love, peace and joy exists within you. You can enter this world. ACIM can help you step into the true beauty of who you are. **Booth #16**

Money Touches Everything (Including You!)

Sandy McDougall
Room: 2110
Ready to reach new levels of financial freedom and security? Come learn how to break the taboos that keep you from aligning with the vital energy of exchange we call money. Introducing tools and techniques to use every day. **Booth #103**

Essential Oils for Home Health

Jessica Norris
Room: 2111
Our new aromatherapy institute is dedicated to teaching safe and efficient use of essential oils, without representing any specific oil company. Join us for an overview of the ten most versatile essential oils for your home medicine cabinet. All participants will enter a drawing for a free aromatherapy bracelet! **Booth #114**

EMF Protection 101 Plus

Elaine Hunolt
Room: 2112
Are you safe from EMFs? EMFs can affect your health! Healthy Spaces IQ, LLC will provide surprisingly simple solutions to protecting yourself from EMFs vs. when you need to call an expert. **Booth #36**

The Significance of This Moment in the History of Our Planet

Sheida Kourangi
Room: 1103
As the world spirals down into ever increasing crises, how can the World Teacher, Maitreya, the Masters of Wisdom and the Space Brothers help us forge a new destiny for our planet? And how can we serve the world in need and speed up our own spiritual progress at the same time? **Booth #147**

11:30 AM

Multidimensional Healing Workshop

Grace Elizabeth, MEd, BSEE, BS Physics
Room: Chasen Family Room
Grace will discuss and demonstrate spiritual energy healing. Attendees will become active participants in deepening their grounding and exploring their own potential. Volunteers may be selected from the audience to demonstrate the concepts discussed. **Booth #8**

Meditation with Light and Auras

Mara Berman
Room: 1105
Meet your angels and spiritual guides in an experiential meditation. Learn aura cleaning, and chakra clearing. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Feel comfortable in your own energy. **Booth #63**

Ask a Psychic

Debra Diamond
Room: 1101
Now's your chance to ask Psychic/Medium Debra Diamond a psychic question, a question about spirituality, a question about the psychic process, or a question about your angels, guides and Spirits on the other side. All questions related to Spirit are welcome! There will also be a psychic/mediumship demonstration. **Booth #58**

Owning Your Unique Self

Cynthia Battino
Room: 2110
We are all beautifully unique, yet we constantly compare ourselves to others. We all have the answers we need inside of us, yet we constantly try to find answers and our value from outside ourselves. What would it be like to embrace all of your unique bouquet of gifts, talents, quirks, character traits and moral fiber? What would it be like to turn the old stories of judgments and see them as your most valuable gifts? Come to this workshop and learn to OWN your unique self. **Booth #18**

Master Sha's Local Certified Practitioners and Teachers

STSH Staff
Room: 2111
We will share soul wisdom and one-sentence secrets from Doctor and Master Zhi Gang Sha. Topics include: What is the soul? What is the soul's relationship to consciousness, energy and matter? What are soul blockages and how do they impact our lives? Powerful practices to self-clear soul blockages. This workshop is a blessing for your life. Prepare! **Booths #22 & 23**

Accessing a Parallel Life

Joe Mancini
Room: 2112
Every time you make a decision, all the other paths you might have taken actually get realized, but in parallel lives. This lecture/workshop gives participants a glimpse of one of the "paths not taken" and its relevance to the chosen life. **Booth #37**

Access Bars® Raise Consciousness/Healing

Dawn Buckley
Room: 1103
Access Bars® Energy Sessions. 32 bars of energy connect to aging, communication, creativity, money, kindness, awareness....Dawn has taught Bars at the DCVA Medical Center. Her Walter Reed statistics show stress dropped 54.4%, pain 34.2%, etc. Join our interactive workshop! **Booth #123**

1:00 PM

Beyond The Veil

Angel Talk TV/Radio Hosts, Jim & Sandy Young
Room: Chasen Family Room
Jim & Sandy Young, Angel Talk TV/Radio Hosts, Washington Metro Area's high in demand speakers and internationally acclaimed psychics with over 10,000 professional readings since 1994. Experience why everyone year after year crowd the room as the audience asks questions on any subject: Passed Over Loved Ones, Romance, Career, Guides, Global Issues & more. **Booth #77**

Falling In Love With Yourself

Liora Hill
Room: 1105
Do you ever feel you are missing how you could love someone or how you could be loved? Knowing there is more love available both to express and to feel, do you ever (rightfully) desire that Love to be present in your life? Well, it all begins with you. The extent to which you can love another, and the extent to which you feel love, is the extent to which you love yourself. In this 1 hour mini-class, you will do work that brings you into relationship with yourself in a way that ends with you fully loving you. **Booths #112 & 113**

Connecting With Your Loved Ones With Messages From Spirit

Carlos the Medium
Room: 1101
Your loved ones in Spirit are always with you. Learn how to recognize the signs and means for communication. Spirit works in amazing ways to send you a message. Concluding the workshop with a demonstration of mediumship. **Booth #14**

Sacred Grove - Where People and Pets Heal & Connect

Maribeth Decker
Room: 2110
This workshop is for people who love their animals as much as (or more than) the humans in their lives! Discover excellent practices for tuning into your animal and having a real, 2-way communication. **Booth #105**

Discover You Limitless

Nelda Fink
Room: 2111
Learn the 5 key steps to break away from the life of chance and circumstance using the most powerful tool in all of creation. Discover your life of fullest potential—the life of limitlessness. **Booth #124**

Past Lives ~ Future Loves

Joanne Selinske, PhD, M.Msc, Cht.
Room: 2112
We travel through eternity with souls who incarnate with us time and again. Love is both the glue and foundation of these relationships and the learning, lessons and healing they are designed to accomplish. Join us to understand your relationships better and the patterns that challenge and perplex, fortify and strengthen. **Booths #41 & 42**

The Reconnection: Explore the New Frequencies of Healing

Joan Fowler
Room: 1103
Why are prominent doctors and medical researchers all over the world interested in the extraordinary healings afforded by Reconnective Healing? Find out in this engaging presentation. **Booth #91**

2:00 PM

Andean Shamanism

Paul Sivert
Room: Chasen Family Room
Join us for a workshop introducing the cosmology of the Medicine People of South America. Learn about energy medicine and healing. Participants will have the opportunity to experience a shamanic journey. **Booth #49**

Choose from 56 Dynamic, Creative

Angels, Ancestors and Guides: Meet Your Divine Support Team

Jamila White
Room: 1105
You may be waiting for a “message” or “sign” from Spirit, but what if Spirit is actually waiting for you? Join Jamila, one of the nation’s most fun, sought-after psychics and intuitive development teachers, and learn a fun, easy way to meet and communicate with your own angels, ancestors, and guides. **Booth # 31**

Clairaudience, Clairvoyance, Psychometry & Trance: Your Four Psychic Abilities

Melissa Kitto & Richard Lassiter
Room: 1101
Experience your four psychic avenues of communication and develop these gifts so you can trust your intuition, find your purpose and gain more fulfillment from life. Experience the Real You—Energy and Light. This workshop will be very experiential. You’ll tap into the intuitive part of you, develop it, and learn to trust your psychic impressions! **Booth # 84**

Extend Your Youth and Slow Your Aging Process Using Ayurveda

Uday Gupta
Room: 2110
Ayurveda is one of the most ancient healing systems in the world standing the test of time through the ages. Even today over 1 billion people rely on the knowledge of Ayurveda to deal with their health issues and maintain optimum health. In this presentation Vaidya Vasudha Gupta will reveal the ancient secrets of Ayurveda you can use in your day-to-day life to keep your internal organs healthy and maintain healthy relationships. She will also describe simple home remedies and dietary changes you can incorporate to slow the aging process. **Booth # 57**

Energetic Space Clearing

Jay Quinn
Room: 2111
Learn the importance of balancing your home and office spaces; common signs your environment needs clearing; how to balance the energies, and how to create sacred space to enhance your well being. Door prize: a free space clearing. **Booth # 27**

Essential Oils 101

Colleen McCartney
Room: 2112
Essential Oils 101: Come experience doTERRA! In this intro session we will collect health concerns from the group, and cover how to use the oils for your needs. You will experience 10 different essential oils! You don’t have to buy anything, but we will have some specials just for those who attend the class. We will also have a raffle at the end of the class so make sure you plan to stay until the end! **Booths # 109 & 110**

Step Into Your Story

Kathy Ramsperger
Room: 1103
Author and intuitive coach Kathryn Ramsperger discusses how to merge creativity, practicality, and spirituality to heal, collaborate, and change the world, step by step. Leave with your action plan to best use your unique gifts, right now. See how Kathryn drew upon her multi-disciplinary (sometimes eclectic) experience to publish a social justice novel. **Booth # 12**

3:00 PM

Auras Can Tell You THAT?

Room: Isabella Cates
Chasen Family Room
Online dating! Spotting liars! Great info can be yours with aura reading. Read auras already? Discover more practical uses. No skills yet? Get inspired to learn, because you can. Plus, a chance to receive a free professional aura reading! **Booth # 78**

Mindfulness for Self-Healing

Mindfulness Center Staff
Room: 1105
Learn Mindfulness practices that cultivate resilience and well-being! Using the senses, mindfulness and guided imagery, learn practices that increase the effectiveness of positive affirmations. These practices empower individuals to play a proactive role in improving their overall health and happiness. **Booth # 67**

Ways to Communicate with Spirit

Uma Alexandra Beepat
Room: 1101
Uma is an international teacher, speaker, Amazon best-selling author, well-known spirit communicator and the owner of Lotus Wellness Center in Manassas, VA. Join Uma as she describes the different types of spirit communication, the clairs, and how the Spirit realm interacts with us. Time includes a beginner spirit exercise and Q&A into your own experiences with the other side. **Booths # 134 & 135**

8000+ Diseases Cured With Meditation...Why?

Dr. Stéphane Provencher
Room: 2110
Dr. Dispenza shared back in December 2017 that he has records of 8000+ diseases cured by meditation. Dr. Turner, PhD, has found 9 key factors for radical remissions. Why is this possible and can YOU achieve this? Let’s talk! **Booths # 68 & 69**

Spiritual Wisdom on Life After Death

Members of ECKANKAR
Room: 2111
What happens when we die? It seems no one really knows. But imagine seeing heaven before you die. Learn exercises to explore and experience the truth about death from Soul’s view-

point. All that lies ahead is already within your heart. **Booth # 86**

The Power of Completing With Past Afflictions

Room: 2112
Umesh Hari, a disciple of His Holiness, Paramahansa Nithyananda introduces us to a sacred process for optimizing our inner ecology through the practice of “Completion”. His Holiness tells us that the cognition we carry about ourselves and the world is alterable—our cognition, like computer software, is reprogrammable. **Booth # 150**

4:00 PM

Spirit Speaks on Prosperity

Rev. Jim Webb
Room: Chasen Family Room
Back by popular demand! The Masters, channeled by Rev. Jim Webb, are a group of highly evolved beings who provide wisdom, insight, predictions and a powerful healing energy to those who attend. Including guidance on Past Lives and Manifestation, and answers to your personal questions. **Booth # 5**

The Awakening - Methods to Develop Your Psychic Abilities

Gena Wilson, LCSW
Room: 1105
This seminar will assist you on your path to developing or increasing your abilities. **Booth # 129**

Exploration into the Wisdom of Chakras

Mara Benner
Room: 1101
Join Mara Benner with Four Directions Wellness for a glimpse into the wonderful world of chakras. The Chakra System offers significant wisdom into the mind-body connections. This class will provide an overview of the chakras, each chakras guiding principle, and the physical, mental and emotional components for each. It is truly a fascinating and enlightening experience. Join us and one lucky participant will receive an opportunity to explore in-depth the world of chakras! **Booth # 104**

Holistic Therapies for Pets

Dr. Pema
Room: 2110
Dr. Pema will discuss the many holistic therapies offered at HVH and share case studies of a few of the modalities. This will help you decide what options may help your pet during their time of need. Dr. Pema has been practicing veterinary medicine for 40 years, holistic veterinary medicine for 32 years, and human acupuncture for 6 years. **Booth # 47**

Using Essential Oils Every Day

Karen Schembari
Room: 2111
Come experience Young Living Essential Oils. Let me teach you how to use Essential Oils in your every day life. We will smell, taste and feel the Essential Oils. Learn Young Living’s Seed to Seal Commitment to Quality. At the end of the session, we will have a special offer for the purchase of the Premium Starter Kit for all class attendees. **Booth # 85**

How to Energetically Connect to Your Crystals

Shelly Norris
Room: 2112
Crystals are a high frequency tool we can all resonate with and use to manifest our passions! I will empower you to use your own intuition to harness the frequency of a crystal to support your mind, body and spirit to fly! **Booth # 75**

Holistic Dentistry Impacts Your Life

Dr. Terry Victor
Room: 1103
Understand the connection between Holistic Health and Dentistry in determining ways of preventing disease and dysfunction through treatment by a Holistic Dentist. Discover the importance of good oral health care and its life-long effects on your overall health and well-being. **Booth # 83**

5:00 PM

Between Two Worlds

Allison and Adele: Psy-dentical Twins
Room: Chasen Family Room
What is it like for psychic twins bridging the two worlds of Spirit and Earth? Seen on television and Internet radio, the twins talk about their book, *Between Two Worlds*. Witness demonstrations of spirit communication between the physical and astral worlds to reunite family, friends, and loved ones. **Booth # 87**

Power of the Subconscious Mind

Kay Walkinshaw
Room: 1105
Discover the power of your mind! Learn to manage stress, lose weight, change unwanted habits and attain goals through the use of self-hypnosis. This will be accomplished by learning how to use the power of your mind more effectively, as well as relaxation techniques, visualization, and your own imagination and intuition. **Booth # 72**

Visit

www.NaturalLivingExpo.com
for updates, directions and discount coupons.

NATURAL LIVING EXPO

Mind • Body • Spirit Workshops

Rise of the Empath

Ingrid Jolly
Room: 1101
Rise to challenges as empowered beings of an electro-magnetic light. This opportunity is 2018's magical gift to us to manifest, and an anchoring of the Empath. We are sharing how to lift our self into the vibrations of the fifth dimensional light rays of electro-magnetism within the wheels of living light. **Booth #93**

Truth and Illusion: The Politics of Spirituality

Rev. Carol Richardson, M.Div., MPH
Room: 2110
Wondering why we have so many different versions of truth? Find out how the seven chakras, feminine and masculine energies, as well as love and fear affect our understanding of Truth. Presenting an integrative model of psycho-spiritual development!
Booth #122

Mantra Meditation Workshop

ISKCON Spiritual Center Staff
Room: 2111
The ancient texts of the Vedas describe mantra meditation as the perfect cleanse for the mind. It washes away all the toxins (like stress, anxiety) from our consciousness and uplifts it to a spiritual platform from where we can see the world and interact with it in a spiritual and compassionate way.

In this workshop, you'll learn what Mantra meditation is, its history and benefits, and how to apply it in your life. **Booth #28**

Got Cellular Health?

Joseph Christadore
Room: 2112
Redox Signaling Molecules (RSM) decline as much as 90% over the span of a life from aging, stress, environment, and poor diets. RSM is foundational to cellular health and healing, and is involved in virtually every major body system and function. Learn how RSM can help your body's cells perform at its peak optimal efficiency and improve your health. **Booth #98**

Introduction to Theta Healing and DNA Activations

Rebecca Norris
Room: 1103
Rebecca will be introducing Theta Healing and demonstrating healings in this workshop. Everyone will be guided into a theta healing mediation and given downloads in this workshop. This technique has been successful in releasing physical trauma, emotional trauma and irrational fears and beliefs. **Booth #132**

6:00 PM

Manifesting With Your Angels and Trusting Your Vibes

Susan Lynne
Room: Chasen Family Room
This informative workshop will show you how to manifest, contact and communicate with your Angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included. **Booth #11**

We Are All Healers

Geoffrey Morell
Room: 1105
An acclaimed energy healer demonstrates his unique method of clearing the aura, pinpointing areas of disharmony in the body, and applying energies to promote recovery and health. The spiritual, emotional and nutritional origins of health problems will be addressed. **Booth #50**

Messages from Spirit

Jennifer Garcia
Room: 1101
Come hear predictions and channeled communication from Psychic Medium Jennifer Garcia. She'll share any messages from loved ones in Spirit, Spirit Guides and Angels, as well as any guidance on subjects such as relationships, careers, life challenges, and

more. To find out about her upcoming events and services, stop by her booth. **Booth #53**

Affirmations that Work

Alix Moore
Room: 2110
Affirmations are positive statements designed to help you manifest money, health, or other life goals. Sometimes they work, but many times they don't. Join Alix & the Archangels to unpack the truth about affirmations and learn to create affirmations that work. **Booth #26**

Stones, Crystals & YOU!

Sara Bryki
Room: 2111
Using stones and crystals daily and in your home to improve your energy, health, and create more connection in your life! **Booth #117**

Our Sacred Earth, the Christ Consciousness and the New World Coming In

Mare Cromwell
Room: 2112
These are dynamic times here on Earth! A New World is being birthed with the entrance of a New Gaia, the Christ Consciousness and other powerful spiritual beings. Learn more about these changes from Gaia Communicator & Author, Mare Cromwell. **Booth #137**

Additional Information

- If you arrive early (between 10am & 11am) you will find the closest parking; the least crowded exhibit halls; and the best selection of goods and services.
- Please have your discount coupon filled out (just your name and email address—we don't share it with anyone) before you get in the admission lines. The cash payment entrance lines move much faster than the credit card lines (It's only \$10).
- Pack a snack and bring your water bottle. There are restaurants and a coffee bar at the Marriott.
- Download the Expo flyer for your iPad and smart phone, and get updates, coupons, directions and contact info:

www.NaturalLivingExpo.com

\$5⁰⁰ Off

Admission to the Natural Living Expo

Sunday, March 25th, 2018 • 10am–7pm

College Park Marriott, Hyattsville, MD • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

NAME _____

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GO TO www.NaturalLivingExpo.com for additional coupons & updates

\$5⁰⁰ Off

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NAME _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

EMAIL _____

GO TO www.NaturalLivingExpo.com for additional coupons & updates

*"My Feet May Yet
Be Wandering,
But my heart has
found a home.
At the Center of
Four Quarters
In a Ring of
Standing Stone."*

Four Quarters InterFaith Sanctuary

EARTH SPIRIT AND EARTH LIVING IN AN AGE OF LIMITS

The Circle of Standing Stones, our great work of creating a living Sanctuary for Earth Spirituality. A work of years, Stone by Stone. *Father Stone Raising, 2008.*

At our core... Ethical Action

For nearly 25 years Four Quarters InterFaith has provided sanctuary for the practice of Earth Based spiritual traditions as an incorporated non-profit church. During those 23 years we have accomplished much that we think is, well... pretty idealistic.

We are governed by a volunteer Board of Directors that receives no compensation for its work; assisted by five permanent residents who live under vows of poverty and service, who also receive no wage or ownership interest, supported by our broad regional Membership, who understand their volunteering and annual fees constitute a sincere form of "walking the talk," in an increasingly less idealistic world.

During our years we have acquired over 250 acres of exceptionally beautiful land that constitutes an enclosed river valley and active farmland, legally owned by the non-profit and largely free of any mortgage: Land protected and forever removed from any possible return to the uncertainties of private ownership. We think that's very, very important.

Recently Four Quarters concluded a precedent-setting legal case decided by the Pennsylvania Appellate Court. After seven years of litigation, we have established that: *our outdoor Altars and Sacred Places constitute our physical church; our facilities are essential to our members' ability to practice their spirituality; and crucially, that The Land itself, the belt of cliffs, mature forest and flowing river that surround the property provide the privacy necessary for spiritual practice, just as do the walls of a conventional church.* All are now legally protected and exempt. Perhaps in a global scheme of things these are small victories, but if not we, then who will fight the good fight?



Drum Circle at Drum 'N' Splash 2014.

Finally, our idealism prevents us from commercializing our community. We could easily cater to a spiritual market that features \$1,000 weekends in a vacation setting, but we choose not to. We could mortgage the land and invest in polished, profit making facilities and services, but we choose not to. Instead our non-profit structure, volunteerism, Memberships and fees are intended to allow



The magnificent Sideling Hill creek bisects the Land.

anyone, even a young family, to enjoy the full content of a Moon Service weekend for less than an evening out. And if their children should run shouting with joy through the Stone Circle and into the center of a Moon Service ceremony? They will be met with knowing smiles and laughter. All as it should be!

The Land

Four Quarters is over 250 acres of extremely beautiful and diverse land in the Allegheny foothills of south central Pennsylvania, located 100 miles west of the Baltimore-Washington beltways. The Land is an enclosed river valley, bisected by Sideling Hill Creek, one of the cleanest free-flowing streams in Pennsylvania. The surrounding cliffs form a naturally secluded retreat that features a broad range of ecological habitats ranging from creek-side pools to dry cliff face, mature forest to hilltop meadow. Four Quarters is listed as the most ecologically diverse tract of land in Bedford County PA by The Western Pennsylvania Nature Conservancy and we are ever mindful of this trust in caring for The Land.

In keeping with our ethos of service, our facilities are simple, functional and built by many loving hands. Four Quarters has over 25 acres of camping space in wooded areas, by the creek-side, or in sunny meadows; as well as rooms and bunkhouse space for indoor stays. Fresh drinking water, flush toilets and hot water showers complement the camping, as does our sublime creek which is always open for swimming. Moon Service and event weekends feature the "The Coffee Dragon" hospitality pavilion with free tea, coffee, and cocoa for everyone. Our meal plans are truly "Farm to Fork" with most of our foodstuffs grown within 10 miles of our certified kitchen and served from our elegant pavilion by volunteer hands. People serving people, an elder idea for modern times.

Sacred Place

The Sacredness of Place is so important to us that we spent years in court to prove the point. But the real proof is in the Altars and Ceremonial Sites that pepper the landscape of Four Quarters, from our Sweat Lodge wrapped in

the arms of a flowing river, to the Hilltop Labyrinth basking in the open Sun, the May Pole with its memories of spring-time youth, and The Ancestors Crypt, opened and candlelit each Samhain Eve. And there are many more.

But the beating heart of Sacred Place is **The Circle of Standing Stones**, a living Sanctuary, open to all. Our Stone Circle began in 1995 with an idea—and one

solitary Standing Stone set upon a forested hilltop. Today, nearly 50 Standing Stones grace that hilltop, outlining more than one-half of the final 200-foot diameter circle. With rope and rollers, sweat and joy, we do it by hand, the old way. In Community.

A Home for Ceremony

Here at Four Quarters we do not claim to have "The Answer," and we are rather suspicious of people who claim that they do. We do not appoint spiritual leaders and instead rely upon the voices of our Members to lead our sacred ceremonials. This has led to laughter when an overturned candle has set an altar on fire... but it has also led to the profound.

Our Moon Services are the core of our egalitarian approach to spiritual community, where volunteers prepare and serve our Saturday evening church supper and then lead us in ritual. They may choose to work within an established tradition; Wiccan, Afro-Caribbean or Native American for instance; or one that is deeply personal. Our larger spiritual events enlarge upon this approach, with planning groups developing a series of ceremonials that can span the weekend. In all cases our Services are open to anyone, with children especially welcome.

Moon Service weekends will occasionally host an unpublicized Sweat Lodge or Bardic Circle, and there is always a shared supper, vibrant community and ceremony. The weekend is \$10 if you stay overnight and free if you are with us for the day. Like we said... pretty idealistic!

Join us, as we invite Spirit to...

*"Sing through my voice,
Play through my hands,
Let... the Way... Be Open!"*

Don't hesitate to visit our website or call for more information regarding Moon Services, Festivals, Events, or even just visiting Four Quarters.

Request your free copy of our annual 68-page **Wheel of the Year Desk Calendar!** And please do call our office or email us if you have any questions.



FOUR QUARTERS INTERFAITH SANCTUARY
190 WALKER LANE, ARTEMAS PA 17211 ~ OFFICE@4QF.ORG ~ 814.784.3080

VISIT US AT WWW.4QF.ORG

Clip and post!



Four Quarters InterFaith Sanctuary 2018 Schedule ~ "Our 25th Year!"

March 2018

March 3	Full Moon Service	Full Moon Service	○
March 17	New Moon Service	New Moon Service	●
March 31	Full Moon Service		○

April 2018

April 14	New Moon Service		●
Spring Labyrinth Dig!			
April 27-29	BELTAINE	Sweat Lodge	○
Join us for our annual homecoming and celebration of the Delights of Spring. It's Beltaine at Four Quarters! A Weekend of Renewal. Real People, Real Traditions, Real Community. Beltaine is about Spring. It's about Family. It's for Babies and Children, Maids and Gallants. Our Aunts, Uncles, Mothers and Fathers, Elders and Ancestors. Our joyous journey through the Wheel of the Year... and the Web of Life.			

May 2018

May 3-6	Magus: A Magickal Druidic Weekend Retreat		●
May 12	New Moon Service		●
May 17-20	Music Event ~ Flower of Life	Music Event	○
May 25-28	Members Work Weekend		○
Our annual three-day weekend of work, play and community. Group projects on the grounds abound, this year focusing on landscaping and beautifying all around both Main and New Camps. Sweat lodge teachings. Saturday evening Full Moon Service and neighborhood block party with grilled veggies and dogs.			
May 26	Full Moon Service		○

June 2018

May 30-June 3	Fires Rising		○
Three all-night journeys of self-discovery and transformation through art, song, dance and performance... an Alchemical Community of Fire Circle Magic!			
June 16	New Moon Service		●
June 21-24	WICKERMAN		○
Leave No Trace, Radical Inclusion, Gifting, Decommodification, Radical Self-Reliance, Radical Self-expression, Communal Effort, Civic Responsibility, Participation, Immediacy. Burn The Man! Setup days ~ June 19-20.			
June 30	Full Moon Service		○

July 2018

July 4-8	DRUM 'N' SPLASH		○
One of Four Quarters' best kept secrets, Drum and Splash is simply a Very Good Time, and a great way to Celebrate an Alternative Nation's Birthday with Family, Friends, and Tribe; with no agenda other than to Drum all Night and Swim all Day, sharing a working vision of the Possible, through Community, Sustainability, and Personal Responsibility.			
July 14	New Moon Service		●
July 16-22	Spiral Heart Reclaiming: A Wiccan Intensive in the Reclaiming Tradition		○

July 25-29	BIG DUB Music & Arts Festival		○
The Mid-Atlantic's finest Electronic Dance Music & Arts Festival!			

August 2018

August 3-5	THE BODY TRIBAL		○
A Celebration of the Sacred Experience That Marks Us.			
August 11	New Moon Service		●
August 16-19	HONCHO		○
An intimate queer festival dedicated to Big Sound.			
August 24-28	STONES PEOPLE'S INTENSIVE		○
A Community in Preparation for <i>Stones Rising</i> .			

September 2018

Aug. 29-Sept. 3	STONES RISING!		○
Stones Rising is a six-day intentional community, where all actions are done with the intent of furthering the growth of the Stone Circle and the Greater Tribe... a deep wellspring of our commitment to the Land and our Earth Based Spirituality. When we recognize that Service is Sacred, and we celebrate the service of our fellows. For it is by working with others on behalf of the community that the Stones are Raised in Circle. <i>"And we'll all stand together, and we'll Raise another Stone to the Seventh Generation, and the Children Yet Unknown!"</i>			
September 9-7	Music Event ~ Astro Funk Festival		○
September 8	New Moon Service		●
Dependency & Recovery Service ~ Call for info			
September 21-23	BASS HARVEST		○
Our deep bass beat chill-out in the woods.			

October 2018

October 6	SCHUTZENFEST:		○
A traditional fall celebration of the Arts of The Target.			
	New Moon Service		●
October 26-28	SAMHAIN		○
The Stones stand tall, holding vigil as night falls. The Crypt is open, lit by candles and steeped in memories of our honored dead. We stand together, in Circle, and we remember... <i>"I am not in heaven, I am here, hear me. I am in you, feel me. I am of you, be me. I am with you, see me. I am for you, need me. I am all mankind; only through kindness will you reach me."</i>			

November 2018

November 10	New Moon Service		●
November 24	Full Moon Service		○

December 2018

December 8	New Moon Service		●
December 21-23	YULE		○
The Wheel has Turned: the Harvest has ended and Frost covers the Land. Now is the time we Gather around the Hearth, drink warm Cider, count our Blessings, and Share our Blessings with others. We Celebrate the Return of the Light in the Heart of Darkness.			

Don't hesitate to visit our website or call for more information regarding Moon Services, Festivals, Events, or even just visiting Four Quarters.

FOUR QUARTERS INTERFAITH SANCTUARY
190 WALKER LANE, ARTEMAS PA 17211 ~ OFFICE@4QF.ORG ~ 814.784.3080
VISIT US AT WWW.4QF.ORG

SPRING CALENDAR

MARCH

-1-

Structural Myofascial Certification Series, March 1 to July 26, meets Wednesdays 9:30am-5:30pm; CEU's: 125; cost: \$1999 (financing available). This course is designed to provide students with a practical working knowledge of fascial anatomy and manual techniques. No previous Myofascial training necessary. www.pmti.org

-2-

Advanced Reiki II, \$175 (\$200 after 2/15/18); Led by Mary Jane Pagan, who has been teaching Reiki at PMTI for over 25 years. www.pmti.org

-3-

Christen McCormack and Spirit School, CLEAR YOUR LIMITING BELIEFS. An experiential series designed to align you with your Soul's powerful truths. For more information visit www.ChristenMcCormack.com.

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

Pranayama Yoga with Nimaste Yoga. www.blueberrygardens.org

Radical Forgiveness for Men: Discover the root cause of emotional pain and transform it through the application of the Radical Forgiveness. 1-7pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$30. www.unityoffairfax.org/events

Reiki I & Reiki II, March 3-4, 9:30am-6pm; cost: \$350 (\$400 after 2/16/18); CEU's: 7 (for Reiki I only). Led by Mary Jane Pagan, who has been teaching Reiki at PMTI for over 25 years. www.pmti.org

-4-

Virtual Group Healing: Live Call - Brain Balancing with Christine Lisio. 11am (EST). Need more clarity, balance, peace, or joy in your life? With advanced Angelic healing processes, Christine will support you with more balance in your brain and a deeper connection to your heart center, so that you may be in better alignment with your Soul! Only \$49. More details at www.solhealingllc.com/monthly-call/; or Christine@SolHealingLLC.com. Dates: March 4, April 1, May 6, June 3, July 1.



-6-

Heart Of Touch, March 6 to April 10, meets Tuesdays 6:30-9:30pm; cost: \$235; Experience a taste of the powerful learning methods used in PMTI's Professional Training Program. This series teaches anatomy and uses hands-on techniques on specific areas of the body, including neck and shoulders, hands, feet, face, and back. Special emphasis is placed on body awareness, self-care, and massage as a shared communication process. www.pmti.org

-9-

Magical Mystical Movie Night—As A Man Thinketh. Join Unity of Fairfax on the second Friday of the month for mindful movies. "As A Man Thinketh" is based on the classic book about the power of thought. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 online or at the door. www.unityoffairfax.org/events

-10-

3/10-11 **Spirit Fest "Heal Thyself"**. For more info go to www.ArlingtonMeta.org.

-11-

Enter the Majesty of Sound! Meditate on the Power of Sound, Music and Silence Presenter: Patricia F. Long, RDT, LCSW-C. www.blueberrygardens.org

-12-

Biodynamic Craniosacral Certification Therapy Series, begins March 12-15 with "Part 1: Overview." Scheduled quarterly; cost: \$695/class, CEU's: 32/class; Biodynamic Craniosacral Therapy emphasizes that health is inherent in the body and explores how health expresses itself in every living process. This training program details ways to work with the energetic forces, fluid dynamics, structure and function in the body. We provide the details of traditional skills drawn from osteopathic medicine plus modern insights, which increase effectiveness. Offered in partnership with The Wellness Institute. www.pmti.org

-15-

3/15-25 **26th Annual DC Environmental Film Festival**, with 89 films from 28 countries screening in venues across Washington, DC. For the full slate of films, and more information about dates, times, and screening locations, visit <https://dceff.org>.

Graceful Healing Retreat

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We are part of a diverse community of Metaphysician's that live in the D.C. area. Aware of our unique political landscape, we teach Divine Metaphysics with the purpose of bringing us all into the higher vibration of unity intended.

We are all that is, was and will ever be.

Thursday evening classes 7 pm
Sunday morning service 11 am

Please visit our Meetup, Facebook and Website, metaphysicalfellowship.com, for more information and directions.

703-999-1082

See you at the expo!



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

SPRING CALENDAR

-16-

Vodder Manual Lymph Drainage® (part 1: Basic), March 16-20, 8:30am-5:30pm; cost: \$1075 (\$1175 after 2/14); CEU's: 40. Vodder's MLD®'s systematic series of precise movements stimulates an increase in the normal functioning of the Lymphatic System, which promotes healthy connective tissue, enhances immune response, relieves pain, and sedates the sympathetic nervous system. This benefits the body's healing ability in many ways, such as: sports injuries, scar tissue, pre- and post-operative care, chronic inflammatory conditions, and more. Prerequisite: Health Care Professional license, Esthetician license, or 500 hrs. Massage training. www.pmti.org

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

-17-

Couples Massage, 2pm-5:30pm; cost: \$99 per couple; This workshop intended for couples focuses on increasing awareness of yourself and your significant other during the energetic exchange that occurs through using Swedish massage. Relax, heal and rejuvenate. This fun experiential class is the gift that keeps on giving! www.pmti.org

-18-

Dowsing in the Age of Distraction. Presentation by Metro DC Dowzers, a meeting of a new chapter of the American Society of Dowzers, with basic dowsing instruction and practice. Doors open at 2:30pm. Presentation at 3pm. Learn how dowsing can help you quiet your mind, access inner guidance and kick start your intuition. Cedar Lane Unitarian Church, 9601 Cedar Ln, Bethesda, MD 20814. (Room 35, lower level, park in the lower lot). Suggested donation: \$10. metrodcowzers@gmail.com

The Ethical Therapist, 9:30am-12:30pm; cost: \$75 (\$95 after 2/18) CEU's: 3; immediately followed by: Diversity training for Massage Therapists - 1:30pm-2:30pm; cost: \$35, CEU's: 1. In these lively and fun workshops, we explore real world solutions to your current or potential ethical dilemmas. Both of these classes are required for Maryland License Renewals. www.pmti.org

-19-

3rd Monday Monthly Music Meditation. Friends Meeting House, 351 Dubois Rd, Annapolis. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey. More details at www.facebook.com/groups/605442859650044/. Apr 16th - May 21st - Jun 18th - Jul 16th - Aug 20th - Sep 17th - Oct 15th - Nov 19th - Dec 17th.

-20-

Spring Equinox Celebration. Join us for a celebration of balance and new growth—within yourself and the Earth. 6:15pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. www.unityoffairfax.org/events

-21-

3rd Wednesday Monthly Music Meditation. Nourishing Journey, 8975 Guilford Rd, Columbia MD. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey. More details at www.facebook.com/groups/605442859650044/. Apr 18th - May 16th - Jun 20th - Jul 18th - Aug 15th - Sep 19th - Oct 17th - Nov 21st - Dec 19th.

-24-

3/24-25 **Intro to Hellerwork: Structural Integration 1**, 9am-6pm; cost: \$325 (\$350 after 2/24), CEU's: 16. Most pain conditions and joint dysfunction are a result of the body being out of alignment. The body compensates by tensing, gripping, and straining. In this workshop, learn how to align the body by releasing tension and strain patterns within the myofascial system focusing on the core and ribcage, assess movement patterns, and to guide your clients to new fluid movement. Hellerwork addresses the psycho-emotional aspect of the person and integrate the body, mind, and movement connection patterns in order to create complete and lasting change. www.pmti.org

3/24-25 **Spring Equinox Workshop: Build a Medicine Drum and Enter the Temple of Ostara**: Join priestesses Alexandra Pallas and Mia Luz to birth your own elk hide medicine drum and mallet (Sat 3/24) and Enter the Temple of the Goddess Ostara to experience the lost rituals of ancient priestesses: shamanic journeying, embodiment/ecstatic dance, self-initiations & ritual. (Sun 3/25) @ Blueberry Gardens. See Journeys at www.apallas.com; email alexandra@apallas.com.

Drum Making with Alexandra Palles and Mia Luz. www.blueberrygardens.org

-25-

Eckankar: The Path of Spiritual Freedom. Learn how to experience the Light and Sound of God directly. HU—the universal word of Divine Love. www.EckankarMaryland.org

Pathways' 47th Natural Living Expo, 10am - 7pm, College Park Marriott Hotel and Conference Center, 3501 University Blvd., East, Hyattsville, MD. 150 exhibitors, 56 workshops, all for \$10 with coupon. See center pull-out section for full program, coupons, and more information. www.NaturalLivingExpo.com

continued on page 71



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Interactive Spiritual Presentations

“Keynote Address from the Eckankar Springtime Seminar”

Sunday, April 22, 2018 from 1:00-2:30 pm
and

Sunday, April 29, 2018 from 1:00-2:30 pm
(Re-Broadcast)

In his talks, modern prophet Harold Klemp shares words of love, humor, and compassion on timeless and topical subjects. Please join us for a streaming video of his presentation from the 2018 Eckankar Springtime Seminar: Awaken to the Secret of Miracles. After the talk, there will be an opportunity to share insights and questions.

“Living a Life of Spiritual Abundance”

Sunday, June 10, 2018 from 2:00 – 5:00 pm

This interactive workshop will unlock many mysteries with regard to living a life of spiritual abundance. Poverty or plenty—what state of consciousness are you identified with? Know that the world is of your own production and you can change things for the better.

All events are free and open to the public

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



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

Sponsored by Eckankar, the Path of Spiritual Freedom



KarmaFest

The "Big Show" UNITY

May 19th & 20th

Oregon Ridge Park

WWW.KARMAFEST.COM

SPRING CALENDAR



March 25, continued from page 69

Ostara Temple Immersion with Alexandra Pallas and Mia Luz. www.blueberrygardens.org

Touch of Massage, 10am–5pm; cost: \$85. In just one day, our faculty will share with you how massage relaxes, heals and rejuvenates. Focus on increasing awareness of self and others during the energetic exchange that occurs through massage. Using techniques from Swedish massage, you will work on the feet, hands, face, neck and back. **Please bring a set of twin sheets and hand towel** www.pmti.org

–31–

BREATHE! Trager® Principles for Massage Therapists, 10am–5pm; cost: \$159 (\$189 after 3/2) CEU's: 6. The Trager® Approach offers great ways of working effectively with breathing-related issues. Drawn from 30 years in practice, Roger Tolle shares his understanding of kinetic physiology and the interdependent influences of mind and body in movement. www.pmti.org

Discover the Wisdom in Your Own Story, How do You Tell the Story of Your Life with Jeannie McCall and Stefanie Brooker Atchison. www.blueberrygardens.org

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

Holy Saturday Meditation Retreat. Spend the day in noble silence, meditating and creating a space to be still and listen. 9am–3pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donations accepted. Register at www.unityoffairfax.org/events.

Psychic Saturday. For more info go to www.ArlingtonMeta.org.

APRIL

–7–

Mindful 365 Sitting Group. Monthly meditation group focused on mindfulness. Newcomers welcome. 10am–12pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10. www.unityoffairfax.org/events

Spirit Art Workshop. For more info go to www.ArlingtonMeta.org.

–8–

Be Still and Know: A quiet day of yoga, meditation and creative reflection with Kathy Donnelly and Abbie Chessie. www.blueberrygardens.org

Healing Through Your Akashic Records with Bill Sanda, 1–5pm, at Network of Light: 6304 30th St., NW, Washington, DC, 20015. Everyone is welcome! Call 202-363-9343 for more information.

Soul Talks for Us™ ~ High Vibe Living! A one-of-a-kind, fun, interactive life transformation experience using “The Metamorphosis Method”. Raise your “VIBE”. Find your soul purpose. Be a world butterfly. Practice hearing, speaking & writing energetic soul wisdom messages of love. Come play, laugh & connect soul to soul. Holiday Inn, Gaithersburg, MD from 1–5pm. Early Registration only \$60. See event page: www.gpsyourpath.com, call 301-515-0470 or email gpsyourpath@gmail.com.

–11–

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

–12–

Esther, Sweet Esther performance at DC's Musical Theater. Repeat performance of the musical based on the story of a Jewish orphan girl who miraculously becomes the queen of Ancient Persia and saves the Jewish people from destruction. For tickets and more information: <http://esthersweetesther.com>.

–13–

Magical Mystical Movie Night—Walk With Me. Join Unity of Fairfax on the second Friday of the month for mindful movies. “Walk With Me” is an award-winning journey into mindfulness featuring Thich Nhat Hahn. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 online or at the door. www.unityoffairfax.org/events

–14–

Biodanza with Michelle Macek. www.blueberrygardens.org

Full Body Musical Experience. Ridgely Retreat, 203 Ridgely Ave, Annapolis. 1–4pm. \$35 advance; \$45 at the door. Register: <https://tinyurl.com/RegisterRidgely>, or call 443-433-0462. You will be guided on a personal inner journey through a combination of guided meditation, breathwork, sound, and a blanket of songs that will weave a story through your 7 major chakra centers. Find out more at www.FullBodyMusical.com.

continued on page 72



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OUR 2018 EVENTS

MYRTLE BEACH • SOUTH CAROLINA

Saturday, April 14

FREDERICK • MARYLAND

Sunday, April 22

PITTSBURGH • PENNSYLVANIA

Sunday, April 29

THE GARDEN STATE • COLLINGSWOOD, NEW JERSEY

Saturday, May 5

THE BEACH • LEWES, DELAWARE

Sunday, May 6

LANCASTER • PENNSYLVANIA

Saturday, June 2

GETTYSBURG • PENNSYLVANIA

Sunday, June 3

ANNAPOLIS • MARYLAND

Saturday, July 14

THE BEACH • OCEAN CITY, MARYLAND

Saturday, July 28

COLUMBIA • MARYLAND

Saturday, September 8

MAINE • PORTLAND, MAINE

Saturday, September 29

BOSTON • MASSACHUSETTS

Sunday, October 14

FREDERICK • MARYLAND

Saturday, October 20

SOLOMONS • MARYLAND

Saturday, October 27

ANNAPOLIS • MARYLAND

Saturday, November 3

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www.WeAreBoldlyGoingNowhere.com

SPRING CALENDAR

April 14, continued from page 71

Mind Body Spirit Healing Approaches-Latest in Healthcare Trends. For more info go to www.ArlingtonMeta.org.

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

4/14-15 **Co-Create with God for Healing. A NEW workshop with Rose Rosetree** (offered live once only). Learn Causational AGREE-MENT Transformation and more. www.rose-rosetree.com; 703-450-9514.

4/14-15 **The Way of the Shaman -The Foundation for Shamanic Studies' Basic Workshop.** During this experiential workshop, participants are introduced to core shamanism, the universal, near-universal, and common methods of the shaman to enter nonordinary reality for problem solving and healing. Beltsville, MD location. Taught by Dana Robinson, FSS Faculty Member for 31 years. Author of *A Shamanic Altar*, co-author of *Shamanism and the Spirit Mate*. Cost \$250. Contact Dana, 410-820-9977 or danacougar@goeaston.net.

-15-

Couples Massage, 2pm-5:30pm; cost: \$99 per couple. This workshop intended for couples focuses on increasing awareness of yourself and your significant other during the energetic exchange that occurs through using Swedish massage. Relax, heal and rejuvenate. This fun experiential class is the gift that keeps on giving! www.pmti.org

-17-

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

-21-

A Day of Meditation and Qi Gong with Joann Malone and Patrick Smith. www.blueberrygardens.org

CPR for Health Care Practitioners, 10am-5pm; cost: \$120; Red Cross Certified class. Learn Adult and Infant CPR, including mouth-to-mouth (on synthetic medical CPR doll), compressions and more. Required for Maryland License Renewals. www.pmti.org

Be Blessed with Peace Sri Karunamayi Visits DC

Sri Karunamayi is the embodiment of compassion and unconditional love, whose words and presence bestow limitless peace and spiritual illumination.

All three programs will be held at:

The Hindu Temple of Metropolitan Washington
10001 Riggs Road
Adelphi MD 20783

Individual Blessings/ Saraswati Diksha

Friday, June 8 • 11:00 am – 5:00 pm

A special opportunity to privately share your joys and pains with Sri Karunamayi. She will offer Sri Saraswati Mantra Diksha initiation to students ages 4 to 24.

One Day Meditation Retreat

Saturday, June 9 • 8:00 am – 6:00 pm

See information to the right of Sri Karunamayi's picture.

Homa/ Sacred Fire Ceremony

Sunday, June 10 • 9:00 am – 1:00 pm

Sri Karunamayi will perform a homa for world peace which will benefit all who attend.

People of all faiths invited.

All programs free except the retreat.



REALIZE YOUR TRUE SELF: A Special One-Day Meditation Retreat

Saturday, June 9

Join us for a unique opportunity to explore and deepen your own spiritual practice under the loving guidance of Sri Karunamayi. People of all spiritual backgrounds and faiths are invited to enjoy the motherly grace of one of India's most revered masters during this special day of meditation, fellowship, and song. A vegetarian lunch will be provided. To register, go to www.karunamayi.org. For more information, call 312-953-5890 or karunamayidc@yahoo.com.

Time: 8:00 am – 6:00 pm

**Place: The Hindu Temple of Metropolitan Washington
1001 Riggs Road
Adelphi, MD 20783**

**Fee: Register by May 27
Full day – \$102, Half day \$62
Register after May 27
Full day – \$122, Half day \$77**

www.karunamayi.org • WashingtonDC@karunamayi.org • 240-285-0187

Proceeds will support Sri Karunamayi's charitable activities, including free health care and schools in India

SPRING CALENDAR



Touch of Massage, 10am–5pm; cost: \$85; In just one day, our faculty will share with you how massage relaxes, heals and rejuvenates. Focus on increasing awareness of self and others during the energetic exchange that occurs through massage. Using techniques from Swedish massage, you will work on the feet, hands, face, neck and back. **Please bring a set of twin sheets and hand towel**
www.pmti.org

–22–

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

"Keynote Address from the Eckankar Springtime Seminar Presentation", 1-2:30pm. Hear timeless words of love from modern prophet Harold Klemp via streaming video. Repeat showing on April 29th. Eckankar of Northern Virginia: 703-916-0515.

Maryland Psychic Fair. 9am-5pm. 1506 Defense Highway, Gambrills, MD 21054. Many of the best psychics, mediums, healers, and readers of all types, along with related arts and crafts vendors from Maryland and the surrounding areas all under one roof. 30 vendor tables. Free parking. A Fair not too large and not too small. Pre-event tickets via Eventbrite: \$5. Tickets day of the event at the door: \$10. www.maryland-psychic-fair.eventbrite.com

–27–

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

4/27-29 **Beltaine at Four Quarters Interfaith Sanctuary in Artemas, PA**. A weekend celebrating the folk traditions of Spring. Friday, April 27 - Sunday, April 29. Real People, Real Traditions, Real Community. Join us for our annual homecoming and celebration of the Delights of Spring. It's Beltaine at Four Quarters! A Weekend of Renewal!! Check the website, www.4qf.org, or call our office for details. 814-784-3080

continued on page 74

Advanced Clinical Training 2018

Herbal Energetic Workshops

9:30 – 5:30

March 10-11
Wind – Dry & Atrophy
Pulse Diagnosis

April 14 – 15
Wood – Bitter & pungent
Tongue Diagnosis

May 5 – 6
Water – Cold & Depression
Facial Diagnostics

June 9 – 10
Fire – Heat & Irritation
Diagnostic Intake

July 14 – 15
Metal – Damp & Stagnant
Traditional Diagnostic Review

August 11-12
Balance Elements & Tissue States
Herbal Energetic Traditional Diagnosis Practicum

Clinical Intensive weekends will include discussions of elements, tissue states, body systems, and using the senses to collect information. We will correlate the health and disease to imbalance created by excess or deficiency. Herbal Materia Medica will be specific to recreating balance and a state of wellbeing.

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

for more information check out our new calendar page at:

www.GreenComfortHerbSchool.com

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How Healing Works And What It Means for Healthcare

Place: The George Washington University

Registration Opening Soon

For More Information, Dates and Details, visit:
smhs.gwu.edu/oimh/



photo by Dominic Bonuccelli

SAVE THE DATE

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Convention Organized by:

Center for Inner Resources Development – North America (CIRD-NA)
A 501(c)(3) Non-Profit, Tax Exempt Organization

SPRING CALENDAR

April, continued from page 73

-28-

Psychic Saturday. For more info go to www.ArlingtonMeta.org.

-29-

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

World Tai Chi & Qigong Day - Free! Demonstrations, Mini-Classes and Healing Garden. Meadowlark Botanical Gardens, Vienna, VA. 10am-1:30pm. Info: www.PeaceableDragon.org.

Mill Road, Oakton, VA. \$10. www.unityoffairfax.org/events

Spiritual Healing Workshop. For more info go to www.ArlingtonMeta.org.

World Labyrinth Day. Learn about and experience the spiritual practice of labyrinths using our indoor labyrinth. 12-4pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. www.unityoffairfax.org/events

-11-

Magical Mystical Movie Night—Heal. Join Unity of Fairfax on the second Friday of the month for mindful movies. "Heal" is a scientific and spiritual journey to discover that by changing one's perceptions, the human body can heal itself from dis-ease. 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 online or at the door. www.unityoffairfax.org/events

-12-

Ancient Art of Palmistry. For more info go to www.ArlingtonMeta.org.

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

MAY

-3-

5/3-6 **MAGUS: A Magickal Druidic Weekend Retreat.** Four Quarters Interfaith Sanctuary, Artemis, PA. MAGUS is the Mid-Atlantic gathering for U.S. members, guests, and friends of the Order of Bards, Ovates, and Druids (OBOD); as well as the simply "Druid-curious". Three and a half days of ritual, Bardic Arts, workshops, excellent food, and wandering the land! To register visit: www.oakandeagle.org/midatlantictgathering.

-5-

Mindful 365 Sitting Group. Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm at Unity of Fairfax, 2854 Hunter

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of Genesis, The Tree of Life, Unconditional Love & More -

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Yoga is for Everybody!

Claudia Neuman is pleased to announce the 2018-19
200 Hour Yoga Alliance Teacher Training Program
begins in October, 2018, at Blue Heron Wellness.

Attend a FREE YOGA TEACHER TRAINING INFORMATION SESSION to learn more about the upcoming 2018-19 200 Yoga Alliance Teacher Training Program. Meet Claudia Neuman, the director, see the training manual, obtain the reading list and more!

Free information sessions*:

Saturday May 12th 2 pm – 4 pm • Sunday June 24th 2 pm – 4 pm

*includes a free mini-yin yoga class

Free Community Classes given by this year's Blue Heron Wellness Yoga Teacher Trainees have begun.

Held Wednesdays and Fridays 5–6 pm. Come and experience their love and enthusiasm for Yoga and enjoy a FREE COMMUNITY YOGA CLASS.

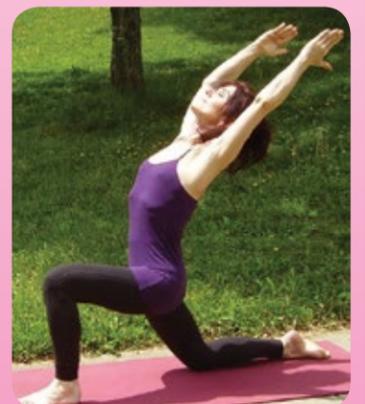
Check the Blue Heron Wellness Yoga Schedule for exact dates.
These are FREE to EVERYONE!

All Free Community Classes and
YTT-200 Information Sessions held at:

Blue Heron Wellness
10723-B Columbia Pike, Silver Spring, MD
Visit: www.blueheronwellness.org
or, call: 301-754-3730

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

Find her on Facebook at
Align With Grace Yoga: Claudia Neuman



SPRING CALENDAR

Blue Heron Yoga Teacher Training Information Session for 2018-19
200-RYT. 2-4pm. Join us to learn more about the YTT curriculum and to meet our director, Claudia Neuman, E-RYT 500, YACEP, MSW. Visit: www.blueheronwellness.org/teacher-training, cost: FREE.

-15-

How Healing Works: And What It Means for Healthcare with Dr. Wayne Jonas. Hear noted health care expert and author speak about integrative health and complementary and alternative medicine during the Inaugural Patrick and Marguerite Sung Symposium at George Washington University. Registration opens soon. Learn more at smhs.gwu.edu/oimh/events.

-17-

5/17-20 **Flower of Life Electronic**

Dance Music Festival. Three nights of Escape, Community, Love and Music. Hosted at the beautiful Four Quarters Farm in Artemis, PA. See "Flower of Life Festival" on Facebook.

-18-

5/18-22 **Vodder Manual Lymph Drainage © (part 1: Basic)**, 8:30am-5:30pm; cost: \$1075 (\$1175 after 4/18) CEU's: 40. Vodder's MLD®'s systematic series of precise movements stimulates an increase in the normal functioning of the Lymphatic System, which promotes healthy connective tissue, enhances immune response, relieves pain, and sedates the sympathetic nervous system. This benefits the body's healing ability in many ways, such as: sports injuries, scar tissue, pre- and post-operative care, chronic inflammatory conditions, and more. Prerequisite: Health Care Pro-

fessional license, Esthetician license, or 500 hrs. Massage training. www.pmti.org

-20-

CPR & First Aid, 10am-5pm; cost: \$80 (or \$45 for one part); CPR covers checking an unconscious victim, checking a conscious victim, choking, unconscious choking, and CPR. First Aid Basics covers seizures, diabetic emergencies, stroke, poisoning, bleeding, burns, and injuries to bones and joints. Classes run consecutively and are 3 hours each. www.pmti.org

Posi Concert. An afternoon of positive, empowering music includes Megon McDonough, Gary Lynn Floyd, Patricia Bahia, and Richard Mekdeci. 7pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$20 online or at the door. www.unityoffairfax.org/events

-26-

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

Psychic Saturday. For more info go to www.ArlingtonMeta.org.

-27-

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

-30-

5/30-6/3 **Fires Rising. Four Quarters Interfaith Sanctuary, Artemis, PA.** Three all-night journeys of self-discovery and transformation through art, song, dance and performance...an Alchemical Community of Fire Circle Magic! Check the website, www.4qf.org, or call our office for details. 814-784-3080

JUNE

-2-

Five Spiritual Secrets for Heart Centered Success. For more info go to www.ArlingtonMeta.org.

6/2-3 **Beginning Spirit Communication & Mediumship Workshop.** Join Spiritualist Medium Konstanza Morning Star and open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, and learn how to nurture your gift. Silver Spring. www.silverspringoflight.com

continued on page 76

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SPRING CALENDAR

June, continued from page 75

-3-

Daniel Nahmod Concert. Award-winning positive music singer-songwriter Daniel Nahmod will perform live at 1pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. www.unityoffairfax.org/events

-8-

Magical Mystical Movie Night—I Am. Join Unity of Fairfax on the second Friday of the month for mindful movies and discussion. "I Am" asks the question, "What is wrong with the world, and what can we do about it?" 7:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 online or at the door. www.unityoffairfax.org/events

Sri Karunamayi warmly receives everyone as Her beloved children. All are welcome to receive an individual blessing from Sri Karunamayi during her 2017 World Tour. The Individual Blessing program is a special opportunity for everyone to share their own joys and sorrows with Amma Sri Karunamayi, and receive Amma's divine blessings. Sri Karunamayi Amma is venerated in India as a living incarnation of the Divine Mother, and the embodiment of wisdom, peace and unconditional love. "Karunamayi" literally means "compassionate

one". The free program is open to the public. Be with Sri Karunamayi from 11am-5pm at The Hindu Temple, 10001 Riggs Road, Adelphi, MD 20783. Email karunamayidc@yahoo.com for more information.

-9-

Meditation Retreat with Sri Karunamayi. Sri Karunamayi is revered across the globe as an embodiment of Divine Motherly love due to the compassion and affection she showers on people, animals, and plants, and the spiritual knowledge and guidance she freely gives to all. Sri Karunamayi's meditation retreat provides a precious opportunity for those who want to deepen their spiritual practices in the presence of the Divine Mother. The retreat atmosphere allows you to be nourished by Sri Karunamayi's love and blessings through meditations and divine discourses. Visit www.karunamayi.org/world-tour/north-america to register for the retreat. The Meditation Retreat will be held at The Hindu Temple, 10001 Riggs Road, Adelphi, MD 20783. Email: karunamayidc@yahoo.com for more information.

-10-

A powerful fire ceremony for world peace will be conducted in the divine presence of Amma Sri Karunamayi and will benefit all beings.

All are welcome to participate and receive the fire ceremony blessings at The Hindu Temple, 10001 Riggs Road, Adelphi, MD 20783. The fire ceremony known as a homa will be held from 9am-1pm. Email karunamayidc@yahoo.com for more information.

"Living a Life of Spiritual Abundance", 2-5pm. Poverty or plenty—what state of consciousness are you identified with? Eckankar of Northern Virginia: 703-916-0515.

-12-

6/12-17 Free Spirit Gathering. Family friendly, clothing optional and uniquely wonderful for people of all age. Celebrating 30+ years of fun and community. Learn, Teach, Swim, Shop, Relax! Camp Ramblewood, Darlington, MD. Visit: www.freespiritgathering.org.

-16-

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

-23-

Egyptian Goddesses and Your Modern Day Power. For more info go to www.ArlingtonMeta.org.



-24-

Blue Heron Yoga Teacher Training Information Session for 2018-19 200-RYT. 2-4pm. Join us to learn more about the YTT curriculum and to meet our director, Claudia Neuman, E-RYT 500, YACEP, MSW. Visit: www.blueheronwellness.org/teacher-training, cost: FREE.

-30-

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

Psychic Saturday. For more info go to www.ArlingtonMeta.org.

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Her clients include healthy people, runners, and clients with Stress, MS, lyme disease, fibromyalgia, plantar fasciitis, diabetic, cancer and other issues. She helps to induce labor.

Brigitte is Certified (230h). Her session addresses the whole body with basic health history, basic nutrition counseling, breathing techniques, positive thinking, Energy Healing, re-balancing the body and Aromatherapy if necessary. Being clairvoyant and able to see people's in/out Etheric fields add a useful touch to her great session. The "Best in Town" her clients say!

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SPRING CALENDAR

UPCOMING

7/4-8 Drum 'N' Splash. Four Quarters Interfaith Sanctuary, Artemis, PA. One of Four Quarters best kept secrets. Drum 'N' Splash is simply a Very Good Time, and a great way to Celebrate an Alternative Nation's Birthday with Family, Friends and Tribe; with no agenda other than to Drum all Night and Swim all Day, sharing a working vision of the Possible, through Community, Sustainability, and Personal Responsibility. Check the website, www.4qf.org, or call our office for details. 814-784-3080

7/7 Practical Breathwork. Ridgely Retreat, 203 Ridgely Ave, Annapolis. 1-4pm. \$35 advance; \$45 at the door. Register: <https://tinyurl.com/RegisterRidgely> or call 443-433-0462. Practical Breathwork is an experiential workshop that combines elemental aspects, tools and techniques of the best of this complex field and serves it in a format that is practical. Find out more about the workshop at www.PracticalBreathwork.com.

7/14 New Moon Service. Four Quarters Interfaith Sanctuary, Artemis, PA. Volunteer-led service. Church Supper either before or after service. Check the website, www.4qf.org, or call our office for details. 814-784-3080

7/28 Divine Timing Soul Tribe Retreat, FREE ENTRY, Brandywine, MD, with Patrizia Luna 'Cosmic Moon Child Tarot 1111'. Healings, Healing Oils, Organic Healing Body Butter, and more. For more information, Readings and Healing Appointments to www.divinetimingsoultribe.com. Appointments are limited!

7/29-30 Chief Rainbow Weekend "Teachings of the Masters". For more info go to www.ArlingtonMeta.org.

10/5-8 WOW! Women of Wisdom spiritual retreat for women. Held at Capital Retreat, Waynesboro, PA. Live music, drumming, enlightening workshops, energy healing, shamanic journey, and more. Come as you are, soak up the healing atmo-

sphere, and find your tribe! www.womenofwisdomwow.com or call Donna Marie Cary: 703-314-3440.

8/17-8/19 Exploration of Spirit Weekend Retreat hosted by Lightwell. Featuring U.K. Arthur Findlay. College-trained tutors and psychic mediums. Expand your spiritual gifts through working groups, hands-on exercises, and demonstrations. Held at Walden Hall B&B in Reva, VA. For more information visit our website: www.lightwellcenter.com.

10/13 Full Body Musical Experience. Ridgely Retreat, 203 Ridgely Ave, Annapolis. 1-4pm. \$35 advance; \$45 at the door. Register: <https://tinyurl.com/RegisterRidgely> or call 443-433-0462. You will be guided on a personal inner journey through a combination of guided meditation, breathwork, sound, and a blanket of songs that will weave a story through your 7 major chakra centers. Find out more at www.FullBodyMusical.com.

11/2-4 Boldly Going Nowhere Fall 2018 Retreat. Camp Wabanna, 101 Likes Rd, Edgewater. 3pm Friday, November 2nd - 3pm Sunday, November 4th. \$429 all-inclusive (\$379 Early Bird thru May 31st). The Boldly Going Nowhere movement has one intention: to bring you to nowhere, to NOW-HERE. A play on words. Fiercely protect your moments. Each now. Each here. Every nowhere. Every now here. Live events include conscious music, breathwork, ceremony, meditation, teachings, discussion, creativity, silence, contemplation, and heartFULL activities. Find out more: www.WeAreBoldlyGoingNowhere.com.

How Healing Works: And What It Means for Healthcare with Dr. Wayne Jonas. Learn more at smhs.gwu.edu/oimh/events.

ONGOING

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

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All Message Service. Receive messages from several message bearers. Held on the 1st Sunday of each month at

1-2:30pm at the Takoma Metaphysical Chapel House, 1901 Powder Mill Rd, Silver Spring, MD. No RSVP needed. \$20 members, \$25 friends. Info at www.takomaparkchapel.org.

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

continued on page 78

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SPRING CALENDAR

Ongoing, continued from page 77

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

Community Yoga Classes, FREE, taught by this year's Yoga Teacher Trainees of Blue Heron Wellness. Each Wednesday and Friday from 5-6pm. Visit: www.blueheronwellness.org/teacher-training, cost: FREE.

Community Yoga Classes at Unity Woods Yoga Center in Bethesda. Every Friday, 6-7pm. open to all levels \$10/cash drop-in fee. At Unity woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th floor suite PH7. Information at www.unitywoods.com or 301-656-8992.

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

Divas Circle (Divine Intentional Victorious Anointed Sisters) led by Rev. Cynthia Bond, meets the 3rd Saturday of each month from 4-6 pm at the Takoma Metaphysical Chapel House, 1901 Powder Mill Rd, Silver Spring, MD. A safe space for women to have open conversations and love up on themselves and each other unconditionally while having lots of fun! Love offerings are welcomed. No RSVP needed. Info at www.takomaparkchapel.org or email cbond4545@aol.com.

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

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Free Learn to Meditate Workshop every Saturday, 11am-12pm. Join us for this introductory class and learn the basics to begin incorporating meditation into your daily life. Meditation Museum, 9525 Georgia Ave., Suite 101, Silver Spring, MD. RSVP at www.meditationmuseum.org.

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

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SPRING CALENDAR

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

Health Coaching at CHI Health Care: Most of us know what we should be doing to improve our health and well-being, but we often get stuck along the way with the follow through. CHI's health coach is a critical member of our comprehensive health care team. Without judgment, she compassionately offers patients her expertise in behavior change, motivation, and all areas of integrative health. Working one-on-one or with small groups, she can help get you "unstuck" and move you along the path to a higher level of health and vitality. CHI Health Care, 15001 Shady Grove Road, Rockville, MD 20850. 301-664-6464 www.chihealthcare.org

Hungry For God? Eckankar Worship Services offer an opportunity to join with other seekers in consciousness-provoking discussions on deeply spiritual topics. These services can be a gateway to experiences with the Light and Sound of God. Every Sunday at

11am. NoVa ECK Center, 2810 Old Lee Highway, #301, Fairfax, Virginia 22031; 703-916-0515.

Learn to Meditate. If you have ever wanted to meditate but did not know how to begin, this class is for you. Join us for this introductory class and learn the basics to begin incorporating meditation into your daily life. Every Saturday at the Meditation Museum II, 1984 Chain Bridge Rd, Tysons, VA. 10:30-11:30am or 1:30-2:30pm. Free - contributions appreciated. RSVP at www.meditationmuseum.org or 703-992-6887.

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Messages from Spirit is a Group Psychic-Medium Reading Event which offers a warm, inviting, community environment whereupon each person receives the benefit of communing with Spirit by hearing and/or receiving messages from loved ones in Spirit, Spirit Guides & Angels. Held from 6-7pm on the 1st Tuesday of the month online & the 3rd Tuesday of the month at Spiritual Spectra Office in Maryland. Cost is \$30 plus online ticket free. Visit www.SpiritualSpectra.com for more info & to buy tickets. Contact us at 1-888-934-3642 or info@SpiritualSpectra.com.

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

Monthly Evening Meditation first Wednesday of month. 7:30pm. Institute for Spiritual Development, 5419 Sherier Pl., NW, DC 20016. www.isd-dc.org

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SPRING CALENDAR

Ongoing, continued from page 79

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

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

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

PRISM is a holistic program based in mindfulness, creativity, and community for young people, ages 6-12. PRISM Spring Classes run Tuesday and Thursdays, until May 24th, 4-6pm. Check website for upcoming adult classes and children's summer programs. The Corner Community Center, 5802 Roland Ave. Baltimore, MD 21210. www.innerharborwellness.com or innerharborwellness@gmail.com

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

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

3rd Monday Monthly Music Meditation. Friends Meeting House, 351 Dubois Rd, Annapolis. 7pm reception; 7:30-8:30pm meditation. \$20-30 suggested. A multi-dimensional experience of inspiring message-rich live music, conscious breathwork, silence, poetry, and guided meditation - all interwoven to take listeners on a beautiful inward journey.

More details at www.facebook.com/groups/605442859650044/. Apr 16th - May 21st - Jun 18th - Jul 16th - Aug 20th - Sep 17th - Oct 15th - Nov 19th - Dec 17th

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

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MIND • BODY • SPIRIT

Operating in a World of Polarity, Part 2
Ownership, responsibility, and power
...continued from page 32

bility, and reject victimization. It is an expression of power.

Many of you reading this may say to yourself, "My responsibility is to be loving." That's huge! To be a walking embodiment of love is paramount to spiritual health—both ours and humanity's. Yet, to achieve balance in the world, we must also own creating the situation we're in.

Practice: Being Responsible With Our Parts

Let's start with being responsible for our disowned aspects. Being responsible for an aspect of ourselves actually starts with being responsible *to* it.

What responsibility might you actually have to your disowned part? It's been acting out its needs, attempting to get them met by any means necessary; and, as I said, likely in ways you don't know about since it's been operating from (and in) your unconscious. As before, using Active Imagination or working with a Voice Dialogue facilitator, begin exploring:

Mary: What do you need?

Part: I need you to not spend 14 hours a day in your crusade. I'm not getting nourished.

Mary: What sort of things do you need?

Part: I need more sleep, and I need more healthy foods. I know you're busy with saving the world, but if you took a half hour to think about what to eat and prepare the foods, I'd feel a lot better.

Taking responsibility with our internal parts may seem a far cry from taking responsibility for the situations in our society, but this is the first step.

A final thought on responsibility... Rather than splaying out our projections, the responsible thing to do is to own them. So, after you've owned your projections, you can have a dialogue with someone on "the other side." You'll have much less chance of getting triggered, so you can have a meaningful conversation. The good news is that, if you practice the steps in each of the three parts, you'll have a better chance at genuine engagement.

Practice: Radical Accountability—Making Assertions of Responsibility

So now for the final question...How do I take responsibility for the situation going forward?

The practice here is to articulate a statement of responsibility for a particular condition in society and to gradually work towards owning responsibility for that condition. I recommend attempting this only after you have thoroughly gone through all the above practices multiple times. In some ways,

this may be the biggest challenge of all since individuals are not accustomed to taking responsibility for such large-scale conditions. Be kind to yourself. I had to seriously breathe when I did this. This may be slow going at first, so be patient with yourself. Initially, you may only be able to try and not succeed. Be persistent until you are able to start to own at least one of society's conditions.

Step 1: Choose a condition. Consider the conditions and challenges society is facing. It may help to make a list from which to choose. Obvious examples are world hunger, income inequality, the oppression of women, the oppression of people of color, and the oppressiveness of poverty. It's okay if they are general because the vagueness may be a little easier for you to start with, since there are initially no obvious immediate actions you can take.

Step 2: Formulate a statement of responsibility. Such a statement begins with, "I am responsible for...." Write down this statement. You can try one of the more general ones first, such as:

- I am responsible for world hunger; or

- I am responsible for the increase in income inequality between the few rich and everyone else. (Note: I didn't just write "I am responsible for income

continued on page 82

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MIND • BODY • SPIRIT

Operating in a World of Polarity, Part 2 Ownership, responsibility, and power ...continued from page 81

inequality." A bit more context is needed, so it's not just a catch phrase.)

Step 3: Speak the statement out loud. Repeat the statement. Notice if speaking this statement feels more powerful or less powerful. No one else needs to be in the room, just you and the words. As you repeat the statement, check out your body and notice whether ownership feel more powerful or less powerful to you.

The more broad and sweeping the statement is, the more likely it may be too big of a reach, since you may not see how you could possibly be responsible for those things. It will be more realistic if you then try a statement with a little smaller scope.

Step 4: Make a statement that relates to the current situation you react to. Notice if speaking this statement feels more powerful or less powerful. The end goal of all of this is to be able to list society's conditions and make statements of responsibility for each of them. Examples include: "I am responsible for such unaccountable leaders being in power"; "I am accountable for the anguish that people of color experience because of our administration's policies"; and "I am responsible for the sense of separation that people in

our society feel." Pick a condition that speaks to you but that you have not found a way to affect.

Similar to Step 3, as you repeat the statement, check out your body and notice whether ownership feels more or less powerful to you. You may want to keep toning the scope down until you find a level of responsibility your body is willing to take on. Then you can gradually widen the scope to do this with more statements that apply to increasingly larger societal issues. (Note: I found that using "responsible" works better for some things, while "accountable" is better for others.)

Collective Work

I did promise to touch a little on doing collective work around this. Before we can work at the collective level, we will need a critical mass of people completing the individual work of "What is my ownership? What is my responsibility?" Only then can the collective work begin to explore "What is our ownership? What is our responsibility?"

In general, working at the collective level involves looking at collective dreams, which are our myths, movies, and great art, as well as working to access the collective psyche of our society, and the collective psyches of the large groups that make up our society, such as racial groups, geographic areas (e.g., large cities), political groups,

gender, and more. For me, some of the questions to explore via such access are: What needs of the society aren't being met? What purpose has the strife we've experienced served? What lessons or messages have we yet to learn or embrace?

In these two articles, I've covered a lot of ground. Practice with the steps in each part until it's almost second nature before graduating to the next part. Once you do all the steps, you are better equipped to have conversations with others whose perspective is so different from yours.

The more people take on this work, the more stabilizing the effect, and the more balanced we become, as individuals and as a society.

Cal Simone is a consciousness teacher, transformational facilitator, relationship coach, writer and speaker, steeped in the works of Carl Jung, as well as Voice Dialogue, the Enneagram, and numerous other approaches. He enjoys the exploration of the unconscious, and has a keen interest in the patterns and dynamics of the collective psyche. If you are interested in hiring a coach, Cal offers workshops and coaching, and can help you or your organization know yourselves better, improve your relationships, discover your life purpose. Drop him an email to let him know how you manage with these steps and practices, and if you get stuck at some point along the way. He can be reached at conscious.cal@gmail.com.



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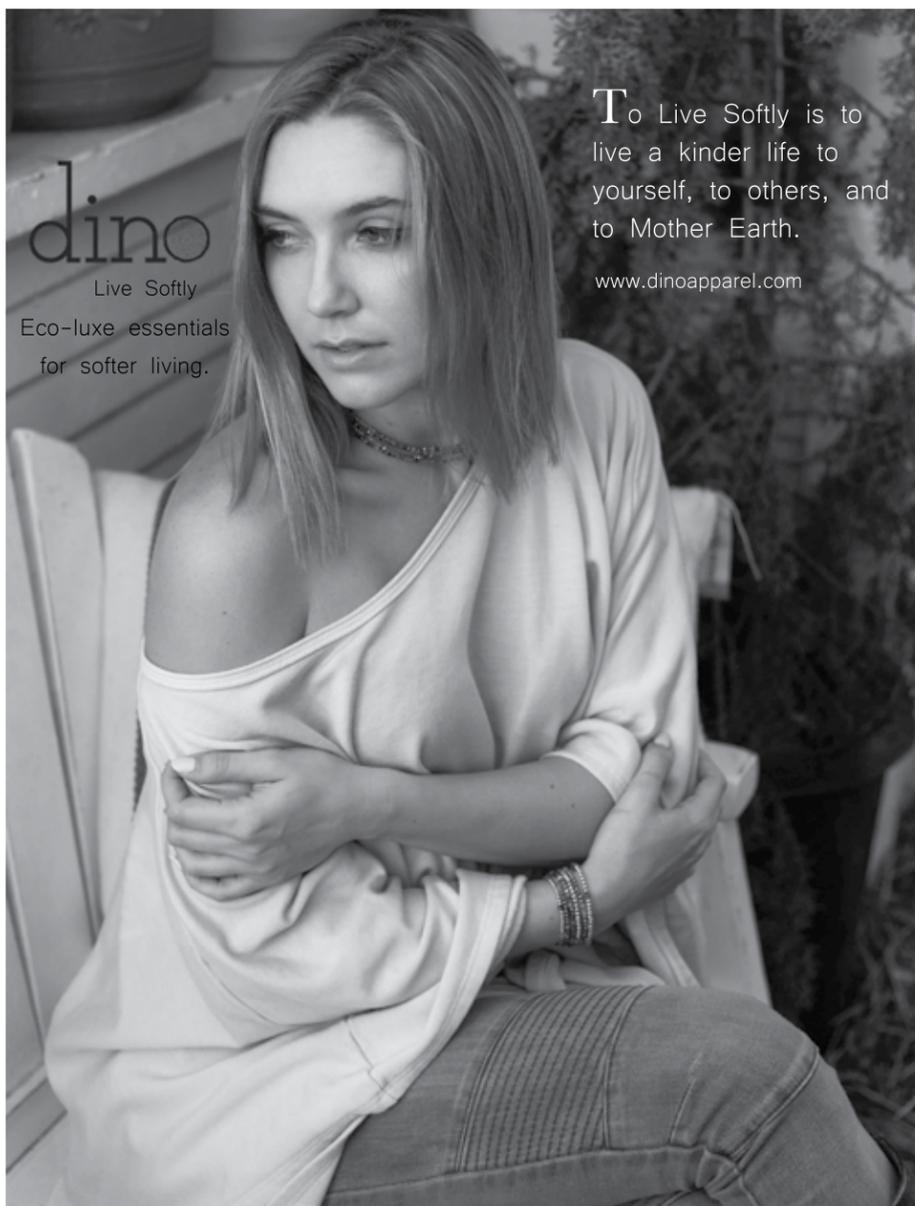
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BY KATHY JENTZ

Camellia (*Camellia sasanqua*) is a gorgeous shrub covered in long-lasting blooms that will help get you through the worst of the winter doldrums and early gray spring days. This Camellia's white, pink, or red blossoms stand out in high contrast against glossy, dark green foliage.

Sometimes referred to as "Christmas Camellias," the *sasanqua* varieties of Camellia are native to the coastal forests of southern Japan. The Japanese use the leaves of *sasanqua* to make tea, and the seeds are pressed into tea seed oil for use as a lubricant and in cooking and cosmetics. Dutch traders introduced it into Europe in 1869.

This Camellia is hardy to zones 7-10, so may not thrive in the colder parts of our Mid-Atlantic region or may require some extra protection to get it through in very cold winters. Try it as a container plant, as a hedge, or trained against a brick wall.

Camellias should be lightly fertilized and pruned sparingly, only as needed. Once established, they are fairly low-maintenance. They typically only need to be watered during dry spells.

My personal favorite *Camellia sasanqua* is "Yuletide." There is a notable one planted on the grounds of the US



PHOTO BY KATHY JENTZ

Botanic Garden in Washington, DC, that looks terrific each year around Christmas.

"Winter's Charm" is another *Camellia sasanqua* favorite, bred by the late Dr. William L. Ackerman, author of *Growing Camellias in Cold Climates*. You can see many other gorgeous camellias in bloom at the US National Arboretum, where the cold-hardiness trials took place.

Another place in the region to see gorgeous camellias in bloom is at the Hillwood Estate, Museum and Gardens (www.hillwoodmuseum.org). The estate is a hidden gem nestled in the Forest Hills neighborhood of NW Washington, DC, and is the former residence of businesswoman, socialite, philanthropist and collector Marjorie Merriweather Post. It features exten-

sive gardens and landscaped grounds, as well as a large decorative arts collection, making it a wonderful spot to visit that's off the beaten path. The photos that accompany this article were taken there in March.

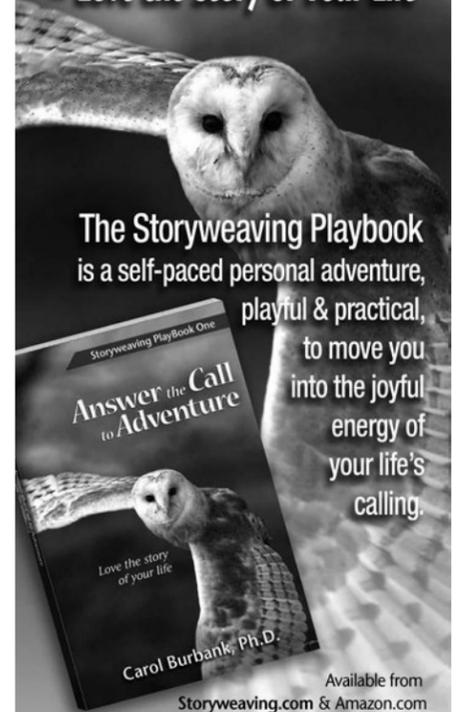
For more information about growing Camellias locally, visit the Camellia Society of the Potomac Valley's web site at <http://cspv.org/>.

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

The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year's subscription, six issues, is \$20.00. To subscribe: send a check/money order for \$20.00 payable to "Washington Gardener" magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910; or to pay via Paypal/credit card click on the "subscribe" link at www.WashingtonGardener.com.

See the Washington Gardener ad on page 55.

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EDITED BY BARBARA CARPENTER

Sri Karunamayi in Washington, DC This June



Sri Karunamayi will visit the Washington DC metro area from Friday, June 8 through Sunday, June 10, 2018. Revered by many as the embodiment of wisdom, peace and unconditional love, Sri Karunamayi will be giving discourses on the fundamental truths that support all faiths as part of her 2018 USA Tour. Everyone is invited to hear her inspiring message, join with her in singing devotional songs, and receive the blessings of her divine knowledge and love.

On Friday, June 8, 11 am - 5 pm, receive Individual Blessings. This provides an opportunity to have a private audience with Sri Karunamayi and seek her guidance, wisdom and blessings. Sri Karunamayi will offer Sri Saraswati Mantra diksha for students age 4-24.

Saturday, June 9, 8 am - 6 pm is the Silent Meditation Retreat. The retreat is a precious opportunity to deepen our spiritual practices in the presence of the Divine Mother. The silent atmosphere allows one to be spiritually nourished with Sri Karunamayi's love and blessings through yoga, meditations and divine discourses.

You can register online for the retreat for a full day or half a day. More information on Sri Karunamayi's meditation retreat can be found at: <http://karunamayi.org/events/one-day-meditation-retreat-washington/>.

From 9 am - 1 pm on Sunday, June 10, is the Homa/Sacred Fire Ceremony. A homa is a sacred ceremony in which oblations are offered through the medium of fire according to Vedic scriptures while special mantras are recited. The homa is performed for the benefit of the entire world as well as individual participants. Sri Karunamayi says fire ceremonies "purify the earth's atmosphere, uplift the community and contribute to the health and prosperity of the individual."

All programs are held at the Hindu Temple of Metropolitan Washington, 10001 Riggs Road, Adelphi, MD 20783. All programs are free of charge except for the retreat.

For more information on all Sri Karunamayi's Wash DC programs and other cities on the North American tour, please go to: <http://karunamayi.org/world-tour/north-america/> or phone The Sri Karunamayi Satsang

of Washington, DC at 240-285-0187 or 410-884-7322.

Healing Through Your Akashic Records with Bill Sanda

Please join Bill Sanda for a powerful afternoon as he explores the healing and clearing power of the Akashic Records. He will offer mini-healing sessions for those in attendance and close with a group clearing.

Bill has been a spiritual seeker for more than three decades, and has studied with some of the most respected spiritual masters of our time. Here's a sneak preview of what you can expect...

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

You can access healing energies through your Akashic Records. The mysterious Akashic Records are a dimension of consciousness that contains a vibrational record of every soul and its journey. These Records are *non-physical* often described as a library, a «universal supercomputer» and even the "Mind of God." The energetic information found in the Akashic Records is completely available everywhere, to all beings. In this dynamic, flowing energy field of the universe, every thought, word and action that occurs in your life is recorded...and those records are available to guide you through your present challenges.

As far as I can tell, we live lives separated from who we truly are. We do this, in part, through our continual judgments and opinions of our self, of others and of events that unfold around us. You know how much you have judged yourself and others this lifetime. Now, imaging doing this all your past lives, over and over again. And what do you get? You get human beings who are separated from their higher Divine Selves. It's just what we do, almost automatically. That's what I call our Thinking Self, the one that seems to exist to get us in trouble, to make decisions that are not of our highest interest.

And the biggest issue I see over and over again with our Thinking Self is Self-Love. Where do we normally go to find/seek love? Yes, externally, outside of ourselves! We look for love from our family, spouses, children, pets, etc., and rarely do we first seek it internally, loving ourselves. In my awareness, Self-Love is at the crux of the separation of our Thinking Self from our Divine, True Self from what I have seen over the years of doing this work.

So, what can we do about this Thinking Self and Self-Love issue? That's where the power of the Akashic Records comes into play. When you tap into this Akashic energy for healing, you can resolve recurring patterns and issues, heal long-standing challenges and empower future growth! In other words, you can diminish this energetic

separation between your Thinking Self and your Divine, True Self and remember that you are Love, you are Whole and Complete as you are! Not a bad deal, I would say.

Bill's gift for bringing the healing energies of the Akashic Records to others was revealed to him years ago and now he offers this service to people as his gift back to the world. He says, "I am blessed to discover my passion and path in life. I am guided to work with others using this little known, but powerful process for healing. An Akashic Clearing can heal on many levels: emotional, physical, mental, and spiritual. I am honored to be granted the ability to share this kind of power with others."

Check Bill's Facebook page at: <https://www.facebook.com/bill.sanda> for more information

Documentary Film *Unacknowledged* Uncovers Hidden Secret Programs

In early December 2017, *Forbes* magazine reported on "\$21 trillion in unsupported adjustments ... for the Department of Defense and the Department of Housing and Urban Development for the years 1998-2015," based on the investigative findings of University of Michigan Professor Mark Skidmore.

The military accounts for 55% of federal discretionary spending. The case reports of massive waste in the military from cost overruns, boondoggle projects, and even missing weapons in active conflicts costing hundreds of millions are mind-boggling. But this level of unaccountability and malfeasance is beyond staggering and deserves scrutiny. The Pentagon has *never* been audited.

Where the * bleep * has the funding gone?

The documentary *Unacknowledged* discloses covert ultra-secret Unacknowledged Special Access Projects (USAPs) dealing with exotic technology of extraterrestrial origin, antigravity and electro gravitic propulsion research and zero-point energy—costing trillions of dollars in funding obtained illegally—as well as the real motive behind Strategic Defense Initiative (Star Wars).

Based on extensive direct top secret whistleblower testimony, Top Secret documents, and UFO images and footage, as well as 25 years of meetings behind-the-scenes with the world's elite under the auspices of Dr. Stephen Greer's disclosure movement, *Unacknowledged* reveals compelling evidence of interstellar civilizations and that "we are not alone," as well as exposes the deliberate, concerted cover up regarding UFO matters spanning over 70 years.

Unacknowledged also exposes a secret rogue cartel operating illegally within the Military-Industrial-Financial complex since the 1950s. This cartel has sidelined the President, Congress, world leaders, and the public, and has hidden the knowledge of advanced technology being developed in USAPs that can, in the words of former director of Lockheed Skunkworks, the late

Ben Rich, "take ET home," referring to incredible aerospace advances. With the exposé of these highly advanced technologies, a main rationale for the secrecy becomes readily apparent: fossil fuels, the PetroDollar, electric power plants, jet aircraft, and rockets will all be surpassed once the real history is disclosed. The public release of these break-away technologies within a planned period of transition will provide solutions to global societal, environmental and security challenges that threaten the survival of eco-systems and humanity on the planet.

Dr. Steven Greer developed an interest in UFO phenomena after his sighting of an UFO craft at the age of nine. This led to his establishing The Center for the Study of Extraterrestrial Intelligence (CSETI) and The Disclosure Project, as well as working actively to promote these emerging alternative energy sources. Dr. Greer retired from a career as an emergency physician and chairman of the Emergency Medicine Department at Caldwell Memorial Hospital in North Carolina to work on these projects.

In 1993, Dr. Greer and a few volunteers set out to identify over 100 firsthand military and government witnesses to UFO events and projects willing to come forward in a public disclosure. From 1993 to 1997, Dr. Greer conducted a series of briefings during the Clinton Administration, including for the CIA Director, Pentagon officials, select Congressmen and others, and involving numerous briefings by insider witnesses themselves.

During August 2000 – April 2001, Dr. Greer and team travelled to interview key witnesses in high quality digital video format as part of the Witness Archive Project. The 120 hours of video testimony were edited down to 33 hours, which were then transcribed, further edited and subsequently published in the book *Disclosure* by Dr. Greer.

The Disclosure Project culminated in the pivotal Disclosure Event at the National Press Club in May 2001 where testimony was presented by over 20 high level witnesses documenting the extraterrestrial presence here on Earth and the reverse engineering of the energy and propulsion systems of these craft. The original webcast reached 250,000, with over one billion people hearing of the news story in media coverage worldwide.

Dr. Greer's prior documentary *Sirius* tells the story of his journey and struggle to research and disclose classified energy and propulsion information, as well as of the scientific investigation of small humanoid remains found in Atacama, Chile linked with a downed exotic craft. The film *Unacknowledged* premiered online in May 2017 and is available via live streaming on iTunes, Vimeo and YouTube Movies. DVDs and the companion book can be purchased at: <https://siriusdisclosure.com/unacknowledged-film>.

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

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

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



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

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

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

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day. Mary "Tyrtle" Rooker
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The Shamanic Way, uniquely created and taught by Marsheen, offers you an opening to the dimensional world of Earth/Sky medicine. Pathways to inner guidance, power animals and Spirit guides are made accessible—awakening you to one's true self identify, soul gifts, and healing grace.

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

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

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

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



In the midst of increasing turmoil and chaos, a group of modern day bodhisattvas is entering our world to show us the way out of our crises and help us not only realize our own divinity, but to manifest it. At the head of this group of enlightened beings, called the Masters of Wisdom, is the

one who holds the office of the World Teacher. He is known and expected under various names: the Christ, Messiah, Imam Mahdi, and Maitreya Buddha, and comes not as a religious leader, but a spiritual teacher for all mankind.

Humanity is at the crossroads be-

tween total destruction and complete transformation and they are here to help us build a new and brilliant civilization, should we want it. What will our choice be?

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- Learn energy movement postures to facilitate wellness
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- Develop intuitive skills to awaken high consciousness
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- Tuning Fork Therapy (Levels 1–6)—see website for upcoming Workshop dates
- Introduction Biodynamic Craniosacral Therapy
- Aromatherapy (Introduction to Essential Oils)
- AstroBioChemical Nutrition — Cell Salt Therapy
- Vibrational CDs
- Meditation
- Individual & Corporate Wellness Coaching

Private Health Treatments:

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Unity of Fairfax is a positive, inclusive spiritual community focused on transformation of consciousness and awakening the spiritual light in all people.

As a spiritual center for education, practice and service, Unity offers a wide array of classes, study groups, and programs on such topics as meta-

physics, meditation, and labyrinth walking, as well as service projects, which put spiritual principals into action. Children are welcome in the vibrant youth program and Sunday services. Regular services are held on Sundays at 9 a.m. (meditation service) and 11a.m. (celebration service).

Unity of Fairfax is a member of Unity Worldwide Ministries and is affiliated with Unity World Headquarters, which publishes the well-known magazine, *Daily Word*. Visit www.unityoffairfax.org for information on events and classes, and to watch live-streamed services on Sunday at 11a.m.



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

located in Bethesda, MD and Arlington, VA, and we offer Saturday and Wednesday classes in the Tenleytown neighborhood of DC.

All Unity Woods classes are taught in the Iyengar tradition. Iyengar Yoga develops awareness through precise alignment and attention to the subtle aspects of posture, breath, mind, and spirit. Our teachers are primarily Certified Iyengar Yoga Teachers who have

trained for many years. As a result we are able to guide beginners as well as experienced students in progressing along the path of yoga safely and effectively.

Our spring session of classes begins Tuesday, April 10th, 2018. New students may take their first class free anytime during the session. For details see www.unitywoods.com.

Health Services



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

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

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

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

We also offer regularly scheduled classes such as yoga, T'ai Chi, Biodanza, Meditation, and Sound Healing.

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Dr. Helena Amos, M.Ac., L.Ac., MD (Eur.), is specially trained and licensed in Facial Rejuvenation treatments. She was voted one of the Washington, DC metropolitan area's best alternative healthcare providers by *Washingtonian* magazine.

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Falls Church Wellness Center

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

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Located in downtown Bethesda, MD, The Mindfulness Center is a non-profit organization, promoting health and self-healing for individuals and the community, through charitable, educational and medical research programs in evidence-based mind-body therapies.

The Mindfulness Center offers an array of classes, services, and educa-

tional programs that foster meditative awareness, stress reduction and optimal well-being, including: Meditation, Yoga, Nia Dance, Tai Chi, iRest Yoga Nidra, Massage, Acupuncture, Reiki, and Wellness Programs for Cancer, Fibromyalgia, Pain & Chronic Fatigue and other conditions. We also offer professional trainings and CEUs for Yoga Teacher Training, Meditation

Teacher Training (Online and On-Site), and a range of other therapies to help you realize optimal personal well-being both in your body and career.

To register for classes, please visit our website, www.TheMindfulnessCenter.org, call us at **301-986-1090**, or stop by our center at 4963 Elm Street, Suite #100, Bethesda, MD 20814.



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

Kay Walkinshaw is the Founder and Director of the Self-Empowerment Education Center of Falls Church (SEEC) located in Falls Church, VA. She is also the Founder and International Director of the International Council for Medical and Clinical Therapists (ICMCT). She is a certified Instructor for the National Guild of Hypnotists, World Institute of Cognitive Sciences, and the National Board of Hypnotic Anaesthesology,

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

At the Self Empowerment Education Center of Falls Church you can learn how to achieve peak performance, speak in public, hone perfect study habits, lose weight and more with Master Hypnotherapist Kay Walkinshaw. The SEEC is also certi-

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Metaphysics



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Like a magic mirror, a Tarot reading with Maya offers spiritual reflections of your true, starry Self and where you are headed in your Soul's journey. In this world of swirling energies and changes, the cards are especially helpful for keeping us on our personal

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Alix & the Archangels

Hi! I'm Alix Moore. I'm a gifted psychic and soul healer. I channel the wisdom and healing of the Archangels for you and your loved ones.

My private sessions are a fluid mix of psychic reading, soul healing, intuitive coaching, and angel messages—

helpful, healing, and always practical.

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

I work primarily over the phone in

individual sessions and multi-session packages. All sessions are recorded.

For more information or to schedule your private session, please contact me at alix@yoursoulstruth.com; 301-717-8500; or visit my website at www.yoursoulstruth.com.



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• The website contains articles for free downloading—readers can ask questions about the articles.

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

Local Lectures In Washington Area:
www.facebook.com/groups/ncgrannapolis



The Center for Spiritual Enlightenment

The Center for Spiritual Enlightenment, NSAC, is a Spiritualist church and educational center that offers opportunities for healing, meditation, and spiritual development. We offer numerous classes for adults with a variety of speakers and workshops designed to address every level of

spiritual development from beginner to advanced students of Spiritualism.

Our Sunday healing service begins at 10:00 a.m. and our devotional service starts at 10:30 a.m. One special feature of our devotional service is the opportunity to receive spirit messages delivered by our Center's mediums.

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Our Center is located at 222 N. Washington St., Falls Church, VA. 703-645-8060. Visit our website at www.TheCSE.org.



Heidi Lahm Tarot

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

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

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

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



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perspective on a problem or situation. Benefits of intuitive readings include: gaining clarity and understanding; empowering you to help you see your true potential; and helping you reconnect with your own inner guidance.

Houkje Ross is a Martha Beck Certified Life Coach, Intuitive, and Writing Coach.

www.houkje-ross.com/intuitive-coaching/

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Metaphysics

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Gena Wilson, LCSW



Gena Wilson, LCSW, is a respected Social Worker, Psychic, Medium, Angel Messenger, Animal communicator, Psycho-spiritual therapist, Hypnotist, Teacher, Reiki Master and published author of Reiki Divination cards. She can introduce you to your Guardian Angel or Angels. The Angel messages are spiritual in nature and will clarify

your soul's purpose and make karma issues crystal clear.

As a metaphysician, she teaches: Reiki, Dream interpretation, Animal communication, Meditation, Psychic development and essential counseling skills for Healing Arts Practitioners. She further assists new intuitives on their path, providing education, guid-

ance, and support.

She utilizes her intuition, and non-traditional techniques in her psycho-spiritual counseling practice. She is a certified hypnotist and provides past-life regressions. Always in Universal Love & Light. Contact **301-441-4526** or www.inspiredbyangels.com



S. Alice "Alicja" Jones

S. Alice "Alicja" Jones is a Psychic, Medium, and Intuitive Healer who gives Spiritual and Past Life Readings. She communicates with the Angels, Archangels, Ascended Masters, the Devic Kingdom, Cosmic Brotherhood of White Light, the Council of Twelve, Karmic Board, Universal Mind, and your ancestors to bring you messages about relationships, your health, your career choices, educational decisions, and life purpose. These messages many times include Past Lives and

how they impact your current life, solutions to pressing problems, or a loved one in spirit to comfort you.

A Reiki Master, Alice is a gifted intuitive energy healer, an Assoc. Lead Minister and Board member of Rays of Healing Church and facilitates *A Course in Miracles* at Sacred Circle in Old Town Alexandria.

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

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

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

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

Experiencing Therapy for healing trauma, and Etheric (Psychic) Surgery. In person and phone appointments.

Douglas resides in Germantown, Maryland.

301-351-0350

www.scalarlightbody.com

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At some point in our lives we may experience a deep void or emptiness that we just can't seem to fill. We set out seeking an intimacy that can't be found in the material world. Indeed what we are ultimately seeking is God's presence, light, and love. Sometimes we feel we need medicine, tools,

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Jamila White is a psychic medium,
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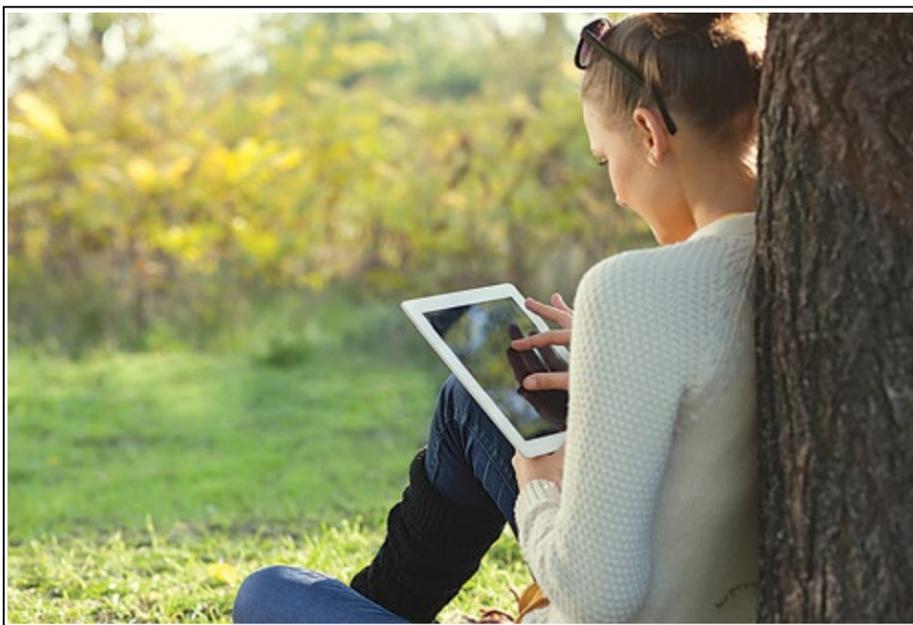
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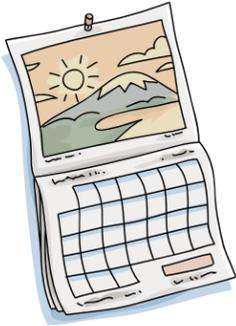
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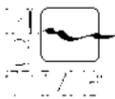
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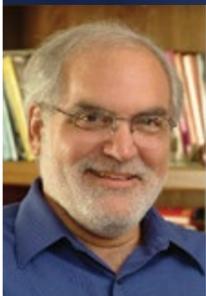
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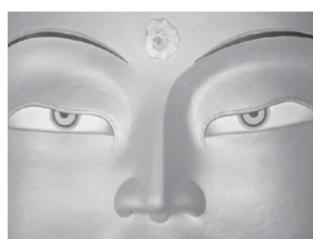


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PATHWAYS GUIDE TO NATURAL FOOD STORES

BETHESDA, MD

MARYLAND NATURAL FOOD STORES



Whole Foods Market, Bethesda
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410-573-1800
www.wholefoodsmarket.com/stores/bethesda
8am-9pm, Monday - Sunday

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GAITHERSBURG, MD



Whole Foods Market, Kentlands
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www.wholefoodsmarket.com/stores/kentlands
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The staff at Pathways thanks these Natural Food Stores for providing their communities with healthy, natural products.

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

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PATHWAYS GUIDE TO NATURAL FOOD STORES

HYATTSVILLE, MD



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www.yesorganicmarket.com
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ROCKVILLE, MD

DAWSON'S MARKET

ROCKVILLE

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www.dawsonsmarket.com

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

SILVER SPRING, MD



Whole Foods Market, Silver Spring
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301-608-9373

www.wholefoodsmarket.com/stores/silverspring
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SEVERNA PARK, MD



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OLNEY, MD



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PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CONT'D



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DC NATURAL FOODS



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www.nourishmarket.com
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SPRINGFIELD, VA



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

www.wholefoodsmarket.com/stores/springfield
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Market

YES! Organic Market, Cleveland Park
3425 Connecticut Ave., NW 20008
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www.yesorganicmarket.com
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VIRGINIA NATURAL FOOD STORES



HERNDON, VA



MOM's of Herndon
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MCLEAN, VA



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

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



Market

YES! Organic Market, U St. Corridor
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**Creating for a Cause:
Activism in the DC Music Community**

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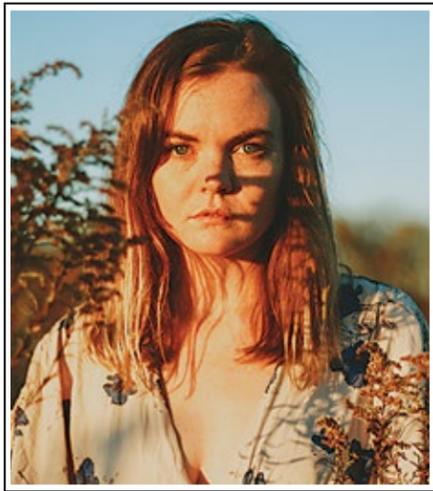
poaching, deforestation and burning, to name a few. These songs empower community members to be responsible guardians of their land.

Trees, Water & People is a wonderful group based out of Colorado and is the second organization I partnered with for this album called. Like Conservation Music, this organization believes that local communities and cultures need to be empowered to be active participants in the stewardship of their land. Trees, Water & People (TWP) began in 1998 after two foresters, Richard Cox and Stuart Conway, became gravely concerned about the deforestation in Latin America. They quickly realized that wood-burning cook stoves were playing a huge part in deforestation, but local communities had no other way to cook their meals and provide food for their families. Developing clean cook stoves and regenerating the rainforest have been two primary goals of this organization for the past two decades.

In addition to work in El Salvador, Guatemala, Honduras and Nicaragua, TWP also seeks to empower indigenous peoples in the United States. Native Americans are amongst the most vulnerable in our country when it comes to climate change, not only because of the way our society has marginalized them, but because their lifestyles oftentimes depend on a close, sacred relationship with their land. TWP seeks to bring “economically beneficial and culturally appropriate energy solutions” to tribal lands. This resonated very strongly with me, because the more I learn about activism and alliances, the more I realize that empowering the most marginalized in our country—like indigenous peoples—is crucial to creating a positive and lasting change.

I released *Livin' Right* in May of 2017, after crowdfunding, writing, co-producing, and handling most of the business aspects of album-making myself. It was a wonderful feeling, knowing I had found a way to take an oftentimes narcissistic and nihilistic career path and combine it with something I've always cared about. I asked everyone who came to my release show to take a postcard from the merchandise table and write to their representatives about the Paris Climate Agreement.

Throughout this process, I also started to notice other ways my diet and lifestyle were impacting the world, and it felt less like a sacrifice to cut out things like packaged snacks or off-season produce. I also started investigating veganism and vegetarianism, and learned that animal-based agriculture is the leading cause of global warming emissions according to a 2006 UN report. (www.un.org/apps/news/story.asp?NewsID=20772). My sister is vegan and she showed me some inexpensive and easy ways to replace protein in my diet.



Annie Stokes is an artist and activist from northern Virginia

This past summer, we went on tour, and talked about Conservation Music and Trees, Water & People everywhere we went. It felt small, but it felt important. Touring is also how I met Cam MacQueen and the folks at THE BLOCK off biltmore in Asheville, NC, which is a community space and pub dedicated to ethical consumption, veganism and social justice. Time and again, I've found that when you travel and live with a purpose, you attract the right sort of opportunities and the best kind of people.

Activism & the DC Music Scene

I would be remiss if I didn't talk about the fact that I'm part of the DC music scene. It's not a coincidence that I was raised outside of the nation's capital and became involved with activism. One of the great and unique things about our local arts scene is that the legislating and lobbying that happens right down the street from us heavily influence it. Even the DC residents who would describe themselves as “apolitical” are probably more politically in tune than people in other cities and states.

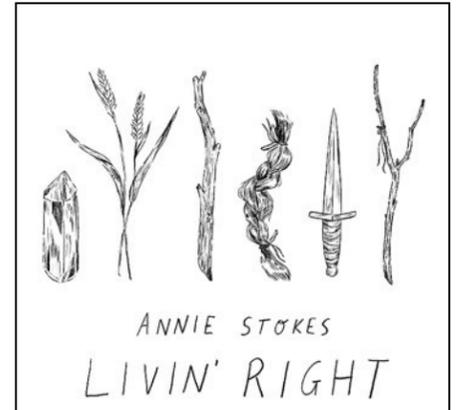
Geoff Browning, of the band Of Tomorrow, has a similar story of reawakening and finding purpose through music and activism: “Politics and music are the two careers and passions in life that I've pursued together. I wanted to be a musician till I was 16, then went into politics for various reasons, and worked my way up to a senior legislative position in Congress over about 10 years, then started making music again. But I always kept them separate. Activism was sexy in 2008. In 2016, it wasn't, and the reasons for that were totally unsound. I think a lot of us woke up on November 9, 2016, and realized that was a massive mistake. Too many artists I know were afraid of expressing our opinions for fear of alienation. Now is not the time to shy away from strong messages and opinions. The future of art and free expression itself depends on it.” His band and other bands, like FuzzQueen and Run Come See, don't just pepper their

songs with activism—activism is an intrinsic part of their art, and their own artistic identities.

In December of 2016, I attended an activist training session in DC hosted by Rising Organizers for people who were new to community organizing. There were a lot of people there from different backgrounds, and it seemed like everyone had a skill set that I didn't have: government worker; non-profit president; IT specialist; bilingual outreach expert; professional fundraiser. I, on the other hand, was a struggling artist who had a tendency to ignore the “check engine” light and overdraft my bank account. I felt like I wasn't bringing anything to the table. When the lead organizer asked me what I did, I meekly told her I was a singer and that I toured. She told me that was perfect—I wasn't bound in by my geographic location. I could take my activism anywhere. I had already started recording my album at this point, and it was a much-needed reminder I was setting out on the right path. And as much as I want to share information about my partner organizations, I also want to encourage other artists (and other non-politicians and non-scientists) that the world needs your voice, and your gifts.

This midterm election year is critically important for everyone who cares about the planet, animals, climate refugees, immigration, women's rights, criminal justice, healthcare/health disparities, worker's rights, the fate of Democracy, and more. There is so much you can do—no matter your skill set. If I can do it, trust me, you can! The past few special elections have shown that with dedicated volunteerism and a commitment to raising our voices, the American people *can* put decent folks in positions of power!

There are a few things you can do immediately. Consider changing your dietary and consumer spending habits, being mindful of the impact each has on the environment and sentient beings. Letters to the editor can be an effective way to communicate as well as using your social media as a means of



raising awareness. Support nonprofits you care about. Pick up Voter Registration forms from the Board of Elections in your city or county and start registering friends, coworkers, family and others to vote! Then, get involved with organizations working to make sure voters get to the polls. And always remember to call your representatives when issues important to you are being debated.

2018 is a pivotal year and *you* can make a difference! In the words of Margaret Mead, whose words are as insightful and inspiring as ever: “*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.*”

Annie Stokes is an artist and activist from northern Virginia; www.anniestokes-music.com. To learn more about Conservation Music and Trees, Water & People, visit their websites:

www.conservationmusic.com
www.treeswaterpeople.org

Cam MacQueen is the creator and manager of “Cultivating Compassion.” If you have suggestions for her column, email cam@theblockoffbiltmore.com with “Pathways” as the subject.

Cam opened THE BLOCK off biltmore, Asheville's first ecovegan, social justice bar, located in the YMI Building—one of the oldest African-American cultural centers in the country. To learn more about events and happenings, visit www.theblockoffbiltmore.com.



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A TRIBUTE TO JIM DUKE

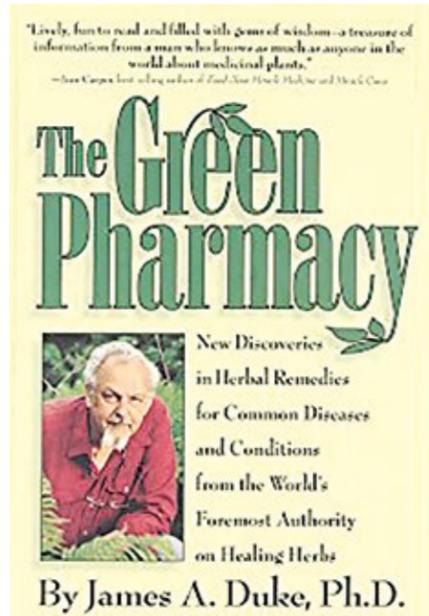
A Tribute to Jim: From the Desk of James A. Duke

...continued from page 9

Between his Masters and PhD, Jim did a stint of military service, where he ended up at Fort Detrick in Frederick, MD. Jim worked on culturing fungi and later understood his projects were for the purpose of developing biological agents with the potential of destroying enemy crops.

His time in the military provided him a Korean GI Bill, and Jim returned to Chapel Hill for his PhD in 1961 and traveled to Mexico, Guatemala, and Costa Rica on plant-gathering expeditions. It was during this time that he started his infatuation with Latin America. Jim moved to St. Louis to be at the Missouri Botanical Gardens and Washington University for his post-doctoral work as a taxonomist identifying dried herbarium specimens from Peru. Jim then traveled to Panama to identify the best vegetation to support "vehicular traffic" before starting his career at the USDA in 1963. Jim admits that although he loved his work with plants, he did not always feel comfortable with the reason behind his work. For instance, early on in his career with the USDA, he studied plant succession in Puerto Rico but it was for the purpose of learning how defoliants or herbicides alter that succession.

While at the USDA Jim was offered a



consultant job with the Battelle Memorial Institute (1965 -1971) in conjunction with the Atomic Energy Commission to work in Panama for two and half years. He accepted, left the USDA, and moved there with his young family including his "botanical illustrator par excellence" wife Peggy, their three-year-old son, John, and their six-month-old daughter, Celia.

Jim's position was to go off into the Darién bush to investigate and thoroughly document all of the flora and fauna as well as the Choco and Cuna populations for what they were eating. There was a proposal to excavate a sea level canal using nuclear weapons, but there was a question of whether radioactive materials would settle into the soil and how these materials may affect the indigenous population and the local food chain. Ultimately, the project was tabled and it was determined that it was not feasible to use nuclear weapons to excavate a canal.

The experience of being in the jungle impressed on Jim how deeply tied the indigenous populations were to their environment. Jim's became a "Panamanian" studying the food and medicine of the Choco population. Jim often told groups of students that his time spent in Panama was the time when he metamorphosed from a taxonomic botanist to an "ethnobotanist"—a term he did not know at the time. From his observations, he noted the contrast of how indigenous people used herbs versus how his own family used allopathic medicine practices. Jim concluded that there was better living through phytochemistry not pharmonochemistry.

Back from Panama, Jim returned to Battelle in Columbus, Ohio, to document his findings, which lead to a compilation of his articles resulting in him publishing his first book, *Isthmian*

Ethnobotanical Dictionary.

In 1971, Jim returned to the USDA where he continued to work as an economic botanist. He received assignments such as crop diversification, and the challenging position of seeking alternative cash crops for cultivated plants including coca, poppies, and marijuana that were grown for narcotics. He was appointed chief of the Medicinal Plant Laboratory (1977), whose mission was to work in conjunction with the National Cancer Institute (NCI) to collect plants that had potential anti-tumor activity. This position took him around the globe as he documented not only toxic plants but also traditional plant knowledge.

Mayapple Lemonade, Duke, J. A. 1985. *Herbalbum; An Anthology of Varicose Verse.*

*Penobscot Indians up in Maine, Had a very pithy sayin',
Rub the root most everyday, and it'll take the warts away.*

Farther south the Cherokee, echoing Menominee

Made a tea out of the roots, to keep the bugs off potato shoot.

CHORUS: Mayapple lemonade, wildest thing my momma made,

Coolest thing there in the shade, fruits of amber, leaves of jade,

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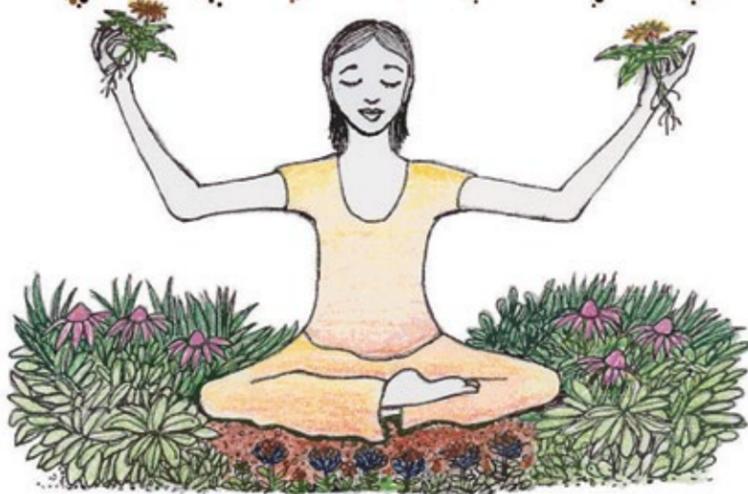
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A TRIBUTE TO JIM DUKE

They couldn't know etoposide, nor of its aid to homicide

Nor could they know the course it charts, for cancer of the private parts.

I'll venture to prognosticate, before my song is sung

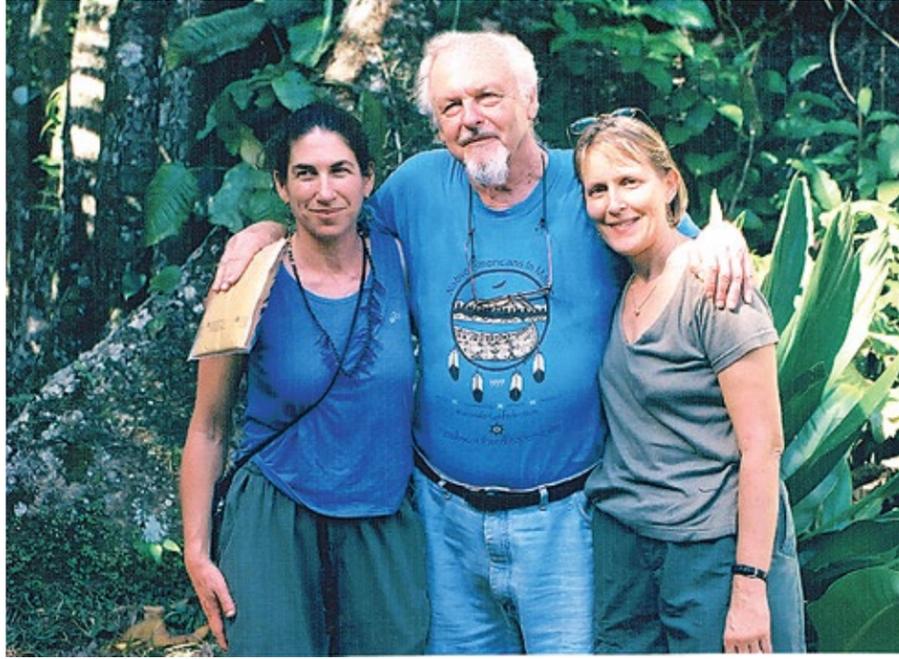
This herb will help alleviate, cancer of the lung.

CHORUS: *Mayapple lemonade, wildest thing my momma made,*

Coolest herb in the summer shade, swing your partner'n promenade.

Jim's medicinal plant compilation led to the development of his USDA database that he continued to work on meticulously for decades. After the Reagan administration shut down his program with the NCI, Jim returned to specializing in alternative crops for narcotics. He continued work with this program while he simultaneously began teaching Pharmacy from the Rainforest ecotours down in the Amazon, where he went at least 50 – 60 times... He lost count.

Jim retired one year early from the USDA in 1995 to write his Rodale best-selling book *The Green Pharmacy*. The sales of his book secured him the ability to recognize his dream and build the Green Farmacy Garden (see photo on the next page) in his backyard. In 1998, Jim and Peggy converted a portion



Helen with Jim and Holly Vogel in the Peruvian Amazon, February 2003; Photo by Helen Metzman

of their six-acre "Herbal Vineyard" farmette in Fulton, Maryland, into a teaching garden designed by John Snitzer and Kerry Kyde. The Green Farmacy Garden, with its 80 plots represents the chapters of his book. These plots are designed to highlight plants associated with conditions and ailments

like Alzheimer's disease, prostate, osteoporosis, high blood pressure, diabetes, yeast, constipation and bacteria. In the garden, Jim taught about traditional uses of plants across our planet, botanical medicine research, and herbal alternatives to pharmaceuticals. He did so with credibility, and

debunked anything from Big Pharma to what he felt were charlatan claims.

Hushpuppy

I remember that sad day

In the year 2002

When I heard the TV say

St. John ain't good for you

I reckon they forgot

What you really oughta know

2 billion bucks of Zoloft

Placed second to placebo.

Jim was notorious for walking barefoot in his cut off shorts exposing his bowed legs. He had a disdain for cumbersome shoes, and if he did wear any, they were slip-ons with soft soles. This barefoot doctor led groups to the "Gout" plot and recalled how he used celery seed for his condition and that the pharmaceutical colchicine was originally extracted from the Autumn Crocus (*Colchicum autumnale*).

He walked barefoot down in the Amazon, too, while all of us on my trip in 2003 were sporting overpriced hiking boots, quick-dry safari pants and shirts, and gear to repel mosquitoes and avoid the poisonous bite of the fer de lance. Speaking of the Amazon...I'll never forget one afternoon when Jim called me into his open-air lodge room to show me blue morpho butterflies puddling or drinking minerals from
continued on page 110



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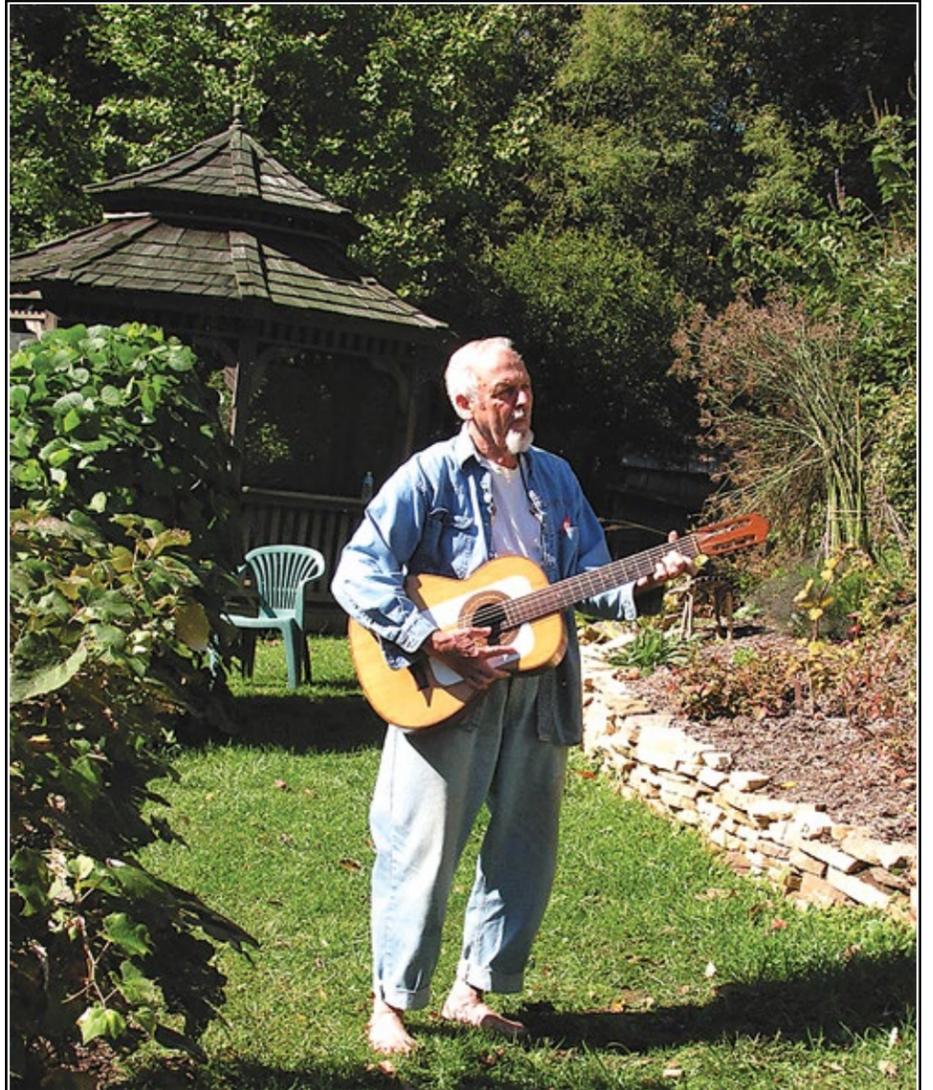
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A TRIBUTE TO JIM DUKE



The Barefoot Doctor, Jim Duke, in the Green Farmacy Garden.
Photo by Helen Metzman

A Tribute to Jim: From the Desk of James A. Duke

...continued from page 109

mud right outside his window where he had dumped the contents of his night time chamber pot.

Down in the Amazon, Jim, along with the Peruvian guides, played not only the typical folk songs *de Colores*, *El Condor Pasa*, but also John Denver's *Take Me Home Country Roads*. Jim wrote a parody to the tune of John Prine's *Paradise* with a dire warning that the state of the Amazon rainforest would be *Paradise Lost*.

Daddy won't you take me to the Primary Forest

By the Amazon River where paradise lies (lay)

*I'm sorry my son, but the forest is gone!
I'll show you some slides, that have to suffice!*

In addition to the ecotours to the Peruvian Amazon, Jim's work as an ethnobotanist offered him the opportunity to travel the world in search of medicinal plants while touching the hearts and minds of many—young and old. I was fortunate to have met Jim in my early thirties around 1991 and again in 1997 just after his Green Pharmacy was published and before the garden was installed in 1998. After the garden was built, I volunteered for several years under the guidance of the prior garden director, Holly Vogel. I am forever grateful that Holly asked me to work at

the garden as I got to know Jim and his plants as they aged with the garden.

I accompanied Jim to the Amazon; United Plant Savers (UpS) Goldenseal Sanctuary in Rutland Ohio; Finca Luna Nueva in Costa Rica; Eagle Hill Institute in Maine; Black Mountain and Brevard in North Carolina; Wintergreen Resort in Virginia; and finally, to the country he always wanted to visit, Cuba. From watching Jim traipse muddy paths barefoot in the Amazon basin, to botanizing while skinny-dipping with our Tai Sophia class in Ohio, to assisting him with his rollator on cobblestone streets in Cuba, Jim became not only my mentor but also my dear friend. (To read Jim's Cuba food farmacy trip report, visit <https://thegreenfarmacygarden.com/2012/04/22/jim-dukes-cuban-food-farmacy-trip-report/>.)

Jim, a proclaimed altar boy turned atheist, claimed he did not believe in spirits. He did, however, talk about plant-to-plant communication from the aromatic spirits, methyl salicylates, of wintergreen. His tales were sprinkled with his ayahuasca vision of watching three women dressed in white taking notes in his garden, as well as a fellow participant, who in her vision, saw her brother die of a heart attack. Although he would never admit it, I have a hunch that Jim, the skeptic, became a believer of shamanic powers when at the end of the tour his student got back

A TRIBUTE TO JIM DUKE

to the dock in Iquitos and was handed a note to inform her that her brother had passed.

Jim was a reductionist botanist who believed in the synergistic healing of the whole plant with its thousands of phytochemicals. Jim believed our DNA has been commingling with plant constituents for thousands of years. Jim believed when given herbs, our bodies will mine what constituents it needs. He fervently believed in the healing power of plants.

After a bout with neuropathy in his legs, Jim started losing his ambulatory abilities and went from compiling away on his computer to a holding pattern, wanting to go. Jim was, in his own words, "waiting for the reaper to come and harvest me"—an apropos metaphor for a botanist. Portending the inevitable, the garden's ayahuasca (*Banisteriopsis caapi*), La Soga, The Vine, which had looked healthy just a couple days prior to Thanksgiving died a week before Jim. Could it be that "celestial connections" intertwined these two? He would say no; it was just coincidence. The last words he told me were that he "hates winter." Two days later the weather abruptly changed from a balmy late autumn to cold and snow. The reaper came and Jim peacefully passed in his home on Sunday, December 10, 2017, ten days before the winter solstice.

As I sit here at his desk, I must con-

cess that I find solace imagining Jim in green pastures of a tropical paradise perpetually playing parodies, plucking plants and waxing poetic varicose verse. May his words, wisdom and spirit continue to educate and inspire for decades, if not centuries, to come.

*He's a poet, he's a prophet,
He's a walking contradiction, kinda low
when flying high*

*He's a brujo, a soguero
With celestial connections, he now navigates
the sky.*

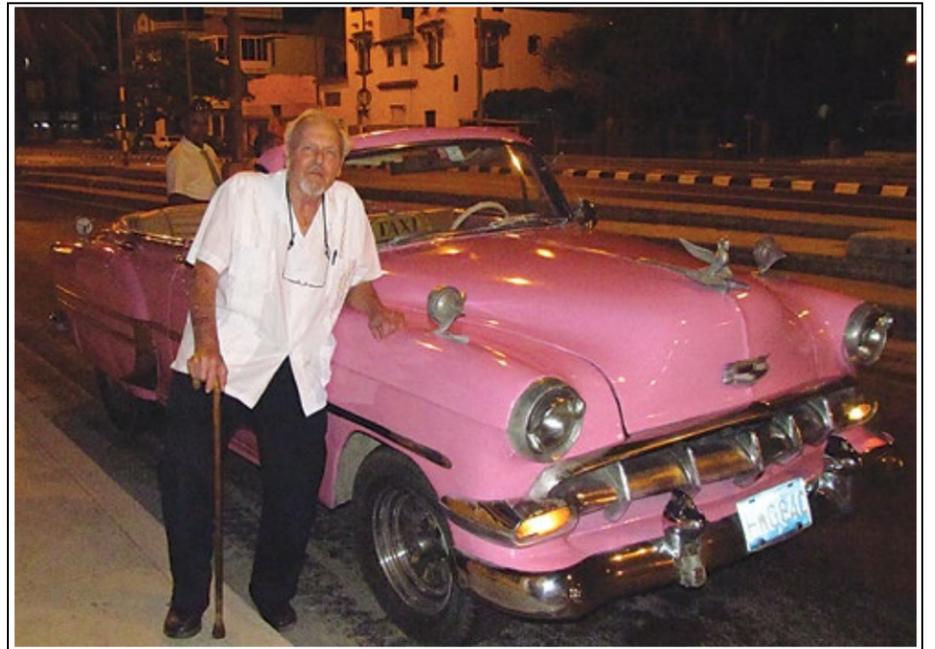
*And the throwing up was worth the
coming down'*

*And the going up is coming back
around!*

~ from *La Soga* (parody of Kris Kristofferson's *The Pilgrim Chapter 33*)

* * *

Jim wished for students from all walks of life to be inspired by plant and herbal traditions, and he wished for future generations to see the primary rainforest while they can. To these ends, donations made in honor of James Alan Duke's amazing life can be accepted either to support the Green Farmacy Garden at www.muih.edu/donate; or to support Dr. Duke's legacy in the Amazonian rainforest and beyond at www.gofundme.com/JimDukeLegacyFund.



Jim on the streets of Havana to celebrate his 83rd birthday;
Photo by Helen Metzman

Helen Lowe Metzman is Director Emerita of Jim Duke's Green Farmacy Garden and has tended to and educated others about the medicinal plants there since 2006. In addition to her time spent in the garden, Helen worked part time for the Howard County Maryland Department of Recreation and Parks in the Natural Resources Division as a Natural Resource Specialist and an Environmental Educator. She is a graduate of the University of Vermont and

the Tai Sophia Institute's Master of Science Program in Herbal Medicine.

To learn more about the Green Farmacy Garden and the work of Jim Duke, visit the Garden blog site at <https://thegreenfarmacygarden.com>.

This tribute and all photos originally appeared on the Green Farmacy Garden site in December 2017, and are reprinted here with the author's permission.

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Intelligent Spring Cleaning to Heal the Five Major Organs of the Body

...continued from page 11

particularly nutrient dense form of this beloved plant in easy-to-use capsule form. Oregon Wild Harvest is another especially potent option in capsules.

As you remember, our strategy also includes simple and easy to digest proteins. My favorite is almonds, which can be enjoyed raw, cooked along with your greens, or in almond butter. After almonds, my favorite proteins include paneer (a simple Indian cheese similar in consistency to tofu), cottage cheese, and tofu.

Week 2

In the second week we continue with our intestinal cleansing and add clearing the respiratory system with the three N's of Nettles, Nasya, and Neti. In short, the respiratory system can be cleared by drinking Nettle tea copiously, washing the nose out with a Neti pot and following the Neti with Nasya, which is applying herbal oils to the nose to prevent dryness and inflammation. Further instructions on how to do the three N's are available on our website at Smileherb.com or in the store.

Week 3

Our strategy in the third week for the cleansing of the blood includes using the category of herbs known as "alteratives" along with our extraordinary herb, Nettles (*Urtica dioica*), which is both cleansing and specific to seasonal allergies. Our primary goal is to alter the bloodstream to be free of toxins (hence "alteratives"), and our secondary goal is to increase the digestive fire (Agni).

At Smile we have thirty to fifty choices (alteratives). I put together a blend named "Tommy's Blood Purifier" fifteen years ago that continues to be one of the favorites among Smile staff and customers. The ingredients are Burdock, Sarsaparilla, Yellow Dock, Cinnamon, and Red Root. One teaspoon to a cup simmered for an hour makes a tasty tea that does the job. Three to five cups daily is the

place to start here with Alterative teas of which Tommy's Blood Purifier is only one. To meet our secondary goal of increasing agni, our herbal allies are: ginger, trikatu (three spices), and cayenne in small doses. I particularly recommend New Chapter's Daily Ginger (in liquid or capsule form) and Planetary Formulas Trikatu tablets.

Week 4

In week four our strategy for the liver, which stores the results of our digestion both righteous and angry, is to use bitters and amphotoerics (herbs specific to one organ). Our primary goal here is to relax and honor the liver, which bears the brunt of everything we ate over the holidays, everything we have left unsaid or said in an unskilled manner, and the ingestion of our increasingly polluted environment.

Our secondary goal is a digestive system free of sluggishness. If digestive sluggishness occurs at this point, we will need to return to the earlier stage of digestive cleansing with aperients (gentle laxatives) and astringents. Dandelion, Nettles, and Milk Thistle are some of my favorite



© Feargal Cunningham | Dreamstime.com

In the second week we continue with our intestinal cleansing and add clearing the respiratory system with the three N's of Nettles (pictured above), Nasya, and Neti.

herbs here and you will need to find the right level of dosing for your system. Bitters Compound from Herbalist and Alchemist is easy to use since it is already in tincture form. Gaia Herbs Sweetish Bitters is another excellent choice in tincture form. Two milliliters twice daily is about the right place to start, and again you will need

to find your ideal dosing. Of course these herbs are also available as teas, which is a higher form of herbalism to my mind, but involves much more of a commitment to preparing herbs every day.

Week 5

In the fifth week, or for "as long as it takes", our strategy is to tailor this herbal cleansing program to our own unique needs. For example, if you are prone to seasonal allergies, this will be the time to concentrate on reducing mucus in the respiratory system and/or cleansing the lymphatic system. The primary goal of the fifth week of cleansing is to heal one or more of the remaining three active organ systems. The five active organ systems in Ayurveda are: the kidneys, the liver, the heart, the spleen/blood, and the lungs. As we have already addressed the liver and the spleen/blood, you can choose from the remaining three according to your needs. My favorite herbs for the lungs are Elecampane, Bayberry, and Yarrow. My favorite herbs for the kidneys are Marshmallow, Uva Ursi, and Cornsilk. And my favorite herbs for the heart are Hawthorne, Nettles, and Cayenne. For more information on how to best utilize this week for your own needs, please come and visit one

continued at the top of next page

Spring Cleansing Made Easy

Tips and treats to get the gut ready for Spring

Spring is on its way! It's time to refresh and renew, but let's do it in a sensible, sustainable way. Here are a few simple suggestions to begin your spring cleansing routine.

Cumin-Coriander-Fennel Tea (with Ginger)

A simple, carminative remedy, this tea can bring balance and comfort to an over-stressed digestive system. Taken daily (2-4 cups per day) for a week to 10 days, it is an excellent way to prepare for a fast or cleansing regimen.

It can also be taken as a daily tonic to keep everything running smoothly. I suggest 1 cup after each meal.

A 1-inch piece of fresh Ginger root, minced
1 tsp each of whole Cumin, Coriander, and Fennel Seeds
2 quarts of fresh water

Bring water to a boil in a non-reactive saucepan
Add Ginger; simmer on medium heat for 5-10 minutes

Add seeds; simmer for an additional 5-10 minutes
Strain and drink hot or cold

Probiotic "tune-up"

A quick and easy way to give your digestive system a bit of a tune-up is to take a probiotic supplement for 30-60 days. This can be done any time of year, and is a great way to prepare your system as you're looking ahead to Spring fasting or cleansing.

continued at the bottom of next page

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THE HERB CORNER

of our knowledgeable herbalists for assistance.

To cleanse for "as long as it takes" will vary from organ system to organ system, and each system is different. For example, cleansing the respiratory system of phlegm would be different than cleansing the liver of congestion to reduce cholesterol. Our secondary goal is to develop an ongoing daily regimen to identify and heal our weaknesses as we return to our regular daily diet and habits.

Week 6

Our sixth and final week to finish our Forty Days and Forty Nights of cleansing is based on a strategy of rebuilding tissue and strength with nutrient dense preparations and easily digestible foods. Our primary goal, having finished our five weeks of thorough cleansing, is to feel deeply and confidently that we have sufficient energy to meet our obligations. Our secondary goal is to experience a continual sense of reserve (Samana vayu), so we never completely drain the battery.

There are a variety of ways to feed the body well; one is to continue enjoying the fresh greens and simple proteins with which we began this process. Also, of course, other blended greens supplements are great allies in building strength and body tissue. There is also an Ayurvedic formula, known as Chyavanprash, which is an ancient recipe specifically for building up the body and clarifying the mind and heart. This formula is available

in a paste, which can be eaten by the spoonful or mixed with warm water to make a nourishing tea.

If you go to our website, www.smileherb.com, each individual herb mentioned in this article is linked to a much more detailed description. This will give you a better idea of the range of options available for each herb or herbal you can find the dosing and choices that are just right for you.

If you are interested in learning more about the system of Ayurveda, there is a wonderful introduction in *The Yoga of Herbs* by David Frawley and Dr. Vasant Lad. In addition to the fifty-page introduction to the concepts and methods of Ayurveda, this inexpensive book provides an extremely useful materia medica (a list of specific herbs and their uses) for both Eastern and Western herbs.

In the herbal cleansing time we call herban renewal...your herbalist Tom.

Since 1975, Tom has co-owned the Smile Herb Shop in College Park, Maryland, and is a Registered Herbalist (American Herbalists Guild) who, along with the Smile staff, including wife Susan, teaches classes throughout the year about all aspects of growing herbs and healing with herbs.

Visit Smile's website, www.smileherb.com, for a list and description of classes, information on individual herbs, and to read their blog on a variety of herbal topics. Volunteer opportunities are also available to assist with Smile's garden upkeep. See the ad for Smile Herb Shop on page 12.



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by
Mary Kay Reynolds

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Spring Cleansing Made Easy Tips and treats to get the gut ready for Spring

...continued from the bottom of the previous page

A simple re-balancing and replenishment to your gut flora can make a huge difference in the way you think and feel! There are plenty of probiotics out there, but an easy one to use is the Renew Life brand Colon Care. It is a reliable and easy-to-take capsule that won't slow you down!

Gentle Colon Cleansing with Triphala

If you're feeling bloated or unhappy in your belly, or just feel really ready to get past the over-indulgence of the holidays, Triphala may be just the supplement for you. A gentle, non-stimulant bowel cleanser, Triphala is fine to take any time to tone and heal the whole digestive system. 1000mg per day with plenty of water encourages healthy, cleansing bowel movements without a laxative effect.

Kitcharee

This simple and wholesome food is the perfect basis for a cleansing diet. High in fiber and protein, easy to digest, and flavorful enough to be a pleasant mono-diet, kitcharee is a favorite among herbalists and yogis alike! This can be eaten as the primary or only food for safe and effective cleansing at any time of year. Eaten as the sole food for 3 weeks or more, Kitcharee is an effective cleanse all by itself!

1 cup Basmati rice
½ cup Mung beans
1 Tbs Ghee
Cumin Seed
Turmeric root powder
Ginger root
Pinch of sea salt
Coriander or Parsley

Wash Rice and Beans together, and soak overnight (soaking is not absolutely necessary, but does improve digestion and absorption).

In a large non-reactive pot, sauté Cumin, Turmeric, and Ginger in Ghee over medium heat until the Cumin seeds begin to pop, then add soaked rice and beans; stir until everything is well mixed.

Add 4 cups water and a pinch of salt. Bring to a boil, reduce heat, cover, and simmer 45 minutes to an hour. Stir occasionally and add more water as necessary to get the desired thickness.

About ten minutes before cooking is complete, add your vegetable blend according to Dosha (see below) and recover.

Serve hot, with a handful of coarsely chopped Cilantro or Parsley on top.

*Larger quantities can be made up

ahead of time and portions re-heated as needed.

*You can also cook your vegetables separately and serve them as a side dish.

*If you prefer, you can cook the rice and beans separately, and sauté them together in the Ghee and spices after cooking.

Vegetables by Dosha

This is by no means a comprehensive list! I recommend the food charts in Vasant Lad's book *Ayurveda: The Science of Self-Healing* as a good place to start learning about foods for your Dosha. Below are my quick suggestions to start you off!

Vata—Winter or Summer Squash, Beets, Carrots, Turnips (Rutabaga)
Pitta—Winter or Summer Squash, Leafy Greens, Green Beans
Kapha—Leafy Greens, Eggplants, Asparagus

Roots and Greens Salad

This is a great make-ahead side dish. I tend to make big batches and keep it in the fridge for a week or so. So this recipe makes quite a lot. Although best for Vata and Pitta types, this salad is good for Kapha, too, but best replace

the Walnuts with Chick Peas or other large bean.

1 bunch Kale
1 bunch Chard
2 large Carrots
1-2 medium Beets
½ cup chopped Walnuts
4 whole Scallions, roots trimmed off
1/3-1/2 bunch Parsley
Olive Oil
Coarse Salt
Lime or Lemon Juice

Wash and finely chop the Kale and Chard; place in a large bowl while still a bit wet.

Sprinkle about a tablespoon of coarse salt over the wet greens and massage firmly with your hands until they soften.

Wash, trim, and grate the Beets and Carrots; add to greens mixture.

Coarsely chop Walnuts, Scallions, and Parsley; add to greens mixture.

Drizzle 1-2 Tbs Olive Oil and half as much citrus juice over everything; mix really well with your hands or salad tongs.

Enjoy as a side dish, as a garnish, or as a meal in itself! Feel free to adjust the quantities to your taste and preference.

Visit Smile's website, www.smileherb.com, for a list and description of classes, information on individual herbs, and to read their blog on a variety of herbal topics.

**Mindfulness Meditation:
...continued from page 13**

- Decide when you will schedule this time—first thing in the morning, midday break, before bed—whatever works best for you. But actually put it into your schedule, so your commitment to yourself is clear. Then, if you find the time just isn't working, try another time. Every session is a fresh start.
- Decide how long your session will be, and stick to it. Some people like to burn a stick of incense if that's the approximate length of the session they want to do, and just sit until it has finished burning. Ringing a chime or gong, actually or virtually, can also help make a clear boundary for the beginning and end of your session.
- Turn off your phone, completely. The environment doesn't have to be totally quiet, but the fewer distractions you have, the easier it will be to relax and be present.

Posture

The basic guideline is "upright and relaxed"—neither too tight nor too loose. If you have an injury, take whatever posture you need to be gentle with yourself. You can still have a wakeful attitude, even if you have to lie down. Learning to meditate is like learning a new exercise, so be sure to go easy on yourself as you get used to sitting still in this way, and stretch when you need to.

- Feel your seat resting firmly on your cushion or chair, so you are stable

and not perched. Comfortably cross your legs; or if you are in a chair, place your feet flat on the floor.

- Hold your spine in a straight and upright position, with shoulders slightly back.
- Relax your arms, and place your hands on your thighs, palms down.
- Feel the crown of your head pointing up at the sky, and tuck your chin in slightly.
- Relax your mouth and jaw. Close your mouth and breathe through your nose, if possible.
- Relax your eyes. Let them remain open, gently looking down with a soft gaze. If this feels strained (you will quickly get used to it), alternate between open and closed eyes during your meditation practice, noticing how each feels for you.
- Finally, feel your presence in the room, and bring your awareness in closer to your whole body, noticing and relaxing each part and then letting go. Just be present—relaxed and alert.

Breath

Mindfulness meditation means giving your mind something to focus on, which is called the object of meditation. It is NOT (this is the only time I will use all caps) about trying to get rid of your thoughts or clear your mind. The purpose if this kind of meditation is not to find some so-called ideal, higher state of mind, but to foster a more systemic, permanent transformation—to make a friendly relationship with your own mind. Likewise, you don't need to be in any particular state of mind to meditate.

An object of meditation can be a physical object, like a candle, stone, or statue. It can be a sound, a word (like a mantra), an image (visualization), or a particular thought.

Using the breath is the most simple, natural mindfulness technique, because the breath is always happening in the here and now. It is coming from inside and outside of us, and we can feel it in our body as it happens. So it provides a somewhat more physical, present support than just a visual or mental object.

Having settled your body, turn your attention to your natural breathing. Don't try to breathe in a certain way, but be curious as each breath comes in and goes out. Rest your attention gently and precisely on your breathing. With each out breath, let go into the space and relax. That's all you have to do.

Thoughts

Thoughts are a natural part of your mind and your meditation. When you realize you are caught up in thoughts or feelings and have forgotten the technique, simply acknowledge that without judgment or analysis, then let it go and come back to your breath. This will happen again and again during the session, and it is this noticing—this alternation and intentional return to the object of meditation—that strengthens our ability to focus and be present. Noticing that you've been caught in a thought doesn't make you a bad mediator; it makes you a good noticer!

Training ourselves in mindfulness is as fundamental and basic as brushing our teeth every day, making sure we get some exercise, and trying to eat healthy food. It's innate and natural. Just do it! It will quickly get easier, and you'll wonder how you lived without it.

Patricia Ullman is a senior teacher and meditation instructor in the Tibetan Buddhist and Shambhala traditions, having studied and practiced for over forty years. She has led workshops and retreats throughout Europe and North America for children, professionals, students and adults, from beginners to advanced practitioners of meditation and mindfulness in everyday life. Patricia holds a J.D. degree and has spent her professional life in law, mediation, restorative justice, and non-profit leadership. She brings mindfulness techniques into these fields as part of the natural process of transforming organizational culture and working with conflict. Patricia lives in the DC area and works with private clients and businesses, including law firms, hospitals, assisted living facilities, and other organizations. Visit Patricia's website at peaceofourminds.org.

This article is a revised excerpt from Patricia's upcoming book, Eight Steps to an Authentic Life. This friendly, readable book explains the Buddhist Eightfold Path, with teachings and practices for integrating all aspects of the path into a life of wakefulness and meaning. Look for it soon on Amazon.

BOOKS THAT MATTER

**America's Broken Criminal Justice System
Hard-Hitting Reality Checks That Affect Us All
...continued from page 15**

criminal background checks when hiring" explains why 60 percent of ex-offenders remain unemployed a year after being released. "The information is rife with errors—right name but wrong person, failure to recognize the expunging of a conviction, and old arrests that resulted in acquittals or otherwise not pursued and not recorded. In 2012, the FBI documented 600,000 mistakes involving the accuracy of records." These statistics prompted thirteen states and seventy municipalities to enact Fair-Chance laws that removed questions about criminal records at the initial stage of a job search. Even better, however, is the model implemented by all Target stores that "have removed questions about criminal history altogether from job applications" and interviews, which is by far the most just policy. There are also more businesses dedicated to helping returning prisoners with job training and job searches for good technical employment, but not nearly enough to meet the demand. Edelman also laments the so-called welfare reforms

signed by Bill Clinton when he was president. "One of the most counterproductive collateral consequences is the provision in the 1996 welfare law that slaps a lifetime ban on cash assistance and food stamps for people with felony drug convictions." Affecting mostly women and children, "the consequences are often homelessness and desperation." In 2014, the California legislature "opted out completely from the bans." The hope is more states will soon follow.

The 'one strike' policy also implemented during the Clinton years is "devastating" for those returning to the community from prison as well as for families residing in or applying for public housing. "One strike means one event and it does not require a conviction or even an arrest. An entire family can be evicted, which the Supreme Court upheld in 2002 (*Department of Housing and Urban Development v. Rucker*). President Obama's housing secretary tried unsuccessfully to soften the policy. In the private housing market, "discrimination against ex-offenders is

rampant." Some locales have enacted a Fair Chance Housing Statute, and civil rights attorneys are starting to challenge the bans successfully.

Despite outcomes documenting that "money spent on prison education saves four to five times that amount in recidivism costs, Congress and President Clinton took Pell Grants away from inmates in 1995; and in 1998 they "removed all remaining federal financial aid for education available to people with misdemeanor or felony drug convictions." Such so-called welfare policies worsen inequality and poverty. Also during the 1990s, President Clinton introduced "a new set of criminal justice strategies that further punish poor people for their poverty. Low-income people are arrested for minor violations that are only annoyances for people with means but are disastrous for the poor and near poor because of the high fines and fees we now almost routinely impose"; plus punishments that repeatedly suspend driver's licenses for violations that have nothing to do with driving or any other threats to public safety.

"Poor people who lose their liberty often lose their jobs; they are frequently barred from a host of public benefits and may lose custody of their children, and may even lose their right to

vote." Women who call 911 for protection against domestic violence are being evicted, and child support policies "send penniless fathers to jail." Once confined to prison, "impoverished inmates with no access to paid work are often charged for their room and board. Many debtors will carry debts to their death, often hounded by bill collectors and new prosecutions. This system of modern peonage—a government-operated loan shark operation—has been going on for years." It resembles the southern sharecrop economy "with families always ending the year owing the plantation more than they had earned from the cotton."

"To understand the new impulse to make being poor a crime, one has to follow the trail of tax cuts that began in the Reagan era and created revenue gaps throughout the country. Deep budget cuts ensued, and the onus of paying for our justice system—from courts to law enforcement agencies and even to other arms of government—began to shift to the "users" of the courts, including those least equipped to pay." It has become an "unwinnable cycle" of ongoing "bloated fines and fees" and threats of prosecution. Then there are the "for-profit corporations with their high-pressure lobbyists—prisons, pro-

continued at the top of next page

**America's Broken Criminal Justice System
Hard-Hitting Reality Checks That Affect Us All**

...continued from page 114

bation companies, and purveyors of medical services and tests" that rely on "delivering grossly inferior services" to ensure their profits; treating inmates so sadistically or so negligently that sometimes death was the result."

Some courts require payment for alleged charges before a hearing or trial of guilt or innocence. There is no refund if the person is found innocent. "Parents who are truly destitute go to jail over and over again for child support simply because they're poor; our safety net for the lowest income people is in tatters—consisting only of food stamps and for some, Medicaid." Grassroots movements are finally fighting back by "challenging the constitutionality of debtors' prisons and money bail." A driving force in California emerged after "one man was branded a felon for stealing a pillow." Governor Brown is now supporting and pursuing a decarceration process that reduces some crimes to low-level misdemeanors using innovative, life-altering options. Counties "that invested in innovative approaches to reentry had less recidivism than counties with status quo policies focusing on enforcement."

Although Edelman maintains that without jobs, decarceration will not be successful, current research characterizes affordable housing as the most stabilizing factor in the lives of most workers. The preponderance of low-wage jobs today may not pay enough for stable housing, unless the government steps in with less expensive options protected in perpetuity under tools such as community land trusts. In Maryland, Baltimore and Frederick have developed some of these innovative models with nonprofit associations such as Habitat for Humanity. Maryland also joined the growing reform movement in 2017 when the state's highest court, "with the strong support of state attorney general Brian Frosh, changed court rules on bail to impose 'the least onerous conditions when setting bail for a defendant who is not seen as a danger or a flight risk.'" Efforts of the bail bond lobby to persuade the General Assembly to appeal and reverse this decision failed.

The School-To-Prison Pipeline

Edelman devotes a lot of space to documented consequences of placing armed police officers in public elementary and high schools. Would there be significantly better outcomes for students if the money paid for clinical social workers in lower socioeconomic school populations instead of the police? "Many poor children end up with criminal records and diminished life prospects as a result of punitive policies related to in-school behaviors. Even worse than "zero tolerance" policies that lead to suspension and expulsion for trivial matters, "school resource officers, who are disproportionately posted at high-poverty schools, are empowered to have

students arrested and sent to juvenile court for minor misbehaviors that traditionally were handled in the school. At far higher rates than their well-off peers, low-income young people are also routinely sent to juvenile court for truancy; and parents are often arrested or socked with fees, or both, for their children's malfeasance."

The Center for Public Integrity used federal data to compile a fifty-state (plus the District of Columbia) comparison and ranking of the number of students sent to court. Texas sends students usually from low-income schools "to adult court for both misbehavior in school and truancy." However, "Virginia had the worst record—15.8 referrals to court per 1,000 students in a school year. African American children were referred at a rate of 25.3 per 1,000, Hispanic children at a 12.1 rate, white children at 13.1, and children with disabilities at 33.4. The national rate was 6 per 1,000, with nineteen states higher than the average." With a rate of 1.2 per 1,000, the District of Columbia had the lowest rate.

Edelman criticizes the omnipresence of police in schools as a misguided policy that bypasses school discipline to "just send the child to court (or to do both). Nationally, the U.S. Department of Education Office of Civil Rights reported 92,000 school-related arrests and 260,000 school referrals to law enforcement in the 2011-12 school year. A University of Florida study found significant increases in student referrals to law enforcement for "lower-level offenses that should be addressed using more pedagogically sound methods." University of Maryland Criminal Justice and Criminology Professor Denise Gottfredson has found "no evidence that placing police officers in the schools improves safety. It increases the number of minor behavior problems that are referred to the police, pushing kids into the criminal justice system."

In her book *Pushout*, social justice scholar Monique Morris maintains that police placed in schools as so-called school resource officers "blur the lines between education and criminal justice, as daily exchanges and interactions with law enforcement expand the surveillance of youth of color." Imagine if each school police officer were replaced by a clinical social worker, whose life skills and mental health training and services are even more comprehensive than what most counselors receive. Since 1999, the U.S. Department of Justice has given \$750 million to more than three thousand schools, "for more than 6,500 additional resource officers. That is "a 38 percent increase. Meanwhile, badly needed mental health providers were not hired." In 2008 and 2009, New York City had 5,246 law enforcement officers in its public schools and 3,152 guidance counselors. Nationwide, 1.6 million children go to a school that has

a police officer but no guidance counselor." These officers have handed out tickets with huge fines to ten year olds; and the use of force included "pepper spray, 'stun gun beanbags,' guns, and dogs."

The National Association of School Resource Officers was founded in 1991. It is easy to imagine the power grab that the armed law enforcement officers assigned to public elementary and high schools in poor African American and Latino communities envisioned when they formed this lobbying association. In the 1990s, Professor John Delulio and William Bennett, former education secretary under President Ronald Reagan, "raised the temperature of an already overheated atmosphere" when they "coined the term 'superpredators' to describe juvenile offenders." Their rhetoric morphed to "a police presence in almost half of all public high schools—and a quarter of all public elementary schools—especially those serving poor African American and Latino communities. (And probably none in private schools.)"

Strategies For Success

Among prisoners "released after the softening of the 'three strikes' law, only about 6 percent were returned to prison, and just 2 percent of paroled lifers committed new crimes." Other measures of successful decarceration include the availability of jobs and treatment services. So is affordable housing, but "one out of three" parolees is homeless. Many who are homeless have full-time jobs but don't earn enough to live on. Too many localities have criminalized homelessness while others have successfully provided affordable housing and mental health services, in that order.

The Housing First initiative promotes supportive housing and has "achieved phenomenal outcomes" reducing homelessness, as has Community First. Instead of demanding homeless individuals to first demonstrate that they are sober and stable, they move into stable housing that then enables them to take control of their lives. This approach also helps young people who are aging out of foster care. They have a 50 percent homeless rate within six months of having to vacate their foster homes.

Edelman defines "real decarceration" as "a just society." He points out that "the opposite of criminalizing poverty is ending homelessness," not criminalizing it. But "the anti-tax revolution made things worse" by depleting revenues at every level of government needed to meet these needs. He also cautions against expecting any assistance today from the federal government. "After eight years of strong support from Washington, we have a man running the Department of Housing and Urban Development, Ben Carson, who knows absolutely nothing about the importance of the agency he heads."

Among the numerous innovative and successful models described in this book is the Community Action Program (CAP) Tulsa in Oklahoma.

This is a two-generation (2GEN) program that combines child development (Head Start) and family support services "that assist with health, mental health, financial, and public benefits issues." Families receive home visits if needed, and there is a teen mom program at an elementary school. No one is turned away for tardiness or absences, but there is a comprehensive array of wraparound strategies if and when problems become apparent. Staff will assist parents with an attendance plan and work through any other problems early. The objective is to forestall repeated or more serious behaviors later on.

Ninety percent of the children and parents served live in poverty. The stand-alone buildings are near schools to provide the children with "a sense of being in a school-like environment." At the start of every school day, "social workers welcome the children and parents, ready to help if asked and noting if something seems amiss that should be followed up. Every family has a support person who is an MA or BA social worker" plus access to many classes that assist with life skills, healthy relationships, career advancement, health, and parenting. All families receive assessments of their needs and strengths; and the staff organizes and encourages parents to participate in social groups.

Edelman's descriptions of successful community programs provide step-by-step guidance for replicating them. A Parent Mentor Program in Chicago "works on immigrant integration, protection and expansion of affordable housing, opposition to gentrification, restorative justice and violence prevention, adult education and after school programs, connecting people to health care services and coverage, civic engagement and legislative advocacy, and parent engagement. "The numbers of people this program has touched are impressive, as is their political visibility."

We will all benefit if more people read, publicize, and work to replicate the vitally important lessons and guidance in both of these books. They are filled with effective and accessible resources for achieving meaningful, sensible, and more humane political and economic reforms.

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

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METAPHYSICAL BOOK REVIEWS

REVIEW BY NICOLE ORTEGA

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone

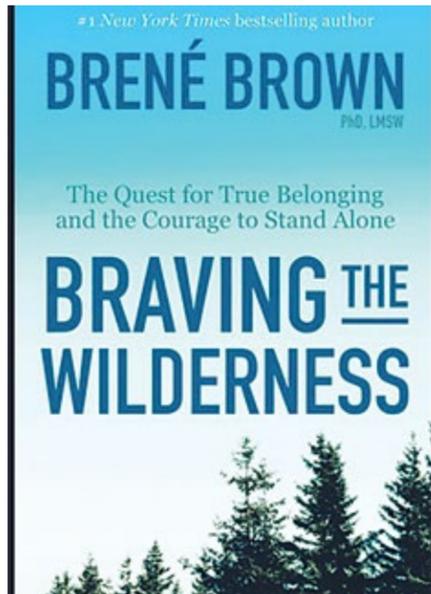
By Brené Brown

Random House

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copy lives. Each of us is an individual and unique, and the only way we can truly be ourselves is to be brave and vulnerable enough to allow the world to see us as we really are.

And there's the rub, because generally, we're only comfortable being ourselves when we feel *safe* enough to do so. You're not going to come out of the closet about *anything* if you think you're going to get stoned to death. Brown's research reveals that people these days are more afraid to disagree with one another because they perceive an increasing lack of civility and tolerance. She explains, "Connection to

a larger humanity gives people more freedom to express their individuality without fear of jeopardizing belonging. This is the spirit, which now seems missing, of saying 'Yes, we are different in many ways, but under it all we're deeply connected.'" In other words, our sense of shared connection and spiritual commonality is broken on some level, and Brené Brown has some thoughts on how to fix it.

The "fixing" takes up the remaining two-thirds of the book and deals in four elements—each presented as a chapter. First up is: "People Are Hard to Hate Close Up. Move In." Basically, you want to do the opposite of what our military is taught. You want to *humanize* people with different views and lifestyles. We're all out there trying to do our best, so lean in and don't get conned into the lie that you have to choose a side to the exclusion of all others. Brown opens a riveting discourse on what it means to embrace our humanity—schooling those who would take offense to hearing Hillary Clinton referred to as a bitch, yet supporting Kellyanne Conway being referred to in the same way. She also presents the best argument I've ever heard for why we should *all* support the Black Lives Matter movement, and explains why doing so *does not* mean you can't also believe in the safety and well-being of police officers and the value of all human life.

The second element is: "Speak Truth to Bullshit. Be Civil." This is probably the most paradoxical of the four practices because it's very tricky to call people out on their stuff, or even to call your own self out and be kind at the same time. The chapter digs deeply into what drives bullshit, what bullshit looks like, and how to stay civil when you call someone else out on their bullshit. I have to admit, it's fun reading about bullshit on such an intellectual level, and even more fun to write bullshit so many times in a sentence. There are great lessons here, but the most important ones are about not buying into BS by compromising your integrity; and when someone confronts you about something (or you confront them), be respectful. Both seem obvious in print, but it's the *practice* that we need to honor.

Third up is: "Hold Hands. With Strangers." It's about allowing yourself to share experiences and emotions with others. Brené cites examples of fun times with family at a Garth Brooks concert, the sorrow she experienced with friends during the 1986 Challenger disaster, and the despair her community felt after the 2012 Sandy Hook mass school shooting. She writes, "We need these moments with strangers as reminders that despite how much we might dislike someone on Facebook or

even in person, we are still inextricably connected. And it doesn't have to be a big moment with thousands of strangers. We can be reminded of our inextricable connection after talking with our seatmate on a two-hour flight."

I'm reminded of how when I pick my kids up from school and everyone's on their phone while waiting in the lobby. We don't show up to have these kinds of experiences when we huddle into ourselves, yet according to some studies, neglecting face-to-face human interaction is as detrimental to our health as chain smoking, high blood pressure, and obesity.

The fourth element is: "Strong Back. Soft Front. Wild Heart." If we're going to make true belonging a daily practice in our lives, Brown writes, "we're going to need a strong back and a soft front. We'll need both courage and vulnerability as we abandon the certainty and safety of our ideological bunkers and head off into the wilderness." It won't be easy, and it's not a one-time deal, but the things that are worth it never are.

Braving the Wilderness is a timely and necessary guide on how to be wholehearted in a world that's constantly trying to break your heart. It's the perfect antidote for the harsh political climate and divisive world we're living in. This is one of those books where everything is so well said you have a hard time coming up with how to talk about it without quoting the whole thing. I wanted to highlight *everything*, because every word felt important.

Brené Brown's books give so much insight and depth that just reading one helps you to peel back layers and layers of understanding of what makes us human and how we can live more wholesome lives. If everyone in the world read this book, it might not change things right away, but I bet we'd start having more of the conversations that just might get us there one day.

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

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**Patanjali on Asana Practice:
Wise tips about doing Yoga poses**
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It is worth going into these two terms, “Sukham” and “Sthira” to further demonstrate my point about your practice being sustainable and suited for the long-term. The term Sukham literally means “good space”—Su means good, and kham means space. In this short sutra, Patanjali is indicating that a Yoga pose should give you the experience of steadiness and this “good space” within. Space itself is boundless. The element of space is that which is fully and freely being what it is; good space is not laden with the clutter of unresolved emotions from the past or anxieties about the future. This is a key teaching because it recommends you be in the asana long enough to explore what is inside of you. It is also key because of the other term in this sutra, which is “Sthira.”

Sthira means “steadiness.” As my teacher always points out, steadiness is probably the most important quality of a Yoga practice to develop, above and beyond all others. Yogarupa Rod Stryker can be quoted to say, roughly, “What would you rather have, flexible hamstrings or a stable spine?” Flexibility will come and go in the body. Desires will also come and go, as will the ups and downs of life; but what is inside of us is permanent. Therefore, practicing the pose needs to address any unsteadiness we may have within our bodies and minds, conscious or unconscious. This would be one of the reasons why for many holding a Yoga pose is more challenging than being

physically adept at jumping from one pose to the next and constantly moving. Unless you are quite accomplished at asana, the faster-paced classes may do little for your development of Sthira and Sukham.

One way to judge your progress in asana is to simply ask yourself how stable is your life? How stable is your health? How stable are you emotionally? Can you commit to those life experiences that bring you self-awareness and growth? Can you face the things in life that are difficult? The yogic view would be that instability in your external world is directly related to the instability internally.

Do you remember the first time you ever did a Yoga pose? If so, you will recall you probably shook and sweat and panicked a bit. You felt so unstable and awkward you couldn’t imagine you would ever be able to do this again—and yet, you kept showing up. This is because Yoga is a system of uncovering those layers of ignorance that cover your soul. It is the process of finding the good space within you by making the body steady and the mind focused.

This leads to the next sutra, which is 2:47.

Loosening of Effort

Sutra 2:47 states: “Prayata-saithilya-Ananta-Samapattibhyam.” Translation: “Perfection in asana is attained by loosening of tension caused by effort and by mental absorption in the infinite.”

In his book, *The Practice of the Yoga Sutra: Sadhana Pada*, author and scholar, Pandajit Rajmani Tigunait, PhD, states:

(In) asana, we need to apply the force of will to pull our body out of its initial inertia...Effort causes resistance, resistance engenders tension, and tension constricts our cells and tissues. ...we learn *not* to make an effort while practicing asana. But... how (then) can we advance in our practice? The solution is to make an effort effortlessly.

This is a wonderful teaching about the right kind of effort in an asana practice. It implies we must yoke together all the parts of body and mind harmoniously. This gives us that ability to loosen the effort of the external body, the outer shape of the pose, and create the pose that helps us to concentrate the mind. We achieve mental absorption and an experience of the infinite in this effortless effort. We create the pose, hopefully, from the inside out, rather than trying to create a pose that looks like something on the cover of a magazine.

It seems like a tall order, but the reality is that it happens quite frequently when we do asana with even a modicum of awareness and attention to our breath and our mental dynamics. We learn to let go in asana practice; we let go of the tensions that come from the force of the false self and surrender into something greater. Eventually, if we sustain our practice, we begin to learn that the experience of steadiness and “good space”, the loosening of effort, or effortless effort all lead to the

result, which is explained in the next sutra, 2:48.

Pairs of Opposites Cease to Have Impact

Sutra 2:48 states: “Tato Dvandvabhayahatah.” This translates as: “From that comes lack of injury caused by the pairs of opposites.”

Patanjali is proclaiming that mastery of asana results in the pairs of opposites ceasing to have an impact on our experience. Once we gain stability and comfort, and we learn how to apply effortless effort in asana, the pairs of opposites—such as heat and cold, life and death, love and hate, and all of the many other facts of life that pull us away from our truth—cease to control our experience. There is a degree of mastery over the mind and the ability to re-direct our energies towards that which is eternal and abiding within our own hearts.

This is a very profound claim, and yet, very true. Each pose we do can be dissected in terms of the way arms, legs and torso are positioned in opposition to one another. Each pose presents opposing directions in the body that lead us to find the central, unifying force of life itself. Each Yoga pose, then, can be a metaphor for many of our life situations in this respect.

All of life requires our skillful attention to applying the right kind of effort in order to bring about harmony of all parts involved. Deep within our hearts, too, Yoga teaches us that no matter what kind of chaos is around us, there is a part of ourselves that is never in chaos and cannot be impacted by these opposing forces. In short, we embrace the opposites and find the middle ground when we practice.

A Simple Practice for Springtime

Here is a short practice you can use if you don’t take a class. The poses are good for the lower back, spine, and hips, in case you are doing a lot of running around. Hold each pose for at least five deep breaths, and make sure to rest after.



Knees to Chest

Lying on the floor, gather up the knees and hold them to your chest.



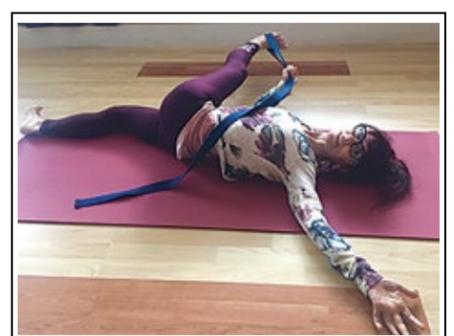
Eye of the Needle Pose

Cross your right leg over the left thigh, and gather up the leg to open the hip. Switch sides, crossing your left leg over the right thigh, then gather up the leg. This is great if you are doing a lot of walking or running.



Kneeling Lunge

Come to a kneeling position. Take your left elbow to the outside of your right knee and make a prayer position with the hands. Switch sides, placing your right elbow to the outside of your left knee, then make the prayer position with the hands.



Supine Hip and Leg Sequence

Using a Yoga strap, lengthen the leg to the center, the side and then twist.

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