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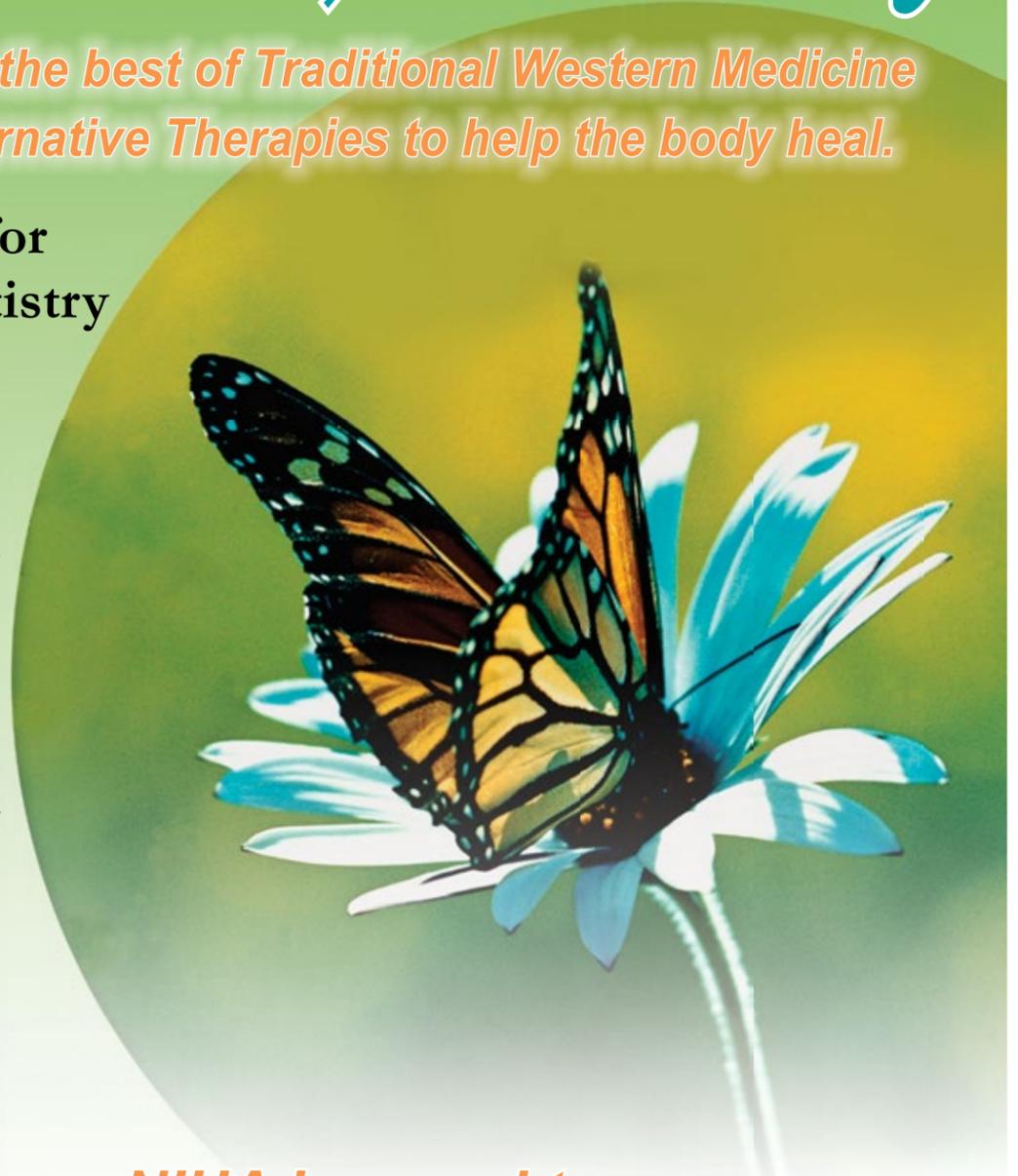
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WHAT WE'RE ABOUT

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.

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

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

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by Orna Ben-Shoshan
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Orna Ben-Shoshan, an inventive Israeli artist, creates visionary art on metaphysical topics. Her artwork invites the viewer to peek into parallel realms of existence. View her artwork: <http://www.ben-shoshan.com>. Being a lifetime student of esoteric philosophies and the Kabbalah, Orna created a line of guidance and divination tools that combine her artwork with Kabbalistic symbols. Her "Kabbalah Insights" website is: <http://kabbalahinsights.com>

AN INVITATION FROM LOU DESABLA, THE PUBLISHER OF PATHWAYS MAGAZINE

Please set aside Sunday, April 12 on your calendar to share our joy at our 41st Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. I have been blessed with the honor of hosting this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.

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Fighting To Make Produce Chemical Free

Using fungi to prevent plant diseases.

BY MICHELLE ALONSO

Priscila Chaverri, PhD, leads a fascinating double life. Dr. Chaverri is a tenured Associate Professor at the University of Maryland in the Department of Plant Science and Landscape Architecture where she studies and teaches mycology, the study of fungi. Originally from Costa Rica, she now splits her appointment, and her time, between the University of Maryland and the University of Costa Rica School of Biology.

Most people don't understand how important fungi are to protecting the organic fruits and vegetables we buy, eat and grow right here. In this interview, Dr. Chaverri talks about her research projects that deal with identifying and classifying fungi in the tropics. Her research has serious implications for protecting crops crucial to economic and social stability, especially in regions of Asia and Africa where certain diseases are not yet present—and her findings could ultimately protect the bananas you eat and the coffee you drink, fungicide and pesticide free. She also discusses how her split appointment gives her the opportunity for collaborative research that will foster the next generation of mycologists.

Dr. Chaverri did her undergraduate work in forestry at the Technological Institute of Costa Rica, where she developed her love for microorganisms and nurtured her passion for protecting the environment, and especially the forests of her native land. She went on to do her PhD at Penn State and additional post-doctoral work at Cornell University, published numerous bilingual articles, and has lectured all over the world. Her field research has taken her throughout the forests of Costa Rica, deep into the Amazonian Basin, and within the jungles of Peru.

In 2013, Dr. Chaverri received the C.J. Alexopolous Award from the Mycological Society of America for “an outstanding mycologist early in their career.” Earlier this year, she received the great honor of having a new species named after her, the *Trichoderma priscilae*, due to her contributions to the classification of *Trichoderma* fungi.

Full disclosure: Priscila is a friend of mine. We first met ten years ago in a social group for new mothers, where we became friends commiserating over sleep deprivation, breastfeeding challenges, nap cycles, and all the joys of first-time motherhood. I've been a long-time admirer of her work; and her ability to juggle parenting, enjoy a rigorous scientific career, beat breast cancer, and now maintain dual households and jobs on two continents, is both impressive and inspiring. I promise you will never look at a mushroom the same way again.



Priscila Chaverri, PhD

Please tell us...what does a mycologist study?

Very basically, mycology is the study of fungi, and fungi are mushrooms, and molds, and mildew. It has its own kingdom, the kingdom of fungi. It includes the molds that grow in your bathroom. The mold that grows on your oranges are fungi. Your athlete's foot is a fungus. And things that cause diseases on plants can be fungi. It's a whole kingdom of about 5 million species.

Mycology is a very specialized area of study. It's not a particularly sexy area of study, and you don't hear a lot about it, so how did you become interested in fungi?

So, I'm from Costa Rica and I did my undergraduate work there and studied forestry. When I was studying forestry, I took a course about forest protection and conservation, which had to do with pests and diseases of trees. I really liked it and I found out I liked to look

at little things, like little bugs and little organisms that were attacking the trees and making them sick. At that point, I volunteered to work on a research project to learn more. I didn't know exactly if I wanted to get into work with insects or to work with microorganisms. But when I was working on that project and we would try to identify what was causing a disease on a tree, we would send it to a lab and nobody knew how to identify these fungi.

They were not classified at all?

Yes, they couldn't classify them. The same thing happens with humans. If you are sick, you have to figure out what's making you sick so you know what treatment to give. The same with plants—you have to know what's causing the disease so you can see how to treat and how to cure the plant. I realized it was very difficult—there were maybe one or two places that would try to identify these things, but they couldn't do it and so I got interested

in that. I wanted to learn about how to identify and to classify fungi because most of the diseases that came to the lab, or the clinic—they call it the tree clinic—were fungi, or fungi caused them. So I said, this is what I want to do. I want to try to understand and identify fungi. I knew at some point I wanted to get a PhD or specialize in fungal identification.

I can't imagine there are a lot of programs that do this type of work. Would you describe it as being a cutting edge area of research? Is there a lot of precedent, or would you be at the forefront of gathering this kind of data?

I wouldn't say it is necessarily cutting edge because people have been trying to identify fungi and causes for disease since the 1800s. That part has always been studied, but the thing is not too many people get into it. Still now, there is a serious lack of mycologists, of people that study fungi. Definitely in Costa Rica, where there was maybe 2 or 3 people that were working in this area. So that's when I decided that was what I wanted to do. To be sure, after undergrad I worked on another research project also trying to identify diseases of trees, and then I went to work at Costa Rica's National Biodiversity Institute (INBio). For 2 years I lived in a national park and I would go to the forest every day and collect specimens, collect fungi, and try to look at them under a microscope.

What did you find in these early research years?

When I was working at INBio, I realized that I like this specific group of fungi because they include probably the most important fungi that cause diseases in plants and that can be “natural enemies” or biological control agents of pests and diseases. The name of the group is the *Hypocreales*. The *Hypocreales* is in the larger group of the *ascomycetes*. Sometimes people refer to them as microfungi, because they are usually really small and not like the typical mushroom you eat or see in your backyard, for instance. It's something you have to look at with a hand lens or in the microscope. They are microscopic, most of them, and these fungi are beautiful. They're generally red, and orange, and yellow. *Hypocreales* contains many important plant pathogens but are also the most used fungi in biocontrol strategies. So, when I was an undergrad, I knew I not only wanted to learn about plant pathogens but also natural ways to control them.

Does biological control imply using the
continued on page 114

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Old-Growth Forest Network

A Dream for the Trees

BY JOAN MALOOF
EDITED BY CAM MACQUEEN

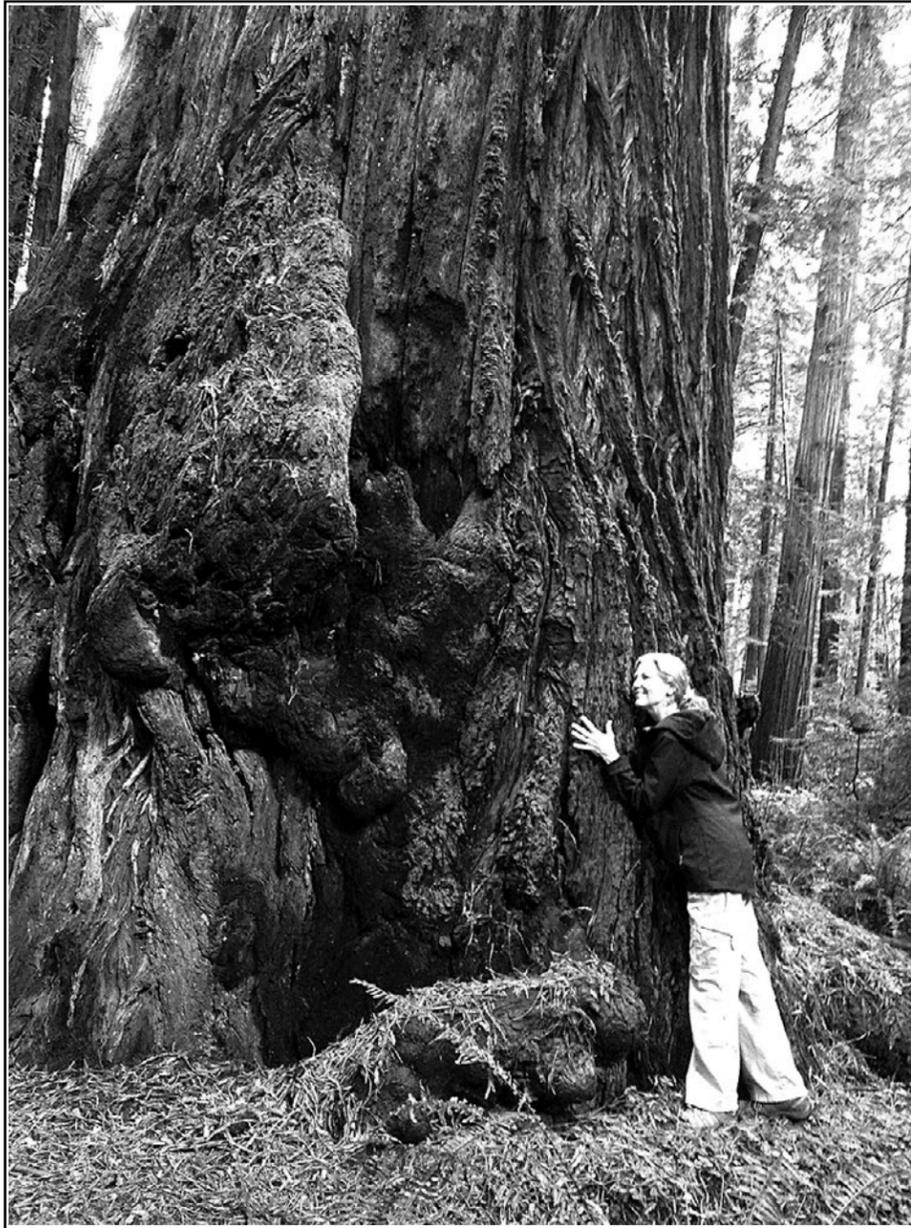
Can you imagine a world without big, old trees? While most of us love and honor these trees, did you realize there is a global decline? In 2012, scientists from Australia and the U.S. documented this dire situation in the journal *Science*. The decline is happening in different parts of the globe for different reasons—logging, cattle grazing, damaging insects, development—and they all add up. For instance, in Sweden trees over 114 inches in diameter have declined from historic densities of 45 per acre to 2 per acre. In intensively grazed landscapes in California, Costa Rica and Spain, large trees are expected to disappear within 90-150 years.

This development is most unfortunate because many organisms depend on the unique ecological and structural attributes of these ancient trees; their large cavities, wide limbs, and deep bark crevices benefit many other organisms from mosses, to birds, insects, and mammals. Those big old trees are also the ones that remove the most carbon dioxide from the atmosphere, and intercept the most rainwater, slowing runoff and erosion. We humans benefit from these big old trees by enjoying their beauty and inspiration—they are our sacred shrines deserving of protection. And these trees that do so much for us and others have intrinsic value in their own right.

As more forests become places of fiber production, cattle ranching and human encroachment—where trees may stand less than 40 years before being harvested—we lose those giants that were left alone for centuries. As a result many of us no longer realize how large the trees in our forests can get—how large they once were. A remedy to this is to set aside places that will never be logged. Even that is no guarantee, but it is a first step; and if all does go well, in a few hundred years we may once again see big old trees in an old-growth ecosystem. Of course just one of these forests is not enough. We need many of them all across the country.

This is the dream of the Old-Growth Forest Network (OGFN): to add one forest at a time in each county of the U.S. never to be logged and always open to the public. There are 3,140 counties in the U.S. Of these 2,370 are capable of supporting forest growth (the others are desert or prairie counties). When this vision is fully realized, each of these counties will have a forest protected from logging. This goal will take patience and hard work, and we need a great deal of support to make our dream a reality.

The dream began when I completed



Joan Maloof, Founder And Director Of The Old-Growth Forest Network Hugs A Giant Redwood

my PhD in ecology and started looking around for research sites in Maryland. I was looking for places where wild nature ruled the landscape, not humans. It was shocking when I realized how few of these places were left. On land, forests were the closest I could get—and the older a forest was, the more biodiversity I found there. But these older forests were being logged almost as fast as I identified them. I knew something must be done if we were to preserve any wild land at all.

The goal of protection took me beyond my usual scientific studies toward writing and activism. My book *Teaching the Trees* was a first step in that direction. That book led to another about old-growth forests, called *Among the Ancients: Adventures in the Eastern Old-Growth Forests*, and it was during the research for the book that

the dream of the Old-Growth Forest Network was born.

Since its founding in 2012, a network of 37 forests in 13 states has evolved. Every month more forests are incorporated. In Maryland, there are six counties that have had forests dedicated into the Old-Growth Forest Network:

- Calvert County: Parker's Creek Preserve- South Side – East Loop
- Dorchester County: LeCompte Wildlife Management Area
- Garrett County: Swallow Falls State Park
- Montgomery County: C&O Canal National Historic Park – Gold Mine Tract
- St. Mary's County: St. Mary's River Wildland – Northern Section
- Worcester County: Cubler Payne Forest, Nature Conservancy

There are other Maryland forests we would like to add, but they are not yet protected. For instance, Schoolhouse Woods in Queen Anne's County is the largest state-owned old-growth forest on the Eastern Shore, but it is not legally protected from logging. We are working to add protection so it can be included in the Network.

Public access is another challenge to building the Network. To visualize the size of the task of creating this national network, consider that the state of Virginia has 95 counties. To assist the OGFN, Karen Patterson and Gary Fleming, employees of the Natural Heritage Program in the Department of Conservation and Recreation, used all available data and their first-hand knowledge of the state's forests to create a spreadsheet of potential sites for the Network. The spreadsheet lists all of the counties where forests still thrive and that could be candidate. They inventoried each potential site, noting which held an old-age stand; the current level of protection; the presence of trails and the management agency—federal, state, county, municipal, universities and other organizations. They did all this in their spare time between their regular duties. Providing this valuable spreadsheet, these two professionals and Old-Growth Forest advocates showed how much they care about the land entrusted to them as well as to the people of Virginia they serve. It turned out that their extra effort also opened their eyes to the condition of the state's forests.

As Karen notes: "For 24 percent of Virginia counties we could not recommend a site. Many of the best forest stands in the state are too inaccessible to meet the Network's criteria, but the majority of these counties are in rural areas that simply lack public lands. There may be qualifying forests on private lands, but not in places where the public can visit. This fact alone should give power to your cause, as you approach localities and decision makers about supporting your efforts. I find it astonishing that there are that many places in Virginia where an ordinary citizen cannot find a place locally to go for a walk in a forest." Comments such as this show how very much we need the work of the Old-Growth Forest Network.

Thankfully, the OGFN is not just growing in forests; it is also growing in the number of people declaring their support for and commitment to forests. More than 1,100 people are now "supporters" of the Network. Our organization is primarily supported through these private donations, and

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Herbs for the Growing Diabetes Epidemic

BY TOM WOLFE, RH
(AMERICAN HERBALISTS GUILD)

29.1 million people or 9.3% of the U.S. population have diabetes. 21.0 million people are diagnosed and 8.1 million people do not know they have this disease. (27.8% of people with diabetes are undiagnosed) In 2009–2012, 37% of U.S. adults aged 20 years or older had prediabetes (51% of those aged 65 years or older). Applying this percentage to the entire U.S. population in 2012 yields an estimated 86 million Americans aged 20 years or older with prediabetes. Should this trend continue one third of the USA population will be diabetic in 2030.

~ Centers for Disease Control (CDC) Homepage, February 8, 2015

I feel like we are with diabetes where we were in 1990 with the AIDS epidemic. The ward is overwhelmed with diabetes—they're getting their limbs amputated, they're on dialysis. And these are young people. They are suffering the ravages of diabetes in the prime of their lives. We're at the point where we need a public health response to it.

~ Dean Schillinger, San Francisco General Hospital; excerpt from "Researchers campaign against Americans' sweet tooth with public health initiative," *The Washington Post*, November 21, 2014 (Schillinger and colleagues at the University of California at San Francisco have launched a project called *Sugar Science* to spell out the health dangers of too much added sugar in our diets – www.SugarScience.org.)

So I saw an ad in January in *The Washington Post* for a four-hour webinar on Diabetes and decided to watch it online. The first thing I noticed was that the experts on Diabetes interviewed for the first hour and a half were all women, which spoke volumes about the progress we have made in women's rights. However, the message of these women (and later some token male scientists) was sobering to say the least. The current wisdom is that 10% of us already have Diabetes, and in 15 years 33% of us will be diabetic. This is almost unbelievable; but it was clear that the scientists interviewed at NIH (National Institutes of Health) and the CDC are in unity and agree on the science behind this seriously disturbing trend. The other interesting statistic the Diabetes experts in our country agreed upon was that 60% of this epidemic could be reversed by diet and exercise. My little grey cells immediately went to the question, "What would the percentage of reversal be if intelligent, medical-level herbalism was included in the dietary approach?" I honestly believe from my experience of 40 years as a medical-level herbalist that the percentage of reversal would rise from the estimated 60% level to be in the 90% level of prevention.



Gymnema is the main ingredient in Smile's 'Beating Diabetes Tea,' along with the herbal allies Goat's Rue, Blueberry leaves, Ginkgo, Hawthorn, Dandelion, Cinnamon, and Cloves. I would add Nettles to this list, which gives us a total of 10 herbs for Diabetes. There are a significant number of studies showing that Gymnema lowers blood sugar levels.

So join me, fearless readers of *Pathways* magazine, in this needed paradigm shift in our approach to Diabetes. Let us join together in herbal knowledge and empower ourselves to reduce this tide of suffering that if we do not act will affect one third of us by 2030. That is only 15 years from now. My specific herbal and dietary suggestions for the use of herbs to stem the tide of this epidemic follow. I have not included dosing suggestions since Diabetes is a serious condition and needs an approach that is both individual and works with the attending physician. So if you want to go the herbal route, find an herbalist to work with to personalize your regimen. There are more and more trained herbalist in the U.S. every year, so seek us out. Or take classes and become one yourself.

Slaying the Sugar Beast

Let us initially consider the amount of one herb that we need to moderate in our diets. This herb (actually a grass) is a large, strong-growing species in the genus *Saccarum*. It originated in Southeast Asia and is now cultivated in tropical and subtropical countries worldwide for our herbal use. This herb is what we call sugar, and according to the American Heart Association (AHA), we eat an average of 19.5 teaspoons of it daily in the U.S. as an addition to our diet. The American Heart Association cautiously recommends we should cut back to 9 teaspoons of added sugar daily to stem the tide of heart disease (58% of people with Diabetes have heart disease as well).

How many people in our more natural living community add 9 teaspoons of sugar daily to their diet? What has

been obvious in our community for decades is just now being addressed as a public health issue. However, is the AHA counsel "cutting back to 9 teaspoons" really enough of a public health response? Now, I like chocolate as much as the next person, but I would have to triple my consumption of chocolate in order to eat 9 teaspoon of added sugar daily and meet these emergency measures from the American Heart Association. Everyone in the field of Heart Disease and Diabetes seems to agree that cutting back on the sweet taste is needed...but *really*?! Is 9 teaspoons, as the "expert" recommendation for a safe level of sweetness, a balanced response to an epidemic?

If 60% of Diabetes can be prevented by diet and exercise without herbs, doesn't it make sense to use the herbs that we in the herbal community have learned will lower blood sugar and reduce the craving for sweet? I am going to answer my own question and say—along with an expected chorus of "right ons" and "amens"—yes it does! So let us see what researchers are validating about these plants

First is the herb *Gymnema sylvestre*, also known by the folk name Gurmar, which means "destroyer of sugar." Gurmar is native to southern and central India and Sri Lanka. According to *The Yoga of Herbs* by my Ayurveda teacher David Frawley, "Gurmar counters our cravings for sugar, dulling the taste buds and soothing the nerves. It helps control the appetite and reduce sugar cravings. It calms and soothes the liver and pancreas. A little powder taken in the mouth renders a person temporarily insensitive to sugar. A wonderful herb for those seeking to re-

duce their sugar dependency, Gurmar is particularly useful during the initial onset of diabetes and can prevent the disease from developing. A little taken when sugar cravings arise prevents them from developing further."

Gymnema is the main ingredient in Smile's 'Beating Diabetes Tea,' along with the herbal allies Goat's Rue, Blueberry leaves, Ginkgo, Hawthorn, Dandelion, Cinnamon, and Cloves. I would add Nettles to this list, which gives us a total of 10 herbs for Diabetes. There are a significant number of studies showing that Gymnema lowers blood sugar levels; and, interestingly enough, a number of studies showing that "one of the major side effects or actions of Gymnema is taste alteration. Studies have shown that Gymnema reduces the perception of sweetness inside the mouth and seems to increase the perception of bitterness by neural inhibition." I have these references available, and suffice it to say, this inhibition of the sweet taste and increase in the bitter taste is what herbalists have been saying all along.

Goats Rue (*Galega officinalis*) and Cinnamon (*Cinnamomum spp.*) are two other herbs that have large amounts of growing research to show benefits in controlling blood sugar. Goats Rue, also known as French Lilac, is an exquisitely beautiful plant that led to the discovery of the biguanide class of antidiabetic drugs. This includes Glucophage (Metformin), which the American Diabetes Association recommends as a first-line agent to treat Type 2 Diabetes.

Cinnamon has quite a bit of research as well. The Mayo Clinic website cautiously says, "A 2012 review of several recent studies concluded that the use of cinnamon had a potentially beneficial effect on glycemic control. One study published in 2009 found that a 500 mg capsule of cinnamon taken twice a day for 90 days improved hemoglobin A1C levels—a reflection of average blood sugar level for the past two to three months—in people with poorly controlled Type 2 Diabetes."

Ginger would be considered our eleventh hour herb that has shown effectiveness for regulating blood sugar and insulin resistance. The research has been done to support this. A study published in the August 2012 edition of the natural product journal *Planta Medica* suggested that ginger might improve long-term blood sugar control for people with type 2 diabetes. Researchers from the University of Sydney, Australia, found that extracts from Buderim Ginger (Australian grown ginger) rich in gingerols—the major active component of ginger rhizome—can increase uptake of glucose into muscle cells without using insulin, and may therefore assist in the management of high blood sugar levels. A final research example can be

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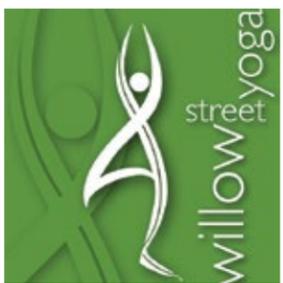
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The Eight Principles: Interior and Exterior

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

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

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

Yin	Yang
Interior	Exterior
Cold	Hot
Deficiency	Excess

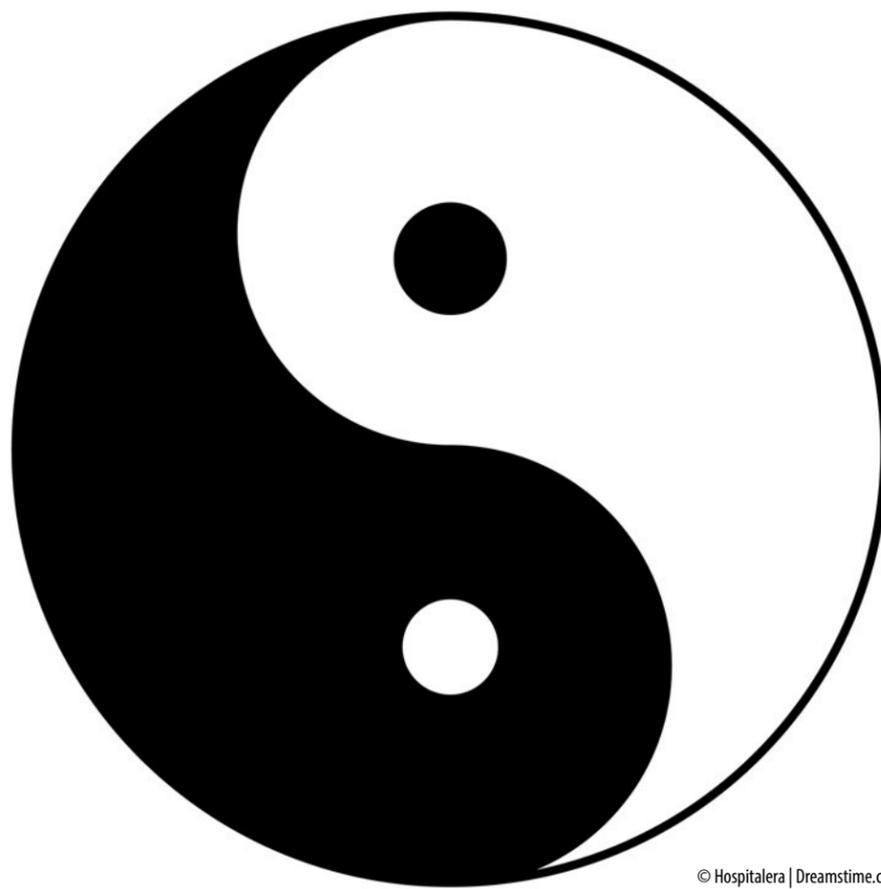
This series of articles will provide a basic understanding of the foundations of Chinese medicine by dissecting one conceptual pair at a time. The last article in the series examined Yin and Yang, and in this article, we will explore Interior and Exterior.

Interior and Exterior

In Chinese medicine, Interior and Exterior refer to the location of the disorder rather than its cause. There are both internal and external causes of disease, but these causes are not considered to be Interior or Exterior when discussing the Eight Principles. When a disease is classified as Interior or Exterior, it directly refers to the location of the disease or pattern of disharmony.

Exterior refers to the location between the muscles and the surface of the skin. This is the area where “Wei Qi” or “Defensive Qi” resides. Wei Qi is the first level of defense against an external pathogenic factor. Exterior conditions affect the skin, muscles, sinews, and channels (meridians).

An interior condition is a disharmony that is lodged in an affected organ. Any condition that cannot be classified as Exterior might be considered an Interior condition. However, the most important aspect in determining an Interior condition is that the disharmony affects one of the twelve organs as listed at the top of the next column.



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Yin Organs

Lungs
Spleen
Heart
Kidneys
Pericardium
Liver

Yang Organs

Large Intestine
Stomach
Small Intestine
Bladder
San Jiao
Gall Bladder

While many of these organs seem familiar to most people, there are two organs that may be unfamiliar—the Pericardium and the San Jiao. The pericardium is a sack that encloses the heart in western medicine. However, the Pericardium is known as the protector of the Heart in Chinese medicine, and it is related to emotional matters of the heart. The San Jiao is not directly related to an organ system in western medicine. One translation of *san jiao* is “three burners.” These burners are the chest, abdomen, and lower abdomen, and all three are responsible for regulating the environment within the body, including temperature and fluid distribution.

Medical Application

The symptoms that a patient exhibits are used to determine the location of the disharmony. Exterior conditions show symptoms that affect the skin, muscles, sinews, and channels of the body, whereas Interior conditions show symptoms that affect one of the twelve organs.

Exterior patterns can be broken down into two categories. One pattern with an acute, rapid onset affects

the skin, sinews, and muscles; and one with an acute, slow onset affects the channels. The signs and symptoms of an Exterior condition are difficult to simplify because an exact diagnosis depends upon the use of other determining factors. These factors include whether the pattern of disharmony is Hot/Cold and Full/Empty in origin. However, there are a few general symptoms that indicate an exterior condition:

General Exterior Symptoms

Acute onset
Fever
Achy body
Stiff neck
Aversion to cold (Disliking the Cold)

One example of an Exterior condition is the common cold. While there are different presentations of the common cold, the symptoms are used to determine the appropriate course of treatment. Suppose three patients present with key Exterior symptoms: fever, body aches, and aversion to cold. However, one has a stiff neck; another has a sore throat and a headache; and another has wheezing and is not sweating. All of these conditions are considered Exterior because of the similar presentation of key symptoms. However, the treatment may be different because of the type of External Pathogenic Factor (EPF).

Recently a patient visited my office exhibiting a fever, body aches, aver-

sion to the cold, headache, sneezing, and sore throat. Based on these symptoms, as well as physical assessments including tongue and pulse diagnosis, the patient was diagnosed with wind-heat affecting the Exterior. The patient was treated with a cupping technique on the back and was prescribed a Chinese herbal formula specifically designed for this condition. The symptoms disappeared within 24-48 hours and the patient recovered and did not miss any time off from work.

Since Interior patterns affect one of the twelve organs, there is no possible way to generalize how symptoms of an Interior condition might manifest. An exact diagnosis of an Interior condition also relies on whether the pattern of disharmony is Hot/Cold and Full/Empty in origin.

General Interior Symptoms

Depends on the affected Organ

An example of an Interior condition is constipation. Constipation can be chronic or acute, and the exact symptoms can vary. Suppose one patient has habitual constipation with frequent urination; another patient has habitual constipation with lusterless skin and nails; and another patient has constipation with a high fever and burning in the anus. While it is clear that all of these conditions affect the large intestine, they vary in the causes and the symptoms.

Several months ago, a patient entered my office asking for relief from chronic constipation. The constipation presented with dry mouth and lusterless skin and fingernails. Based on other reported symptoms, as well as tongue and pulse diagnosis, the patient was diagnosed with constipation due to blood deficiency—a condition that affects the large intestine. This patient was prescribed a Chinese herbal formula and treated with acupuncture. The symptoms took several months of continuous treatment to begin resolving.

Pathology

Pathology relates directly to the cause of the disharmony. These causes can be broken down into two types of pathogenic influences: internal or external. They are referred to as an Internal Pathogenic Factor (IPF) or an External Pathogenic Factor (EPF). It is important to not confuse the cause of disharmony (Internal Pathogenic Factor or External Pathogenic Factor) with the location of the disharmony (Interior or Exterior). While internal and external pathogens can be difficult for the general public to determine, Chinese medical professionals are trained

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Chakra Healing with Tarot Archetypes

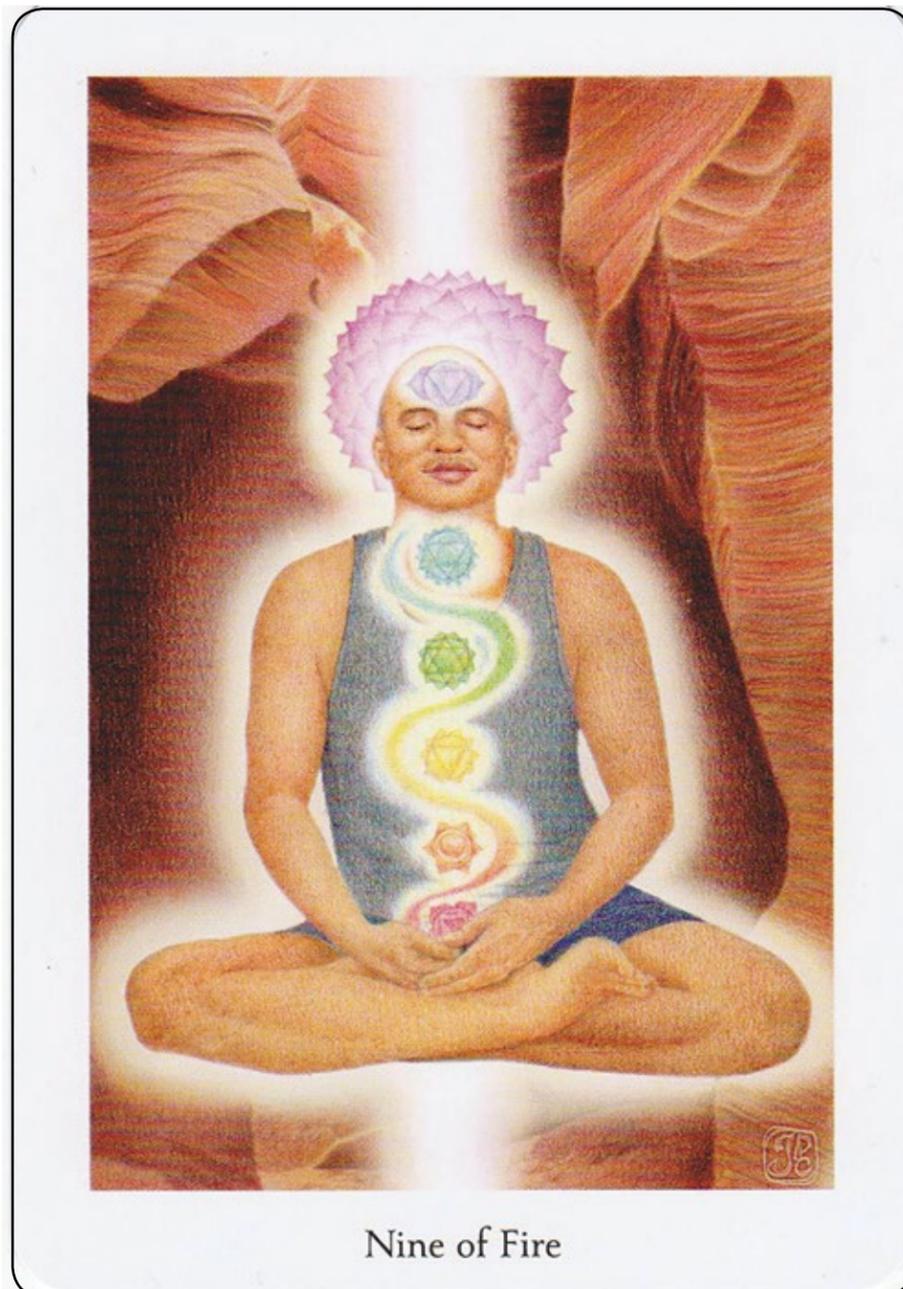
How to Combine the Powerful Tarot Archetypes with the Ancient Chakra System

BY GERALDINE AMARAL

One of the things I love the most about working with the 78-card Tarot deck is how versatile it can be. For example, the Tarot can be used for creative visualization, meditation, introspection and self-understanding, personal empowerment, divination, spiritual development, building and developing intuition, and fostering creativity. It can also be used in conjunction with other esoteric tools and systems such as Feng Shui, crystals, the I Ching and astrology. Like these systems, the Tarot is a way of exploring energies and vibrations. In particular, these systems help to reveal the unconscious and energetic processes of the human psyche. These tools help us to go beyond our rational, linear way of thinking, guiding us to a symbolic and supernatural perception of life. In this piece, I offer a way to link the Tarot archetypes with the seven chakra centers found in our physical bodies, as well as the chakra points found in the palms of the hands.

The foundation of the chakra system is that the body contains many centers of energy. These energy centers, or vortices, are known as chakras ("chakra" is a Sanskrit word meaning 'spinning wheel of energy' or 'disk of energy') and these points are located in the body to help us process the universal energies that are *around* and *within* us. These centers, found in various points on the body also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, bodily functions and organs, and much, much more. They correspond to certain vibrational frequencies, which influence our physical, emotional and spiritual well-being.

There are *seven* major energy centers found in the body and these connect to major nerve ganglia branching out from the spinal column. When our



Nine of Fire

chakras are balanced and aligned with the universal flow of energy, we are more in sync with our environment and all aspects of life become harmonious. The seven chakra points, their meanings and their locations on the body are:

Crown Chakra - The highest chakra represents our personal identification with the Infinite Oneness, the Divine Consciousness, located at the top of the head.

Third Eye Chakra (also called the "Brow Chakra") - Clears out unconscious blocks to an open intuitive and psychic channel; intuitive clarity, successful interpretation of dreams, located in the middle of the forehead between and above the eyes.

Throat Chakra - Our ability to communicate, located at the throat and neck area.

Heart Chakra - Our ability to love, located at the center of the chest, just above the heart.

Solar Plexus Chakra - Our ability to be confident, proactive and in-control of our lives, the positive use of personal power, located in the upper abdomen, in the stomach area.

Sacral Chakra - Utilization of all creative forces in all areas of life and being, located at the lower abdomen, about 2 inches below the navel.

Root/Base Chakra - Survival issues such as financial independence, money, and food; how we ground ourselves in the physical world, located at the base of the spine.

As you can see, each chakra has its own correlation to your well-being. They are stacked together in a central

column from the crown of your head to the base of your spine and when we open and align these centers, we allow our vital life-force (also known as 'Qu'i' or 'Prana') to flow freely through our bodies. Many believe these centers are instrumental in our physical, mental, emotional and spiritual well-being. That is, relating to, and working with these seven energies can foster integration of *all* aspects of life in order to bring balance and harmony to the inner and outer worlds. The **Nine of Fire** card pictured above, from the Gaiian Tarot Deck (Nine of Wands in traditional decks), shows you the colors and placement of the seven chakras. It is a good example of how these two systems can be combined.

There are many theories about how and why we should take care of our chakras. Many believe that when our chakras are blocked or out of alignment, or "dirty," the result is physical, psychological or emotional difficulties. When we are able to balance or "clean" our chakras, they become open conduits for the flow of psychic and spiritual energy. How do chakras become blocked in the first place? The main culprits are stress, negative habits and thinking, old emotions, unresolved patterns, recurring fears—anything that hinders the smooth flow of energy. Balancing the chakra system can be done in numerous ways such as chakra meditations, Reiki healing, yoga, aromatherapy, chanting, affirmations and crystals.

I believe we can also align and balance our chakras through visualization with various Tarot archetypes. Further, using the combination of Tarot images with the chakra points, it is possible to delve into the deeper, underlying issues around any blocked energies, and uncover the psychological source of illness or discord—showing you which areas of your body need to be brought back into balance. Below, I offer my interpretations of the matching energies of the Tarot cards and the chakra points, and I encourage anyone familiar with the Tarot to do the same. The best cards for you and your energy are the cards selected by you!

The goal is to match each of the seven chakras' points with Tarot cards that hold a similar meaning and energy to each point. I have indicated the cards I believe are the best fit, but again, feel free to make your own selections. Below is a brief description of each chakra and the Tarot archetype that matches the meaning and energy of the point.

The Crown Chakra:

The *Crown Chakra* represents Divine Guidance and the **Hermit** card is a

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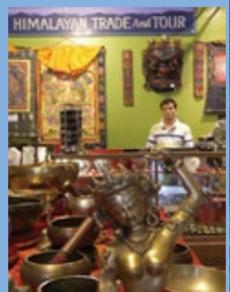
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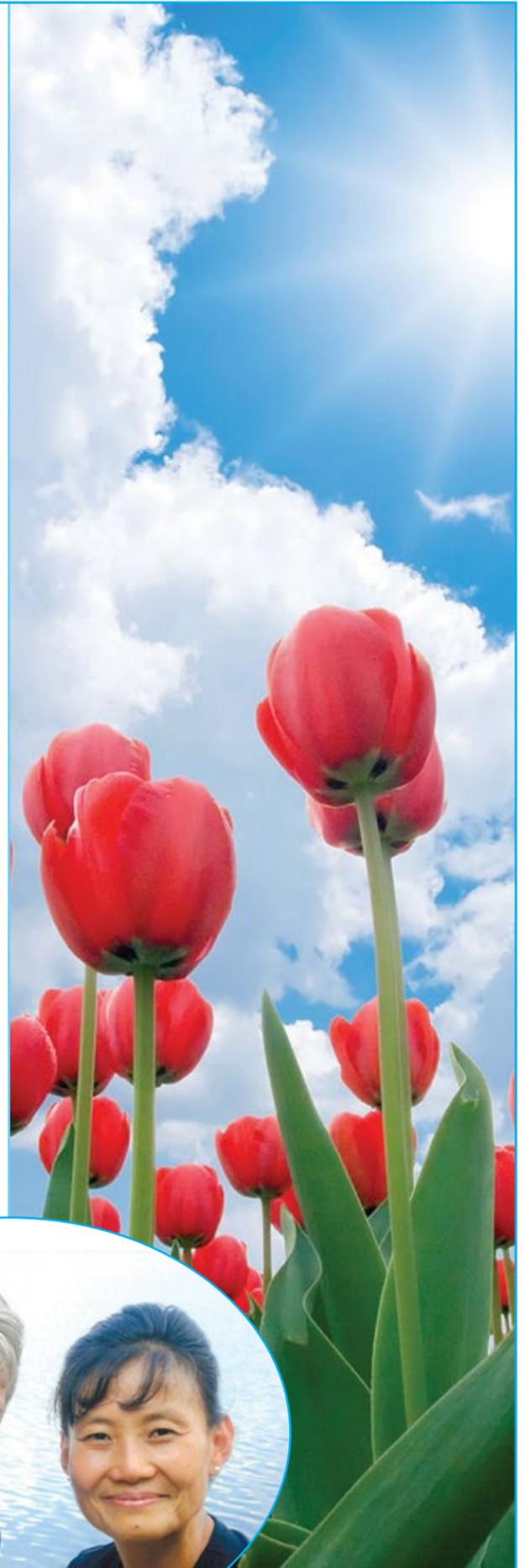
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Mission: Empath Possible...And Why It Matters

BY ROSE ROSETREE

Were you born an Empath? To some, that's a mysterious question, but not so much when Energetic Literacy is available.

Let's figure out that answer right now, Happiness-Seeking Reader. (Yes, that's what I'll be calling you in this article. Whether or not you turn out to be an Empath, you are definitely seeking more happiness, right?) Here's the plan... After explaining what it means to be an Empath, I'd like to help you figure out if you *are* one, and follow up with why it matters, regardless of whether you're an Empath or not. Because life for an Empath gets so much better when you develop skills, I'm going to devote all my columns this year toward educating Empaths. Will this column alone be enough to make you a skilled Empath? That can't be done. Nonetheless, I can inform you a lot and get you moving in a productive direction.

What can you do with this kind of talent in life, if you have it? I'll also describe 10 problems—really revolting problems—that Empath skills can help you solve. And we'll do all this in the cause of your happiness, of course!

What is an Empath?

Empaths are born, not made. *An Empath is born with at least one significant gift for directly experiencing what it is like to be another person. Someone who has learned how to use those gifts productively is a Skilled Empath.* However, if you were born an Empath, you do have a choice whether or not to become a Skilled Empath.

Here are some of the cool details every born Empath needs to know. To start, if anybody ever told you that Empaths all have the same gift and it means, "feeling other people's feelings," that person was so, so wrong. *Emotional Oneness* is just one of 15 different Empath gifts to be discussed later.

So who is that "another person" an Empath experiences? It could be human, but not necessarily, as you'll soon see. Empaths experience that other person from the inside, with consciousness, and not by making up theories, although these can be added later. Sure, non-Empaths make up theories, too. Still, having a direct energetic experience is very different from tossing around ideas. (Which would you rather eat, a bite of hot, gooey pizza or a theoretical mouthful?)

Furthermore, being an Empath has absolutely nothing to do with being a psychic. Certain talents are used for psychic development, surely; but psychic talents are totally different from anything empathic. You might have talent for throwing a softball; but as that relates to you having an Empath's aura, baseball talent is neither here nor there. Avoid thinking about any other kind of talent while deciding whether or not you are an Empath.



An Empath's experience of another person is very subtle, not trippy like with drugs or a movie's special effects. I call it an *Empath Merge*, and it happens at the level of auras, not regular conscious thinking. Until you become a Skilled Empath, such merges will usually be vague and super-quick, so none of this will be noticed consciously, although it's typical for an unskilled Empath to do thousands of unskilled Empath Merges each day. Herein lies the problem when functioning as a talented, but not yet skilled, Empath. With every unskilled Empath Merge your aura will take on a kind of subconscious-level garbage, a.k.a. astral debris. In the field of aura healing where I work (Rosetree Energy Spirituality) this kind of stuck energy is called "Imported STUFF"—and it stinks.

The 15 Different Empath Gifts

In my latest book about Empath Empowerment®, *The Empowered Empath: Owning, Embracing and Managing Your Special Gifts*, I have increased the total number of Empath gifts all the way up to 15. Excerpted and abridged here, this list, Happiness-Seeking Reader, can help you figure out whether or not you're an Empath. I'll supply the name of each gift and a practical summary. One way to tell if you're an Empath is your quick-as-a-blink reaction. Can you relate? If so, you're probably an Empath.

1. **Physical Intuition** – Without being told, you know about how another person's body feels, like a stomachache or being hung over.
2. **Physical Oneness** – Different pains or icky sensations come and go in your own body. Really these are about another person and not you at all, though they sure feel like you at the time!
3. **Emotional Intuition** – Without being told, you know about another person's emotions, like melancholy or feeling ambivalent about a relationship.

4. **Emotional Oneness** – Different emotions within you come and go, ups and downs and sideways. Really these emotions come from another person, not you at all, except they sure do feel like you.

5. **Intellectual Empath Ability** – This gift makes it ridiculously easy to move into somebody else's point of view, even to such an extent you, sometimes, forget what you originally thought.

6. **Animal Empath Talent** – Without being told, you know how an animal feels, like bored or neglected or physically hurting, which can bring you a whole lot of subconscious pain.

7. **Plant Empath Talent** – Without being told, sometimes you know quite vividly about a plant's problems. Droopy or dead flowers are no big deal for most people; yet this can make you feel really upset—not because you're a crybaby, but because you're a certain kind of Empath.

8. **Crystal Empath Talent** – When you have this gift, gemstones and crystals really speak to you. But an Empath will also pick up Imported Stuff from their hidden, aura-level pain. Yes, even the most gorgeous diamonds can upset an unskilled Empath.

9. **Environmental Empath Talent** – A beautiful environment really speaks to you. Sweet! But this Empath gift can also cause you to pick up astral garbage from aura-level pain in the land, in the trees, etc.

10. **Mechanical Empath Talent** – Without being told, you may sometimes know quite clearly what is wrong with a machine. Useful for fixing your laptop, but you may also pick up Imported STUFF.

11. **Medical Empath Talent** – This is a non-psychic, spiritually sourced talent for knowing what is wrong with somebody's health. Useful for advising or

healing, except, again, you also pick up Imported STUFF.

12. **Empath Talent with Astral Beings** – When you facilitate energy healing, you can experience from the inside what is going on with a ghost or other astral being. Although useful when combined with other skills for helping people, until becoming a Skilled Empath you're at risk for—that's right—Imported STUFF.

13. **Spiritual Intuition** – Without being told, you know how another person relates to the Divine. Talk about TMI! Out loud, people will tell you their pretty beliefs, but not their subconscious fears of going to hell, etc. Unspoken or not, related Imported Stuff can flow from that true believer's aura straight into yours.

14. **Molecular Empath Ability** – At a superfine level, you experience what it is like to be other people and help to jump-start their spiritual evolution. Great, except that often this process creeps them out. Plus you pick up Imported Stuff at an intensely personal level...at least until becoming a Skilled Empath.

15. **Spiritual Oneness** – Your own connection to the Divine can shift unexpectedly, including fears that really belong to other people. God may be everywhere, but this doesn't mean that other people's worries about religion necessarily have to wind up in you!

Mission: Empath Possible...And Why It Matters

Happiness-Seeking Reader, while granted I can't be sure without doing an aura reading on you directly, here is why I think you may be an Empath. I know a fair amount about coaching Empaths. Besides the aforementioned energetic literacy skills, I have worked hard through my books and workshops for the last 15 years to help Empaths. According to my research—in my classes, and at my Natural Living Expo booth (where an extremely high percentage of our Expo visitors are Empaths) and working with clients—1 in 20 people was born as an Empath. Very few of them know it. Empath coaching is still an emerging field. Besides, Empath gifts are subtle. If you are a Highly Sensitive Person, and if you could relate to even one of the gifts in our list, you're most likely an Empath. Odds increase in your favor just because you are reading this magazine.

So, what's the point of being born as an Empath? Unskilled Empaths often feel horribly damaged, and, to be fair, they can suffer a great deal of pain, psychologically or physically, etc. Such problems result from Imported STUFF due to those subconscious, unskilled Empath Merges. Yet once you gain skills, these problems stop. You can be

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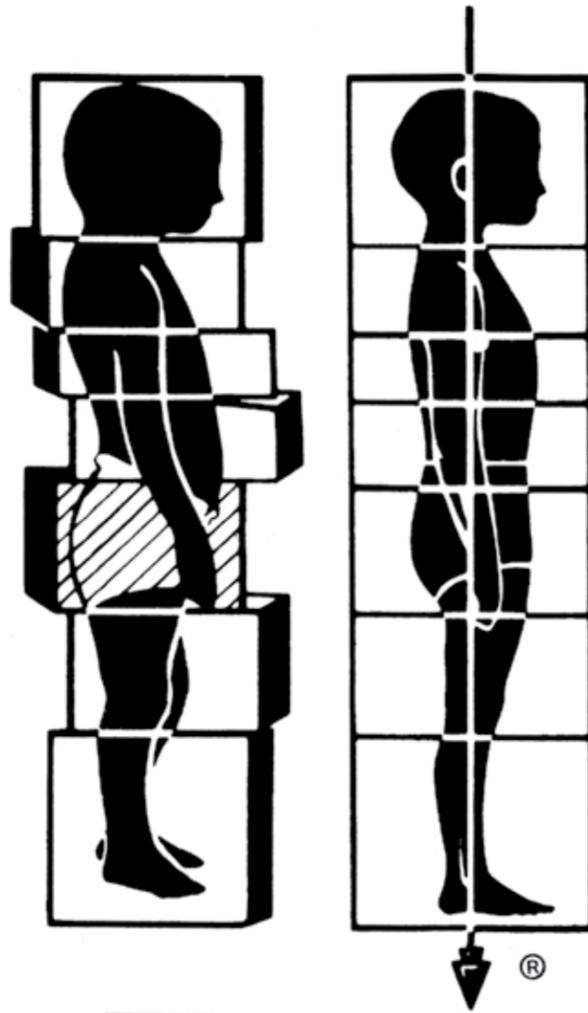
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Which Direction Now? The Past or the Future?

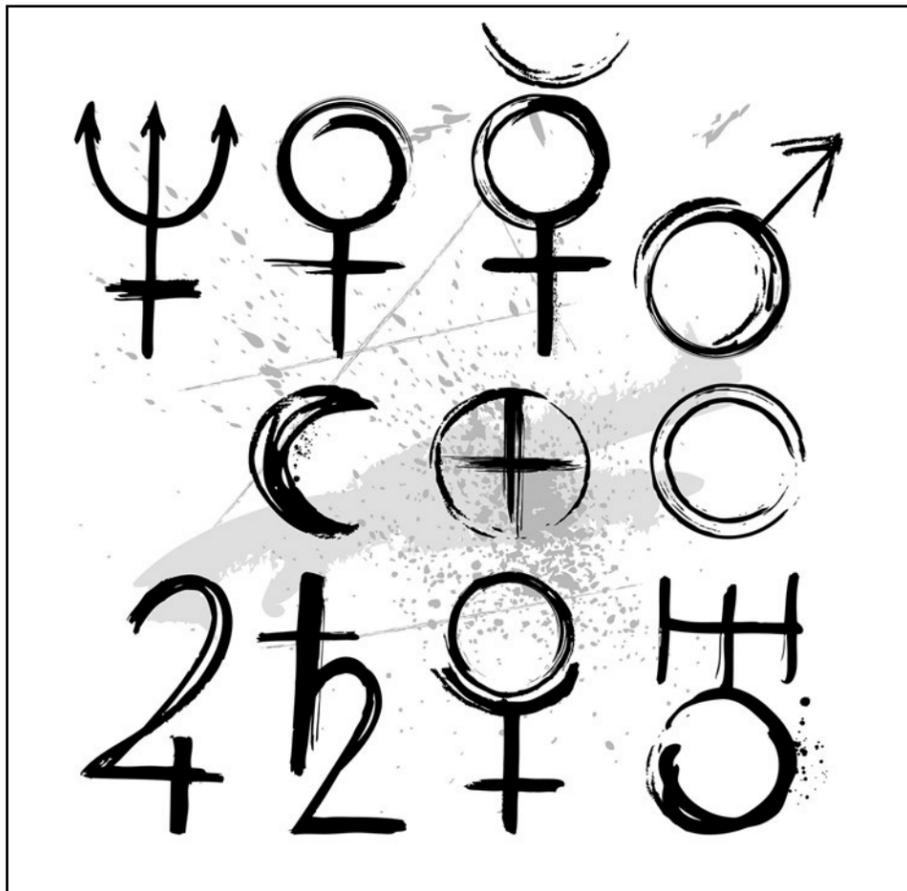
BY MISTY KUCERIS

Spring 2015 is a time of transition in the world. Over the next several months, major global events continue to occur as populations struggle between the old and new world orders. The global struggles are not easy, even if they don't impact you personally. But the energies these struggles represent are the same energies that impact your life as well. As the world changes, there is a desire to hold on to the past; but holding on to the past can interfere with moving into a better future. So you may question: Which direction now? The real lesson from these energies is you need to find a way to use what you've learned from the past so you can welcome the changes that benefit you. The positive effect of these energies is if you take the time, you'll be able to delve into your psyche and really understand just who you are and what you need in life.

This Spring quarter starts with Jupiter retrograde forming a trine to Uranus and ends with Jupiter forming a quincunx to Pluto. Normally this might not be that important. But Jupiter is creating a pattern with both Uranus and Pluto that began in September 2014 and ends in June 2015. Approximately one to two weeks before Jupiter forms a trine to Uranus, it creates a quincunx with Pluto.

The first time this pattern occurred, Jupiter formed a quincunx to Pluto on September 5, 2014, and a trine to Uranus on September 25, 2014. Several major upheavals occurred in the world: the Ebola health crisis was spreading; the Islamic State made its presence known as a terrorist organization; Chinese officials announced they would be selecting the candidates for the election of Chief Executive, which led to the umbrella protests; Ukraine was fighting rebels from the east; and Apple's iCloud service was hacked and celebrities photos released to the public.

Now this pattern is occurring for the second time. Jupiter retrograde forms a quincunx to Pluto on February 27, 2015, just at the end of the Winter 2014-2015 quarter, and Jupiter retrograde forms a trine to Uranus on March 3, 2015 at the start of the Spring 2015 quarter. Globally you can expect much of the same that occurred in September 2014: continued threats from the Islamic State; difficulties in Ukraine; and more notices about major computer hacking. While the Ebola health crisis is abating, there are concerns of the virus mutating into different forms. Meanwhile, there is another health crisis in the United States concerning the



Spring 2015 is a time of transition in the world. Over the next several months, major global events continue to occur as populations struggle between the old and new world orders.

measles virus and its rapid spreading.

Because Jupiter is forming a pattern with both Pluto and Uranus, it's difficult to separate the impact of their energies in your life. But understanding the difference in the energies and taking time to blend them can help you grow in a way that increases your spiritual understanding of the world.

Pluto represents how much power you want to put behind actions that promote your causes. It also represents the fear of leaving the past behind and the desire for the "good old days." Often you can find yourself pulled back to past habits that stand in the way of your success. At other times, you can dig deep into your psyche and understand just how to push forward in your life with lessons learned.

Uranus represents the desire to try anything new as long as it doesn't involve any attachment to the past. There is a desire to try new approaches in hopes of finding new solutions, especially when it comes to dealing with world problems. However, it can also

indicate being so willing to try new approaches that you forget the important lessons you learned from the past. So, you find yourself in danger of repeating the same mistakes.

Right now Jupiter is retrograde and that's an important consideration at this time. When Jupiter is retrograde, there is a danger that you really don't consider all the costs involved with your decisions. You act with greater hubris because you tend to think you're invincible. Unfortunately, that's not true. You need to be cautious when rushing into situations otherwise the past could come back to haunt you. But, here's where Jupiter retrograde forming the quincunx to Pluto and the trine to Uranus can actually be beneficial. By taking time to think about your future, you'll also give yourself time to understand your past. You may need to change some of your perceptions surrounding your plans; but you may also find your change of perceptions can actually help you. If you choose to move forward, do so with caution. You

may even want to think back to September 2014 and see what your plans were at that time. This energy will occur again, giving you one more time to get it right. That time will be between May 21, 2015, when Jupiter forms its last quincunx to Pluto, and June 22, 2015, when Jupiter forms its last trine to Uranus in this cycle.

March 4th, the day before the full Moon, may end up being more intense than the actual full Moon day. Venus forms a trine to Jupiter retrograde, a conjunction to Uranus, and a square to Pluto. Meanwhile, Mars forms a conjunction to the Moon's South Node.

With Venus forming all these aspects, you need to watch your finances very closely. You might be tempted to go out and make a major purchase based on your desire to try new things. However, there is a chance you'll actually end up paying too much for your purchase and you'll regret it later. If you're involved in the stock market, you need to be very cautious with your investments. The stock market will be very erratic this day.

With Venus forming a square to Pluto and Mars forming a conjunction to the Moon's South Node, relationships could also be difficult this day. You don't want to put up with anyone's problems. You just want to go out and try new things in life. You want to meet new people. At the same time, there is a danger that other people may try to manipulate you with fear so you do things their way. If fear is involved, pull back immediately. That's a warning to you that not all is as it seems.

It's actually a good thing that the full Moon with Sun in Pisces and Moon in Virgo occurs on March 5th. With Mars, Uranus, and Venus in the sign of Aries and forming a trine to Jupiter retrograde, you'll want to rush into matters without considering all the potential pitfalls. But with the Sun in Pisces and the Moon in Virgo, you'll be willing to slow down and assess your environment. You'll think about what you need and decide whether now is the time to move forward or wait. Since the planets in Aries form a square to Pluto, you are better off holding back and not letting other people convince you otherwise. What's even better about this full Moon is you'll be able to delve deep into your subconscious mind and release any fears that are preventing you from taking successful actions. This is especially important since Saturn will turn retrograde on March 14th and will re-enter the sign of Scorpio on June 14, 2015.

With Saturn in Sagittarius, you want

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Medicinal Virtues of Honey

BY JAMES A. DUKE AND HELEN LOWE

*Decades ago, one ankle sore;
Had me facing amputation.
But p'roxide, sulfur, sunshine
Permitted perambulation
(Anonpoet, 2015)*

Trying to offer my *Pathways* readers something completely different for the New Year, I am providing a detailed account of the reported medicinal virtues of honey. And there are so very many, as the research and my personal anecdotes will show. We started harvesting honey two seasons ago, thanks to some beekeeping friends, Dick and Victoria Ransom, who placed some hives here, near my 300-species Green Farmacy Garden (GFG). Turns out that honey, and in this case New Zealand's manuka honey—a new friend of mine—mixed in Peru's dragon blood—an old friend of mine—cured two ankle ulcers of mine that conventional antibiotics had failed to help. I've long been afraid of ankle ulcers, ever since I almost lost a leg to such an ankle ulcer in Panama about 50 years ago.

A Tale of Three Ulcers

Let me take you back to Panama, circa 1965. I hope you never have an abscess like the one I had on my left leg 50 years ago there in Panama. In the humid forests, minor cuts can turn into major infections, seemingly overnight. This one started out quite small on my left ankle. Before you could contemplate "suppurating," the medical term for the pus oozing from infected wounds, my aggressive abscess turned into Hollywood movie type jungle rot. My lower leg was a mess, with the growing ulcer dripping disgusting green pus while my immune system battled the hidden bacteria. Little did I know then that the peroxide and other chemicals found in honey could fight some of those bacteria.

In the sleepy little province of Darien, near the Colombian border, my abscess grew, and my Panamanian friends shook their heads knowingly. I was hobbling so badly and I became feverish and wary. I paid the local urchins to take me from the farm, where several gringo scientists were renting, to town in a wheelbarrow. Five decades ago, I was not as confident in the strength of the Green Farmacy as I am

today. So I called on a North American physician at a hospital in the Panama Canal Zone. After one look at my abscess, he said if I didn't get intravenous antibiotics immediately, I might lose my leg. He administered some antibiotics, but that was not enough, in his view. If I wanted to save the leg, he said, I should return to the United States for continued treatment in air-conditioned hospitals.

Back then the American military stationed in Panama offered me a nice position to return to the forest as a botanical consultant. What to do? I wanted that job more than anything—but I also wanted to keep my leg. I called my right-hand man and friend Narciso "Chicho" Bristan, an African-Panamanian who had accompanied me on several jungle trips. Chicho helped me hobble to see his sister, Carmen, a Darien nurse with an extensive knowledge of bush medicine. She had seen ulcers like mine before, but she was more optimistic. Yes, I needed immediate treatment, but not intravenous antibiotics. Carmen told this budding ethnobotanist that she could treat my abscess with "flowers." Not the botanical kind of flowers. She meant flow-

ers (purified powder) of sulfur. She recommended flushing out my ulcer with hydrogen peroxide, a good disinfectant, drying it in the sun, and finally, sprinkling on flowers of sulfur (today hydrogen peroxide is mostly frowned on by allopaths).

Turns out Carmen was right, or I was lucky, or both. Carmen's program and her flowers of sulfur quickly healed that angry abscess. Within a month, all I had left was a scar I bear to this day as testimony to my first leg-threatening encounter with jungle rot.

Now, 50 years after my first indolent ulcer, old age and stenotic spinal neuropathy have me hobbling again. Last spring (2014), while wearing prescription compression stockings to improve my leg circulation, a strange pair of small ulcers developed, one on the front of each ankle. It soon became apparent they were not cured—if anything, they were fertilized—by the allopathic antibiotics. I was doubly amazed and amused when my holistic Physician's Assistant, Josh Anderson suggested a rather gory mixture he had concocted consisting of manuka

continued on page 26

ATTENTION ALL MOMMIES!

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Medicinal Virtues of Honey

...continued from page 25

honey and dragon's blood (*Croton lechleri*)—a red resin that comes from a specific plant group. That did the trick! In a few weeks, and aided and abetted by also exposing the ulcers to the summer sunshine (as I had done some 5 decades ago), I was up and about.

*Dragon's blood and honey
May sound bloody funny
But if it heals my ulcers
It's on the bloody money*

Honey Uses Here and There

Something—either the sunshine, or the manuka, or the dragon's blood, or good luck, or some combination of the above—cured my ulcers. Many different honeys, not just manuka, have helped arrest many bacteria, and many ulcers, and other maladies as well. In Stephen Harrod Buhner's 1999 book, *Herbal Antibiotics – Natural Alternatives for Treating Drug Resistant Bacteria*, he notes that honey has been effectively used in huge ulcers extending to the bone (rather like my Darien ulcer). He also discusses how honey gives excellent results with burns; complete healing with no need for skin grafts, and with no infection or muscle loss. Honey "has outperformed antibiotics" with blood vessels, bone storage and

transport, corneal problems, gangrene, skin grafts, stomach ulcers, and surgical incisions or infections.

Honey, not necessarily New Zealand manuka nor Slovakian honeydew honey, looks to be significantly or trivially useful against some bacteria (even some super bacteria), depending on author, concentration, and/or potency of antiseptic phytochemicals, or synergy. Example of these bacteria include: *Bacillus*, *Campylobacter*, *Candida* (not a bacteria but important), *Clostridium*, *Enterobacter*, *Enterococcus*, *Helicobacter pylori*, Methicillin-resistant *Staphylococcus aureus* (MRSA), *Salmonella*, *Shigella*, *Staphylococcus*, *Streptococcus*, Vancomycin-resistant *Enterococci* (VRE), and many more. These culprits are at the root of so many problems for which honey has been shown to have an indicated use, including anti-infection, anti-anxiety, anti-fungal, anti-diarrhea, anti-inflammation, anti-insomnia, etc.

To avoid developing resistance to the chemicals in honey, I recommend using the whole antibacterial multifloral honey as a shotgun; do not isolate the most potent chemical (silver bullet) to which resistance will quickly evolve. As I had written a foreword to Buhner's book these many years ago, I feel free to quote myself from it

now, "When we borrow the antibiotic compounds from plants, we do better to borrow them all, not just the single solitary most powerful. We lose the synergy when we take out the solitary compound. But most important, we facilitate the enemy, the germ, in its ability to outwit the monochemical medicine. The polychemical synergistic mix, concentrating the powers already evolved in medicinal plants, may be our best hope for confronting drug-resistant bacteria."

After a quick review of the antibacterial properties of various honeys, I think the same applies to honeys. Buhner wisely specifies the use of wildflower honey (in contrast to the Ayurvedics, who recommend against wild honeys, which may come from bees foraging on poisonous plants). Our mountain laurels (*Kalmia latifolia*) here in Maryland, can lead to poisoned honey. Buhner rightly suggests that monofloral alfalfa and clover honeys may lack the natural chemical diversity of wild honey and are more liable to be contaminated with pesticides.

The literature and body of scientific research about the medicinal uses of honey is vast. Here is just a sampling of some of the more interesting findings.

BULGARIA: Noting that honey is effective against colds, flu, and other respiratory infections, as well as immunodepression, Buhner recalls a Bulgarian

study of 17,862 patients showing that honey helped allergic and chronic rhinitis, asthmatic bronchitis, bronchitis, and sinusitis.

AYURVEDA (mostly in India): Honey (Madhu) is classified by Ayurveda according to color. There are four types: white, brown, oil-colored and light yellow. The oil-colored varieties are, generally speaking, the best. Honey is sweet-astringent in taste, heavy to digest, cooling (constricts capillaries) and a blood purifier. It has medicinal value in treating Kapha and Pitta energy over-balance, but overuse can cause dryness and gas. In the winter, in spring and in humid weather, it has remarkable value for health. However, it should never be taken hot, as with teas, because heat may bring out latent poisonous effects from the pollens of nearby poisonous flowers. This is especially true of wild or uncultivated honey.

LATIN AMERICA: Among Latinos, Amazonians use *Motelo sanango* stems and roots decocted with wild bee honey for female sterility. Maidenhair infusion is mixed with honey as expectorant, for rheumatism, and colds, heartburn, and sour stomach. Andeans use agave leaf tea with honey as a collyrium for conjunctivitis. Bolivians use century plant with honey for bruises, gonorrhea, internal tumors, nephritis, rheumatism, and tuberculosis; they

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NATIVE AMERICAN: Dan Moerman, author of *Native American Ethnobotany*, was kind enough to review from his database the entries that involved honey among, e.g., the Cahuila, Cherokee, Diegueno, Navajo (floral honey), and Rappahannock Native Americans. Most often it seems to be added to medicinal herbs as a tonic, or for asthma, coughs, colds pertussis, and sore throat. (Moerman's review included no mention of topical use for burns, infections, or sores.)

INDIANA, USA: My good friend, the late Varro Tyler, thirty years ago published *Hoosier Home Remedies*, Purdue University Press (1985), in which we find such fascinating Hoosier recipes as drinking honey and vinegar for arthritis, or as a panacea (for whatever ails you). There is honey and sassafras as spring tonic and blood thinner; and comfrey, horehound, jack-in-the-pulpit, and spikenard with honey and vinegar for colds and flu. As a panacea, milkweed root with honey for constipation, dropsy, fever, hemorrhoids, nerve problems, even snake and spider bites. Varro even suggests large doses of honey (two pounds in doses of six teaspoons every 20 minutes) to sober one up, even curb the desire to drink alcohol.

Honoring Manuka Honey

Since the honey from New Zealand's manuka tree (*Leptospermum scoparium*) helped to cure my "compression stocking" ulcers quickly where conventional antibiotics had failed, I must devote some time to its own healing reputation. Recently there are more PubMed citations on the manuka honey than on the essential oil, known most commonly as Tea tree oil, both of which are proving to be trivial or significant antiseptics.

But from the outset of this review, I'm trying to see if there's some strong reason why manuka should be better—why a monotonous monofloral honey rather than from monotonous manuka forests? Monofloral honeys, meaning the nectar comes from mainly one plant species, may have high concentrations of a few antiseptics; multifloral honeys may have more antiseptic phytochemicals, possibly acting synergistically. The honey produced in my Green Farmacy Garden is multifloral, with over 300 flowering plant species in a half-acre. Many of them are well known bee forage plants in the mint family, with chemicals that can help the bees resist the mites that are playing havoc with many bee colonies here in the US, if not in New Zealand.

Here I report on some chemicals, rightly or wrongly stated in the literature, to be unique to manuka honey. (Note: where provided, the serial numbers preceded by an X are PubMed serial numbers, in case you'd like to check out the fuller abstract.)

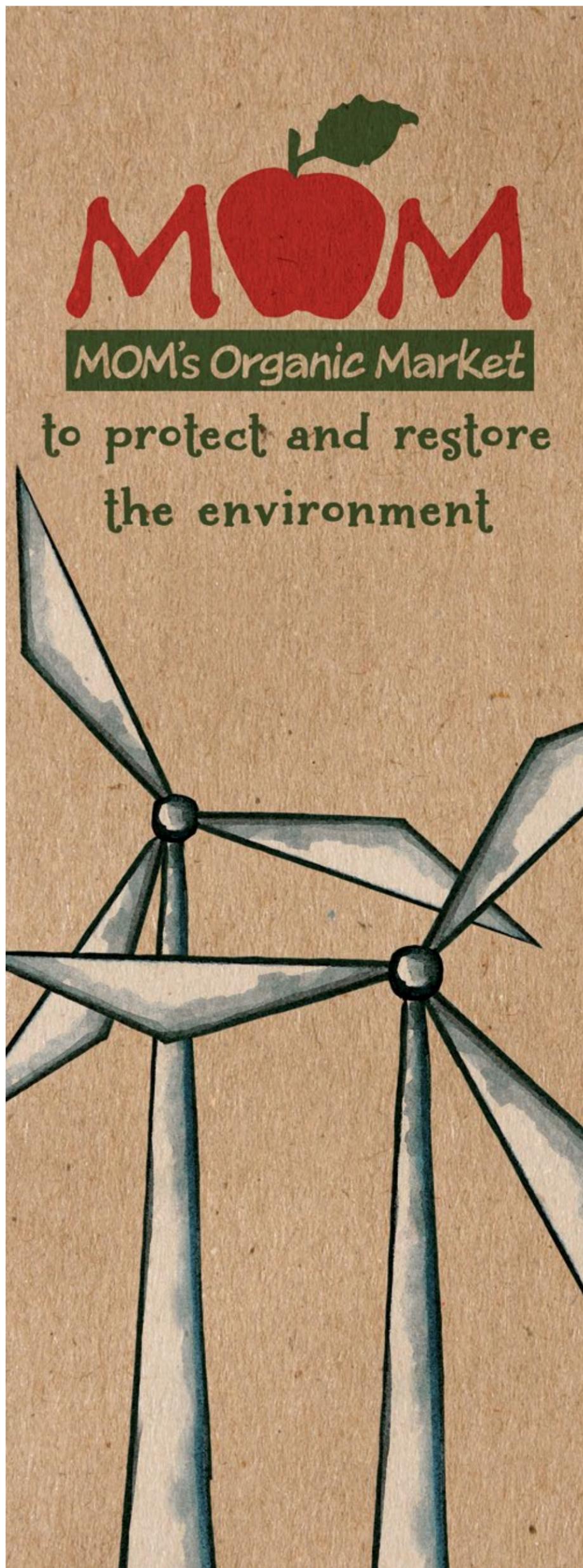
In 1994, New Zealand scientists, publishing on manuka honey (XX8308841), noted that some of the antiseptic activities of honey were due to hydrogen peroxide, which I, too, have used as an antiseptic. And many of the studies of manuka honey relate to the antiseptic activities of the non-peroxide components. Five isolates of the ulcerogenic bacteria *Helicobacter pylori* to honey was tested, were sensitive to a 20% (v/v) solution of manuka honey. As little as 5% honey (v/v) stopped overgrowths of the bacteria in cultures. None showed sensitivity to a 40% solution of a honey, in which antibacterial activity was due primarily to hydrogen peroxide (XX8308841).

Another study in New Zealand noted that conventional treatment of gastric and duodenal ulceration is unsatisfactory. Most drugs used suppress but do not cure ulcers, only slowly healing and with high rate of relapse—80% at 1 year and 100% at 2 years, and even with maintenance therapy with ranitidine (150 mg at night), the relapse rate is 48%. Gastric and duodenal ulcer medicine is expensive. Treatment with honey is much less expensive and appears to be quicker. Allopaths tend to reject "alternative medicine" prematurely if it lacks a rational basis. These New Zealanders provide a rational basis. Much gastric and duodenal ulceration appears due to *Helicobacter pylori*, and honey has proven its antibacterial activity.

As they note, antibacterial activity of honey varies depending on the bee honey sources. The major antibacterial factor in most honey is hydrogen peroxide, produced in the honey by the action of glucose oxidase, which is added to the honey by the bee; but some antibacterial activity is due to floral substances. If honey heals gastritis and ulcers by affecting *Helicobacter pylori*, it may be the phytochemical content of the honey that is involved rather than the osmolarity or the hydrogen peroxide content of the honey. The authors honestly say, "Honey is a very bland treatment, and in fact can protect the stomach from the damaging action of other substances. However, although manuka honey shows potential for use as a low-cost innocuous agent against *Helicobacter pylori*, its usefulness clinically is not known. *Helicobacter pylori* is susceptible to many antibacterial agents *in vitro* but only a few are effective *in vivo*....Manuka honey, a common floral type in New Zealand, has been ingested in large quantities by a large number of people for a long time without any adverse effects coming to light" (XX8308841).

Indian studies showed that brushing with manuka was better than brushing with commercial toothpaste. Manuka has substantial non-peroxide antibacterial activity associated with an un-

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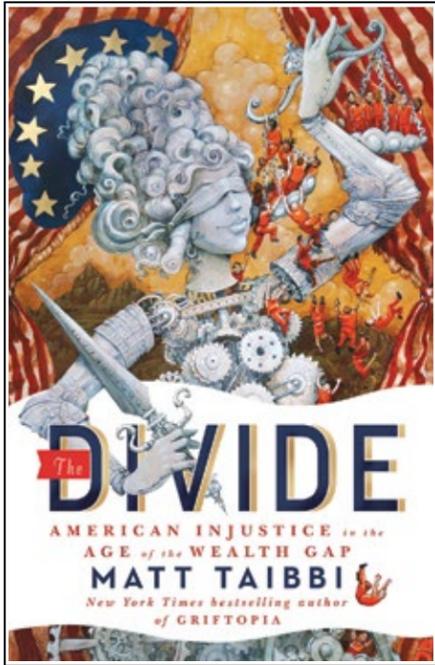
REVIEWS BY ALYCE ORTUZAR

THE DIVIDE: American Injustice in the Age of the Wealth Gap

By Matt Taibbi
 Spiegel & Grau: New York
 2014; 416 pages; (HB), \$27.00
 ISBN: 978-0-8129-9342-4

A system that devours the lives of the poor, turns a blind eye to the destructive crimes of the wealthy, and implicates us all.

~ Matt Taibbi, *The Divide*



What is the current state of our nation, journalist Matt Taibbi asks, and how do we assess that? The poverty rate in America in 2000 was 10 percent; in 2008, it was 13 percent; in 2009, 14.3 percent; and in 2010, 15.3 percent. In 1991, the nationwide prison population was one million. In 2012, it was more than 2.2 million—an increase of more than 100 percent even as street crimes declined. It is more than Stalin had imprisoned in his gulags, and with more blacks than were ever enslaved in this country.

This book focuses on disparities in our criminal justice system. Not everyone who commits a serious crime goes to jail, and not everyone in jail should be there. This book explores the paradigms, costs, and consequences of the political versus the legal definitions of a crime and how they are applied. For example, which crime is more deserving of a prison sentence: “someone

with a college degree who knowingly helps a gangster or a terrorist open a bank account” to launder drug money; “or a high school dropout who falls asleep on the F train” or on a park bench?

Taibbi marvels at “the phenomenon of high-powered white collar criminals completely avoiding individual punishment for a systemic epidemic of fraudulent crimes that wiped out 40 percent of the world’s wealth.” His

real-world cases include “the deferred prosecution of the HSBA for laundering drug money and the nonprosecution of the Swiss bank UBS for fixing interest rates.” Government officials who were critical of bailing out corrupt banks received little to no media coverage. Troubled Asset Relief Program (TARP) Inspector General Kevin Pavalowski criticized President Obama and Treasury Secretary Timothy Geithner for “failing to properly supervise the hundreds of billions of bailout dollars rushing out to prop up those too-big-to-jail banking giants.”

Taibbi has filled every page with cases depicting unfairness and injustice. This mockery of our criminal justice system exposes widespread government hypocrisy, amidst a selective adherence to our laws. President Obama’s nomination of Eric Holder for Attorney General apparently did not raise any questions in Congress about his connections to a law firm with many of the big banks as clients that were already implicated in the country’s financial crisis. To the dismay of Department of Justice (DOJ) attorneys, Obama and Holder immediately chose fines as their prosecuting tool of choice rather than jail time for their financial buddies. They were convinced that regardless of the mountains of evidence against a large bank, the country benefitted more from the fines. When a business does not have to admit wrongdoing, as

all of the large banks were permitted to avoid, they are then shielded from any civil lawsuits. So anyone harmed by the profound fraud these companies had perpetrated could not take them to court for damages.

This “failure of prosecutorial backbone took place during an epic crime wave in America’s boardrooms.” In a television interview on *60 Minutes*, President Obama implied that the excesses and offenses of large corporate bank officials are really not crimes: “Some of the most damaging behavior on Wall Street, some of the least ethical behavior on Wall Street, wasn’t illegal.” Taibbi characterizes this “weird psychological kink” as the mindless heart of the Divide. Individuals who make the decisions about crime and punishment in this country increasingly “see a meaningful difference between crime and merely breaking the law. Living mainly in New York and Washington, the lawyers and businesspeople in this part of the Divide assess the actions of their peers through a sheer and dumb sympathy and a shared cultural perspective, which prevent certain behaviors from being viewed as criminal” in the sense that the rest of America thinks of crime.

Taibbi laments that we have become one nation with two tiers of justice. Divided into the superrich and the poor, wealth and power are admired regardless of how the wealth is accumulated.



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The depth of Taibbi's research and the details he provides are important and impressive. He names who is responsible and provides sound evidence for their crimes.

"Obsessed with success and wealth and despising failure and poverty, our society is systematically dividing the population into winners and losers, using institutions like the courts to speed the process. Winners get rich and get off. Losers go broke and go to jail." The "mania" of the state is unfairness.

The financial crash in 2008 was "caused by a massive criminal fraud scheme that the perpetrators once went to jail for." Victims included government-backed mortgage companies such as Fannie Mae and union pension funds. Whistleblowers appeared with tons of incriminating evidenced implicating almost every major financial company in the country, which Holder ignored. Almost no one connected in any way to these crimes was even threatened with criminal prosecution. It was not uncommon for Holder to advise executives early that they would not be investigated any further.

This book describes deal after deal that disregards evidence of wrongdoing and hits "an amazing new low in the annals of public groveling before a rich and powerful company." The depth of Taibbi's research and the details he provides are important and impressive. He names who is responsible and provides sound evidence for their crimes. He cites a Senate subcommittee investigation uncovered fraudulent bank mortgage loans in 83 percent of the loans issued by the bank's regional offices. The fraud was discovered in 2005 but regulators were never notified, no one stopped the fraud, the bank continued to sell billions of dollars of bogus subprimes, and the Senate subcommittee was powerless to do anything without actions initiated by the Justice Department. Then there were the "fraudulent foreclosure documents found by the hundreds of thousands in county courthouses" throughout the country that were sent to Holder, who

initiated no prosecutorial actions. At least twenty-three attorneys from his former law firm were then working in the Justice Department.

Obama's nominee to succeed Holder as attorney general is Loretta Lynch, who will likely continue the status quo and should be rejected by the Senate. She participated in a 2012 press conference announcing "a record fine against HSBC charged with an astonishing list of crimes. The bank admitted to laundering billions of dollars for drug cartels in Mexico and Columbia, washing money for terrorist-connected organizations in the Middle East, allowing rogue states under formal sanctions by the U.S. government to move money freely by the tens of billions of dollars through its American subsidiary," and helping tax cheats and other crooks hide their money. "HSBC enthusiastically opened its vaults for just about every kind of anti-social and/or criminal organization on the planet." No jail time for anyone. "No individual would be charged with anything or have to pay a dollar in fines. The \$1.9 billion fine that Holder imposed equaled about five weeks of revenues."

U.S. taxpayers rescued AIG's debts in full to save Goldman Sachs and Deutsche Bank from losing billions of dollars. The Federal Reserve (Hank Paulson) and the Treasury (Timothy Geithner) then permitted Goldman

and Morgan Stanley to convert themselves into commercial bank holding companies to access a Federal Reserve bailout. These were "unprecedented" deals that "transformed America into a permanent oligarchical bailout state. This was, essentially, a merger between Wall Street and the U.S. government." High-ranking members of Congress also betrayed their constituents when they supported these bailouts. Maryland Congresswoman Donna Edwards signed on to the bailouts even though they did not contain the protections she had specifically requested. And Montgomery County (Maryland) Congressman Chris Van Hollen kept saying on numerous television interviews that their only choices were to "either bail out the banks or do nothing."

After HSBC, Barclays, UBS, Chase, Goldman, "and the rest of the Collateral Consequences All-Stars secured their status as unprosecutable, too-big-to-jail institutions," financial regulators then modified their range of targets toward smaller businesses with questionable problems or violations. What remains is "a vast ghetto of expendables with only theoretical rights" reflected in "a profound hatred of the weak and the poor." Immigrant owners of a community bank who were small enough to jail did not even have to commit a crime for the government

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THE DIVIDE: American Injustice in the Age of the Wealth Gap

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to prosecute them. Parading these owners in chains, the government set their bank up "as the fall guy for the financial crisis" by charging some of the executives with larceny, even though "nobody had lost any money."

Compared to Wall Street, justice on the New York black America Main Street is very different. "Police arrest first and may not even ask any questions. Street cops have quotas to meet called 'volume arresting.'" The police admit to no errors, so when police grab innocent people they are still pressured to take plea deals despite the lack of evidence of a crime. People who cannot raise bail stay in jail even for a misdemeanor that no one would have been arrested for thirty years ago. And "judges are not terribly understanding when defendants try to reschedule hearings because they have jobs."

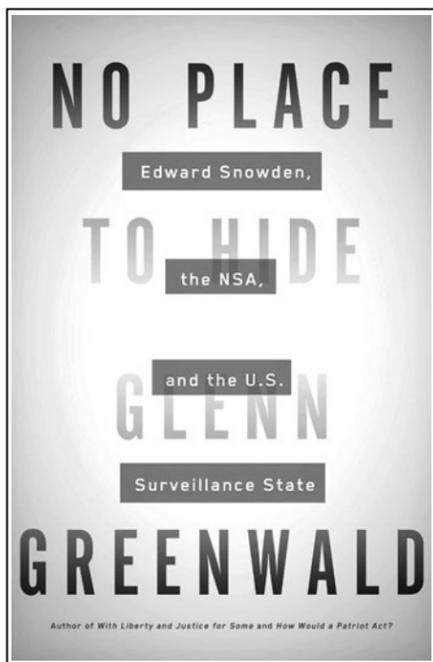
As tensions in Congress mount over the unfinished budget for the Department of Homeland Security (DHS), Taibbi exposes DHS and the U.S. Immigration and Customs Enforcement (ICE) Agency as lawless agencies with many features of a police state. To preserve what little is left of our democracy, both agencies should be forever dismantled. Obama is personally responsible for "a complex, arbitrary, and mindlessly cruel legal process that puts people literally in chains for the crime of going to work or taking their kids to school. The detainees get ground up into a rich financial and political meal shared in nearly equal parts by state and federal authorities on the one hand, and private prisons on the other." Even immigrants married to American citizens who have committed no crimes are deported, without notifying their family, and without due process. Families are ripped apart and destroyed. In keeping with our oligarchical form of capitalism, "some of the biggest investors in private prisons are the too-big-to-jail banks."

How California ensures that welfare recipients are not committing fraud offers yet another dismal contrast with how Wall Street criminals are treated. San Diego County has a law enforcement division whose only job is to arrive unannounced at the home of every person who applies for welfare to search their home. These police officials look for signs of a man living there and expensive clothing or even expensive food. The ACLU believes these searches violate the Fourth Amendment, but courts have upheld them. The descriptions of how these economically struggling individuals are treated at every stage of the welfare process is another national disgrace. Certainly, we can find ways to invest more money and resources in these people, who are so desperate for fair and respectful assistance and for a better life.

Taibbi warns us that continuing to apply the law unequally often enough, and over a long enough period of time,

will remove the political legitimacy and enforceability of arrests and other legal actions. These inequities prevail even as no bank executives have been arrested for laundering drug money; no one has been arrested for the thousands of fraudulently forged signatures on foreclosure affidavits; and two kinds of people caught committing the same crime will still receive different punishment.

"The last straw in every great social tragedy is always something absurd, like the nation's top law enforcement officials unable to spot the greatest crime wave of a generation, because they can't see the victims from their offices."



No Place to Hide: Edward Snowden, the NSA, and the U.S. Surveillance State

By Glenn Greenwald
Henry Holt & Company: New York
2014; 259 pages, \$27.00 (HB)
ISBN: 978-1-62779-073-4

Converting the Internet into a system of surveillance guts its core potential and turns it into a tool of repression.
~ Edward Snowden

As a constitutional and civil rights lawyer and a journalist, Glenn Greenwald has been writing almost daily for the past seven years about "the dangerous trends in US state secrecy, radical executive power theories, detention and surveillance abuses, militarism, and the assault on civil liberties." He documents how the post-9/11 era has seen a massive explosion of resources dedicated to endless surveillance and transfers from public coffers into the pockets of private surveillance defense corporations. Perceived self-serving

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No Place to Hide: Edward Snowden, the NSA, and the U.S. Surveillance State

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threats intended to keep the public fearful include technologies and the Internet itself, which makes sense in the context that democracy is always a threat to state secrecy—especially the “collect it all” mindset and “the exercise of limitless power with no transparency and accountability” practices driving the National Security Agency (NSA).

The extreme measures the U.S. surveillance agencies have used to operate in secret, where no one seems to know how much money an agency spends; how many programs and workers an agency has; and any duplication that may exist among the agencies, are cheered on anyway by Senator Diane Feinstein. As Chair of the Senate Intelligence Committee, she insists the collection of metadata by the NSA does not constitute surveillance.

The irony is the U.S. government’s responses to worsening economic conditions and increased inequality were not infrastructure projects that created jobs while beginning to repair our crumbling bridges, roads, and dated transit systems. Instead, the threats, reflected in unrest from the Tea Party on the right and the Occupy movements

on the left, were an impetus to allocate even more money for surveillance, even as Senator Feinstein and President Obama deny that these agencies are engaging in domestic spying. Greenwald is critical of the government’s actions. “The response to the Occupy movement was to crush it with force through tear gas, pepper spray, and prosecutions. The para-militarization of domestic police forces was on full display in American cities, as police officers brought out weapons seen on the streets of Baghdad to quell legally assembled and largely peaceful protests.” The government’s message effectively reinforced the futility of resistance against such brute, massive, and unequal force.

Greenwald emphasizes how surveillance deters dissent by making it difficult to communicate and organize on a large scale, and by instilling fear. These effective strategies are reflected in a November 2013 report released by the PEN America writers’ guild titled *Chilling Effects: NSA Surveillance Drives U.S. Writers to Self Censor*. This survey examined what, if any, impact the revelations of NSA spying had on writers; and the title speaks for itself. Yet when

he was asked about the NSA revelations on the *Tonight Show* in November 2013, President Obama maintained that “we don’t have a domestic spying program. What we do have is some mechanisms that can track a phone number or an email address that is connected to a terrorist attack.”

Greenwald notes that “it is the nature of authority to equate dissent with wrongdoing.” His extensive discussion of Federal Bureau of Investigation (FBI) constitutional violations under J. Edgar Hoover’s CONITELPRO program to suppress anti-Vietnam War dissent is a vitally important history lesson that should not be forgotten. The 1970s Senate Church Committee hearings in response to these NSA, Central Intelligence Agency (CIA), Pentagon, and FBI constitutional violations are equally important as these efforts reappeared after 9/11, and tactics used by FBI agents such as entrapment are again commonly used by the government. Those unconstitutional cases should be thrown out by the courts, but rules that really do not make sense in a democracy permit prosecutors and judges to decide what a jury is and is not told. The selected facts a jury too often hears in these politically charged cases can determine the difference between an innocent or guilty verdict.

According to the American Civil Liberties Union (ACLU), the NSA collects very personal information about

us; while the Obama administration continues to pursue Julian Assange as a criminal for publishing the Afghanistan War Logs in WikiLeaks. As is the case with Bradley Manning, both whistleblowers deserve to be legally protected by the Nuremberg rules and trials for exposing war crimes. To prevent such atrocities, including torture, it is those who ordered and those who carried out these atrocities who should be in jail; not the whistleblowers. In this context, the implicit bargain Obama and Congress offer to U.S. citizens is “to refrain from provoking the authority that wields surveillance powers if you wish to be deemed free of wrongdoing.” This Faustian bargain “invites passivity, obedience, and conformity.”

Greenwald maintains that “the true measure of a society’s freedom is how it treats its dissidents and other marginalized groups; not how it treats its good loyalists. He further maintains that “given the actual surveillance the NSA does, stopping terror is clearly a pretext.” The claim that terror plots have been thwarted by mass surveillance cannot be supported by any evidence and has been proven to be false. His numerous examples include “the collect-it-all system did nothing to detect, let alone disrupt, the 2012 Boston Marathon bombing.” Yet the threat is repeatedly exaggerated as an excuse

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BOOK REVIEWS

No Place to Hide: Edward Snowden, the NSA, and the U.S. Surveillance State

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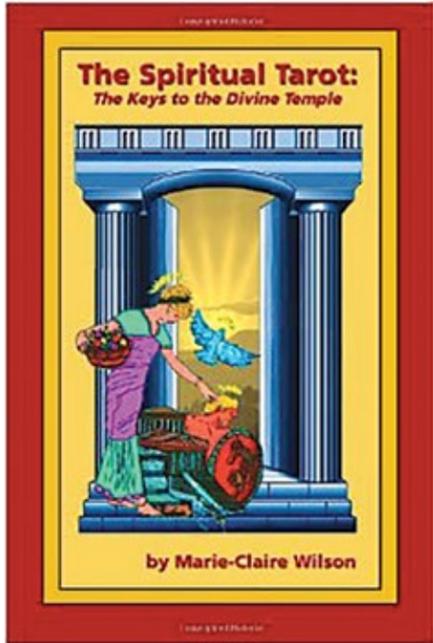
to inundate the NSA with even more data it cannot manage. And of particular relevance today are accusations that efforts of the agency to override the encryption methods protecting commerce, banking, medical records, and other daily Internet transactions have actually opened these systems to hackers. According to security expert Bruce Schneier, our choice is between an NSA-manipulated digital world “that is vulnerable to all attackers, and one that is secure for all users.”

The book is filled with the programs that enable the NSA to capture limitless amounts and types of data. Greenwald’s riveting discussions also include unjustifiable economic tradeoffs,

failures of the media, and government overreach in airports around the world. He consistently emphasizes what is at stake that we need to care about. His efforts and concerns echo Edward Snowden’s compelling message to the American people: “I have been to the darkest corners of government, and what they fear is light.”

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

Metaphysical Book Reviews



REVIEW BY NICOLE ORTEGA

The Spiritual Tarot: The Keys to the Divine Temple

By Marie-Claire Wilson
Dragonfly Publication; Second Edition
2013; 156 pp. (PB)
ISBN-10: 0991213505
Author Website: www.marie-claire.tv

There are many, many ways to read a Tarot card. You can even get Tarot suggestions on what to make for dinner! As the title suggests however, The Spiritual Tarot by Marie-Claire Wilson offers a definitively spiritual view of the Tarot. This book will assist you in framing your Tarot interpretations using spiritual advancement as a compass. With it, you can learn how to identify easily and work through your most prevalent spiritual lessons.

Like many Tarot books written for specific decks, The Spiritual Tarot was written for use with the Keys to the Divine Temple deck. Unfortunately, I was not provided with the accompanying deck for review purposes. That makes it more difficult to offer a review for the

portion of the book that concerns the card interpretations.

The card images are included in the book in black and white; but as any Tarot reader will tell you, holding a living color deck in your hand and using it in a reading, versus viewing the flat photos of a black and white picture, are two completely different things. That said, this review focuses on Marie-Claire’s technique using any deck. It is not specific to the Keys to the Divine Temple. You can substitute Wilson’s major arcana for any Tarot deck’s major arcana and still walk away with a similar understanding.

The Spiritual Tarot opens with an endearing story by author Marie-Claire Wilson. I love it when books include personal anecdotes because it is through the power of storytelling that we are able to experience different perspectives and make deeper connections with others. After all, that’s the purpose of writing (and reading) a book in the first place: to educate and/or entertain. Within the introduction however, Wilson does something else that I absolutely loved! She managed to capture the very essence of what Tarot is all about.

As a young child, Marie-Claire wandered into her great-grandmother’s “special room.” Curious about the Tarot de Marseilles, she wondered aloud about the cards. Her grandmother patiently explained to her: “These pictures speak to my intuition which helps me answer the questions that people ask when they visit me.”

And this is really the secret to Tarot reading all wrapped up with a pretty red bow. The power isn’t in the cards! Sure, the cards can hold their own—they contain energy built up within the various symbols, traditions and certain iconic spreads, like the Celtic Cross. But really? Tarot is simply just a tool used to jumpstart your own powerful, intuitive insight.

Different decks have different themes, which are of course inspired by their authors and artists. There are also

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Caroline Sonnen

Sings currently as an a cappella member of Trinitas, a women’s trio; has performed as a soloist, chamber musician and orchestral member; and has held memberships in many choruses and small ensembles. Caroline is a Board Certified Music Therapist, teacher and musician with a Masters of Music from Catholic University of America.

Benjamin Greenfield

Tenor soloist and section leader at the Cathedral of the Incarnation in Baltimore, Maryland. Currently a student at the Baltimore Hebrew Institute at Towson University, Benjamin is also the High Holiday Cantor at Temple B’nai Abraham in Elyria, Ohio. He will be performing Bach, Halevy, and Kurt Weil.

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

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12 Tips to Fight Fatigue

Try these 12 simple solutions to help you fight fatigue and stay energized.

BY LINDA B. WHITE,
FROM MOTHER EARTH LIVING

If you're tired, you're not alone. A 2014 survey published in the medical journal *BMJ* found that 36 percent of people had experienced fatigue in the past week. Transient fatigue, mental or physical, is a normal reaction to overdoing. Maybe you stayed up late finishing a novel, or perhaps you've been working long hours, raising kids or exercising too hard. A number of lifestyle changes can relieve weariness and even reduce fatigue associated with some chronic conditions.

12 Energizing Habits

1. Listen to your body. Rather than trying to fight or ignore your fatigue, search for the natural remedy that's best for you. Even though caffeine can temporarily enhance alertness, it won't correct the underlying problem.

2. Get enough sleep. More than 40 percent of American adults and teens fail to get a full night's sleep on weeknights, according to the National Sleep Foundation. While sleep needs vary, the average adult needs eight hours a night. Plan ample time to sleep and avoid sleep-hindering substances, including afternoon caffeine, and late-night alcohol, tobacco and other stimulants.

3. Say, "No." This stress-survival skill can sometimes seem impossible, but do it anyway. Practice saying it in front of the mirror: "Thanks for asking, but that doesn't work for me."

4. Meditate. Done regularly, meditation has multiple benefits. Chief among them is the ability to reduce stress. Pranic meditation, a technique that uses breathing techniques and visualization, has been particularly effective at reducing fatigue and psychological stress, as well as improving sleep quality and quantity in breast cancer survivors. Studies show that mindfulness-

based stress reduction eases fatigue in healthy (but stressed-out) individuals and those with chronic illnesses. For more on mindfulness, read *Mindfulness 101: Live in the Present Moment* at www.MotherEarthLiving.com.

5. Move your body. Moderate physical activity energizes, relieves stress and promotes nighttime sleep. Even in the face of chronic illness, exercise has anti-fatigue effects—though it's a good idea to get medical clearance first. Studies support moderate aerobic exercise, resistance training, yoga, tai chi and qigong. Start slowly and build over time. If you do too much too soon, you may feel sore, discouraged and weary.

6. Consider herbal allies. Herbs have long been used to cope with stress and fatigue. Studies indicate that both American and Asian ginseng combat fatigue in chronic conditions such as cancer. Research also supports rhodiola, eleuthero, cordyceps and schisandra. These adaptogenic herbs help us cope with stress and can help reduce fatigue. Find these herbs in capsule or tincture form at your health-food store.

7. Drink plenty of water. Dehydration also contributes to fatigue. Avoid soda and other sugar-sweetened drinks, which cause unhealthy blood sugar spikes and weight gain. Also keep alcohol intake to a minimum.

8. Think positively to reduce stress. Long-term physical and psychological stress can be exhausting. If you've had the experience of doing the same task in both a calm state and a harried state, you know which one saps your energy faster. To reduce stress, change your attitude about a taxing situation. Viewing potential stressors as interesting, surmountable challenges can help, and learn to accept reality. If you're running late and stuck behind a car driving 10 miles below the speed limit, stressing out about it won't get you to your appointment any faster. Instead, appraise the situation. Is it that big of a deal? If your initial reaction was negative, can you rethink the situation? Accept what's already happened—ruminating only serves to perpetuate stress—and find ways to take responsibility and regain a reasonable sense of control. Tell yourself you can handle what comes your way. These strategies are typically taught in cognitive behavioral therapy, which has proven effective at managing stress.

9. Balance social life and solitude. Loneliness is a risk factor for fatigue.

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12 Tips to Fight Fatigue
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However, the amount of socializing you need depends upon your personality. Socializing tends to recharge extroverts, while too many social events can be draining to introverts. Find the equilibrium at which you thrive.

10. Pamper yourself. Many of us



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Move your body. Moderate physical activity energizes, relieves stress and promotes nighttime sleep. Even in the face of chronic illness, exercise has anti-fatigue effects—though it's a good idea to get medical clearance first. Studies support moderate aerobic exercise, resistance training, yoga, tai chi and qi-gong. Start slowly and build over time. If you do too much too soon, you may feel sore, discouraged and weary.

Photo: © Nyul | Dreamstime.com

put the demands of work, family and friends ahead of our own needs. We might even feel selfish when we take time for ourselves. In fact, self-nurturing can improve work and social relationships, as well as keep us func-

tioning well. Each day, make time for a refreshing break. Curl up with a book, take a nap, soak in the bath or get a massage.

11. Prime your diet. Malnutrition—

deficiencies of both macronutrients (carbohydrates, protein and fats) and micronutrients (vitamins and minerals)—leads to fatigue. Maintain a varied whole foods diet to cover your nutritional needs. Eating junk food, particularly sugar and refined carbohydrates, puts us on a blood-sugar roller coaster that ultimately robs us of energy. Also watch out for food intolerances and allergies, which can drain vitality; and don't skip meals—most notably, breakfast.

12. Rule out illness. Call your physician if fatigue lingers longer than several weeks or interferes with your usual activities. Causes of persistent fatigue include anemia, cancer, diabetes, depression, autoimmune disorders, sleep disorders, chronic infection, neurologic disease, heart and lung disease, and chronic fatigue syndrome.

Our Advice: Relax with Yoga

Restore energy with the simple yoga practice savasana. The translation of savasana from Sanskrit is "corpse pose," which sounds morbid but is meant to suggest that we arise from this moment of disconnection feeling restored.

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Reduce Indoor Air Pollution with Houseplants

These 12 common houseplants are scientifically proven to reduce indoor air pollution.

BY SARAH LOZANOVA,
FROM MOTHER EARTH LIVING

Did you know the EPA ranks indoor air pollution as one of the top five threats to human health? Indoor air pollution is associated with numerous ailments including asthma, headaches, chemical hypersensitivity and even cancer. In large part because of chemicals that outgas from items such as furnishings, finishes and household cleaners, indoor concentrations of many pollutants are two to five times greater than outdoor levels. This is particularly concerning because many newer buildings are more efficiently sealed in the interest of energy efficiency, and most people spend up to 90 percent of their time inside.

Fortunately, we can count on nature to be our health ally when it comes to creating healthier indoor air. In the late 1980s, NASA researchers studied the ability of houseplants to purify the air and remove toxic agents such as benzene (in glue, paint and auto fumes); formaldehyde (in particleboard, paper and carpets); and trichloroethylene (in paint stripper and spot remover). They released a list of air-filtering plants, and subsequent studies have shown similar benefits of houseplants. For example, researchers at Penn State University proved that three common houseplants—snake plant, spider plant and golden pothos—all reduced ozone in a simulated indoor environment. Grow the following plants in your home or office to breathe easier.

Air-Cleaning Plants

Aloe Vera: This purifying plant from South Africa is shown to clear the air of benzene and formaldehyde, both known human carcinogens. Unlike most plants, aloe actually releases

oxygen and absorbs carbon dioxide at night, making it ideal for bedrooms. Aloe gel is also medicinal, used externally to treat burns and internally for numerous ailments. It is a sun-loving plant; beware of overwatering it.

Areca Palm: This palm, native to Madagascar, is among the best plants for removing a variety of toxins, especially formaldehyde. It likes bright, indirect light. Because of a high transpiration rate, it adds a lot of humidity to the air and needs to be watered regularly. This plant does not tolerate neglect; its tips will turn brown when moisture, light, temperature and fertilizer levels are not ideal.

Dracaena 'Janet Craig': This is one of the best plants for clearing formaldehyde and trichloroethylene. Although native to tropical Africa, this plant adapts well to indoor environments and can even endure some neglect. It likes moderate to bright indirect light. Water after the soil begins to dry out, and use a pot with drainage holes to avoid soggy soil.

Dragon Tree: Native to Madagascar, this tree can grow up to 6 feet tall and is among the best plants for removing xylene, trichloroethylene and toluene (the latter is a solvent and additive to gasoline). This is another one of many houseplants belonging to the *Dracaena* genus and comes in four main varieties. It likes moist soil at all times, but not soggy soil. Keep the plant in semi-shade, and avoid strong, direct light.

English Ivy: An excellent choice for removing formaldehyde, benzene and even airborne fecal matter, this native of Asia, Europe and North Africa is somewhat difficult to grow indoors. It

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Initially trained by Peruvian mystic, Juan Nunez del Prado, Don Zane was initiated as a Kurak Akulleq or high 4th level medicine Priest. Juan gave him permission to teach and initiate others in October of 2003. He has also trained extensively with, and organized workshop for fellow Andean Priest and friend Elizabeth Jenkins, whose work in the tradition helped awaken the work to the living spiritual traditions of the Inca.

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Reduce Indoor Air Pollution with Houseplants
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prefers moist air, so mist leaves regularly when humidity is low and keep in bright light. Beware that the leaves are poisonous to pets and humans when ingested.

Ficus 'Amstel King': Adept at clearing formaldehyde and a good general air purifier, the new ficus cultivar *Ficus alii* is rapidly gaining popularity. Native to Thailand, this plant is related to weeping fig, but less finicky and with long pointed leaves. Water thoroughly, allowing the top half-inch of soil to dry out between waterings, and provide bright, indirect light.

Gerbera Daisy: This lovely plant from Africa adds a splash of color to the room and removes a variety of chemical vapors from the air, notably formaldehyde and benzene. It makes a delightful plant in the summer garden, and if brought indoors in the fall, it may continue to flower through the winter. This is a relatively difficult indoor plant that requires bright light and moderate temperatures.

Peace Lily: This lily is adept at removing a variety of alcohols and chemical vapors, including acetone,

benzene, ammonia, formaldehyde and xylene, and it scored among the top plants tested for removing several toxins. This easy-to-grow lily can raise humidity levels by up to 5 percent, a helpful feat in dry climates. They enjoy semisun to semishade and being watered a lot at once, then being allowed to dry out.

Rubber Plant: This handsome houseplant from southeast Asia, known botanically as *Ficus elastica*, is near the top of the list for removing formaldehyde. Under proper conditions, a rubber plant can reach a height of 8 feet. Rubber plant is extremely forgiving. Ideally, it prefers bright, indirect light; regular watering; and mist on its leaves when the air is dry.

Snake Plant (also known as mother-in-law's tongue): Native to West Africa, this evergreen perennial clears smog, formaldehyde and trichloroethylene from the air. Like aloe, the snake plant produces oxygen and removes carbon dioxide at nighttime, making it ideal for bedrooms and other low-light rooms. This plant can withstand considerable neglect and infrequent watering.

Spider Plant: This flowering perennial is native to Africa and removes smog, formaldehyde, benzene and xylene—found in auto exhaust, synthetic perfume and paint. A NASA study found this plant can remove 96 percent of the carbon monoxide and 99 percent of the nitrogen dioxide within a sealed chamber. This resilient plant thrives in a variety of environments. It prefers medium to bright light, but avoid extended amounts of direct sun.

Weeping Fig: These popular tropical trees, known botanically as *Ficus benjamina*, are excellent at removing a variety of pollutants, including formaldehyde, xylene and toluene. They come in three main varieties: a bush, a standard tree and a braided tree with entwined trunks. Weeping fig has a tendency to drop its leaves when moved. They enjoy full to semisun and moist soil.

4 Benefits of Indoor Plants

Higher Oxygen Levels: During photosynthesis, plants absorb carbon dioxide and release oxygen. Plants add oxygen to indoor air during the day. At night, most absorb some oxygen and release carbon dioxide. A few types of houseplants release oxygen

at night—mainly succulents, moth orchid, dendrobium orchid, snake plant and bromeliads—making them ideal companions for the bedroom.

Lower Mold and Bacteria Counts: A home filled with lots of houseplants has 50 to 60 percent fewer mold spores and bacteria. Houseplants emit substances called phytochemicals that suppress these microbes in indoor environments.

Improved Mood: Studies from the University of Technology in Sydney, Australia, found that indoor plants reduce anger by 44 percent, anxiety by 37 percent, fatigue by 38 percent and depression by 58 percent. Amazingly, just one plant can make a difference.

Natural Humidifier: Plants release moisture through their leaves. Use plants to keep indoor air within the ideal humidity range. Palms and ferns in particular have high transpiration rates. Most indoor plants prefer higher humidity and may need their leaves misted with water for optimum health.

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Do You Have Hidden Food Allergies?

Are these your symptoms?

Fatigue

Itching

Hives

Memory Loss

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Respiratory Problems

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Infertility

Muscle pains

Digestive Disorders

Depression

Headache

Joint Pains

Learning Problems



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

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

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

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

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

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

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

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

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

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

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5 Beauty Ingredients to Avoid

Protect yourself with our essential guide to the top five beauty ingredients to avoid.

BY GINA DEBACKER,
FROM MOTHER EARTH LIVING

Stocking our beauty shelves shouldn't be difficult—or dangerous. But as study after study links chemicals common in personal-care and cosmetic products to unwanted effects and conditions, it's becoming evident that many of the ingredients in our showers and makeup bags may have a negative impact on our health. The FDA doesn't have the authority to require premarket safety assessments for personal-care products like it does with drugs, making cosmetics one of the least-regulated product categories on the market. In fact, 89 percent of all ingredients in cosmetics have not been evaluated for safety by any publicly accountable institution.

Let's take our health into our own hands. Our approach? Buy products with the fewest ingredients possible, ideally natural ingredients whose names you recognize. Yet even labels for natural cosmetics can sometimes

be hard to read and understand. We're here to make this process easier. This list includes five of the most common worst offenders in the cosmetics category. We advise you to rid your home (and body) of these toxic ingredients.

Formaldehyde

What it does: Formaldehyde (and preservatives that release formaldehyde) are used to prevent bacteria from growing in water-based personal-care products, including shampoo, liquid baby soap, nail polish, keratin hair treatment, hair dye, hair-styling products and more.

Why it's bad: While formaldehyde may lengthen a product's shelf life, it can be absorbed through our skin and has been linked to health problems ranging from allergic skin reactions to lung and nasal cancer, and myeloid leukemia. "Unfortunately many companies still use preservatives that release formaldehyde, even though safer alternatives are available," says Stacy Malkan, author of *Not Just a Pretty Face: The Ugly Side of the Beauty Industry*.

Label watch: quaternium-15; DMDM hydantoin; imidazolidinyl urea; diazolidinyl urea; sodium hydroxymethylglycinate; methenamine; bronopol

Safer alternatives: Look for products made with natural preservatives such as vitamin E, tea tree oil, neem oil, glycerin, ascorbic acid and potassium sorbate.

Fragrance

What it does: One of the most ubiquitous ingredients found in body-care products—even in those labeled unscented—fragrance gives many body washes, soaps, lotions and deodorants their scent. It's also used to mask the odor of nasty-smelling chemicals.

Why it's bad: Because it's considered proprietary information, companies don't have to disclose the chemical makeup of their "fragrances," which means this ingredient may comprise any combination of hundreds of chemicals. "Testing shows that fragrance is likely to contain a dozen or more chemicals, including hormone disruptors, allergens linked to skin problems,

and phthalates linked to sperm damage and asthma" Malkan says. The chemicals that make up "fragrance" can be ingested, inhaled and absorbed through skin.

Label watch: fragrance; aroma; parfum; phthalates

Safer alternatives: Rather than buying anything with synthetic fragrance, look for products scented with 100 percent pure essential oils.

SLES and SLS

What they do: Sulfates, including sodium laureth sulfate (SLES) and sodium lauryl sulfate (SLS), are surfactants used to make suds in products such as shampoos, cleansers and bubble bath. They're commonly used because they're inexpensive and effective at cutting through oil.

Why they're bad: These surfactants are notoriously harsh on the skin and have been linked to rashes, scalp scabs and canker sores. This group of ingredients often goes through the chemical

continued on page 47

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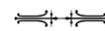
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5 Beauty Ingredients to Avoid

...continued from page 45

process known as ethoxylation. Although the intent of this process is to make the ingredient less harsh, it can contaminate products with 1,4-dioxane, a cancer-causing chemical linked to organ toxicity. "Substances such as SLS are known to be absorbed into body tissues, and that's frightening," says Mitchell A. Kline, a doctor sourced in the book *No More Dirty Looks*. The FDA doesn't require 1,4-dioxane to be listed as an ingredient on product labels, so avoid it by keeping away from sulfates and other ingredients ending in -eth.

Label watch: sodium lauryl sulfate; sodium laureth sulfate; sodium dodecyl sulfate; sodium salt sulphuric acid; monododecyl ester

Safer alternatives: Turn to foaming products that use natural saponins such as castile soap and soapwort.

Triclosan

What it does: Triclosan is a powerful germ killer with antibacterial, antimicrobial, antifungal and antiviral properties. This chemical is used in antibacterial cosmetics such as hand sanitizers, soaps, face washes, deodorants, toothpastes, mouthwashes and cleansers.

Why it's bad: Triclosan is a well-known skin irritant that accumulates in our bodies: The Centers for Disease Control and Prevention have identified triclosan in the urine of nearly 75 percent of people tested. It's been linked to antibiotic resistance as well as hormone disruption. On top of this, triclosan is notorious for ending up in lakes, rivers and other water sources where it can become toxic to aquatic life.

Label watch: triclosan; chloro; phenol; irgasan

Safer alternatives: No evidence has shown triclosan in antibacterial soap and body wash to be more effective at preventing the spread of infection and reducing bacteria on the skin than regular old soap and water, according to the FDA. In many products it's simply unnecessary. Naturally antibacterial ingredients include tea tree oil and grapefruit seed extract.

Toluene

What it does: Naturally found in crude oil and the tolu tree, toluene is a solvent used in high concentrations in nail products to suspend color and form a smooth finish. This chemical is also used in degreasers, paint thinners, adhesives, rubber, cola syrup and hair dyes.

Why it's bad: "Toluene is added to paint thinners and has no place in products we put on our bodies, yet it's found in some nail and hair treatments used in salons, where women of child-bearing age are repeatedly exposed," Malkan says. High exposure to toluene via contact or inhalation can lead to temporary dizziness, headaches and cracked skin. It's also been linked to

more serious effects, including reproductive damage, respiratory complications and organ system toxicity.

Label watch: toluene; benzene; toluol; methylbenzene; phenylmethane

Safer alternatives: In recent years, most nail polish companies have removed toluene; select polishes labeled three-free or five-free (free of the three or five worst nail-polish ingredients). Scotch Naturals makes effective water-based polishes, as well as a soy-based nail polish remover. If you get manicures or pedicures, ask your salon about toluene.

Other Concerning Ingredients

Nanoparticles: Found in sunscreen, makeup, acne treatments and anti-aging creams, nanoparticles are often used to help active ingredients penetrate skin. Although their safety is uncertain, research indicates these particles may cause cell damage. Products containing nanoparticles aren't required to be labeled as such; be cautious of products touting nanomaterials or nanotechnology.

Nitrosamines: Found in numerous products, including moisturizers and shampoos, nitrosamines are linked to endocrine disruption and are known carcinogens. Watch for related chemicals diethanolamine (DEA) and triethanolamine (TEA).

Parabens: Preservatives used in nearly every category of cosmetics, parabens are a cheap, effective way to extend shelf life. They can be absorbed through the skin, blood and digestive system, and have been linked to endocrine disruption, developmental disorders, reproductive toxicity, allergies and immunotoxicity. Look out for any ingredient ending in -paraben.

Propylene glycol: Although propylene glycol can be derived naturally, it usually isn't. A strong skin irritant, this common shampoo ingredient has been linked to liver abnormalities and kidney damage. It's also called ethylene glycol, diethylene glycol and polyethylene glycol.

Retinyl palmitate: A form of vitamin A rich in antioxidants and anti-aging properties, retinyl palmitate (or retinol) may speed development of cancerous skin tumors when exposed to the sun. Excessive amounts may be detrimental to a developing fetus. Avoid this ingredient in daytime skin products and if you are or may become pregnant.

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“Do These Genes Make Me Look Fat?”

Hypnosis, Weight Loss and Your Genetic Inheritance

BY RITA LEIPHART, CH

When interviewing potential hypnosis clients, a frustration weight loss candidates will occasionally bemoan is the observation that some of their friends seem to be able to eat enormous amounts of food, yet stay skinny, skinny, skinny. “It seems like when Karen eats, I’m the one who gets fat!” It just doesn’t seem fair.

Often we ascribe this phenomenon to our genetics. While it does appear that obesity often does run in families, are you really condemned by the structure of your DNA to struggle with weight? Not necessarily. Recent scientific research suggests that the expression of your DNA can actually be modified by your mind!

Let’s examine excess fat accumulation. All of your body’s functions really do have useful purposes - including fat storage. Unused energy, retained as fat, evolved as an energy reserve for when food is scarce. But today, for most Americans, food is plentiful, activity is low and the very mechanism that helped your ancestors to thrive is



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maladapted for your living conditions. The very survival mechanism that was once an evolutionary advantage now needs a bit of an adjustment. There are many factors that can change the way

your body metabolizes food, but one often overlooked, and you may wish to consider, is the modification process of your genetic code.

But how? After all, isn’t your ge-

netic inheritance, that permanently fixed graph of kaleidoscopically selected DNA from your ancestors’ characteristics, inalterable? How can the expression of a DNA pattern actually be modified to accommodate modern conditions without the benefit of actually revising the code? In short, exactly how can I change my own genetic imprinting?

A relatively new field of genetic study, called “epigenetics,” is considering the mechanics of gene expression and modification. Epigenetics recognizes environmental elements as the antecedents of cell development and variety, taking outside factors into account as the cause of change in the expression of DNA rather than actual alteration of the DNA code itself.

In an experiment by Dr. Bruce Lipton, author of *The Biology of Belief*, DNA from a single cell was placed into a petri dish. Dividing that cell until there were thousands of identical cells, and then placing them in three different dishes, he manipulated the culture me-

continued on page 51

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- *seeking to improve communication skills with your partner*
- *wishing to enrich creatively your relationship*

Erma Caldwell

Erma Caldwell, MSW, LCSW-C, received her BSN from Johns Hopkins University and served as Director of In-Service Education at John Hopkins Hospital. She holds a MSW from the clinical program of Catholic University of America and is a Board Certified Diplomate. She received group psychotherapy training at the Psychiatric Institute of Washington, DC. Her special interests include working with adults who experienced childhood sexual trauma, persons struggling with aging and other transitions, and couples encountering crisis in their relationship.

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Hypnosis, Weight Loss and Your Genetic Inheritance

...continued from page 49

dium (environment) differently in each one. In one dish the cells became bone, in another muscle, and in the third fat!

Dr. Lipton's experiment demonstrates that the DNA inside the cell's nucleus requires something outside of itself to tell it which genes to activate. The DNA is the "blueprint," not the actual structure. The structure is regulated by cell protein, and the cell develops its shape only after gene selection is made. Chemical elements make that selection. Molecular attachments, or epigenetic tags, particularly those in the methyl group, fasten themselves to the DNA strand acting as markers to indicate which genes will be silenced and which will be expressed.

The significance of Dr. Lipton's experiment is that it proves it's the chemical environment, and not just the genetic code, that determines the fate of the cells. With each cell holding a capacity of about thirty thousand variations, your cells are quite capable of readjusting to new conditions. And what determines the chemical environment of your body? Everything from the food you eat, the air you breathe and, quite significantly, the chemical emissions of your brain—including those

elicited by your emotions!

Your brain sends and receives chemical signals, according to your perceptions, through your nervous system. The nervous system, in turn, adjusts automatically to this environment secreting hormones through your bloodstream that eventually reach the nucleus of the cell, where your DNA

The significance of Dr. Lipton's experiment is that it proves it's the chemical environment, and not just the genetic code, that determines the fate of the cells.

is located. What this means to you is that the trillions of cells in your body, heavily influenced by your brain, can regenerate in a different, and possibly more favorable, environment depending on how you view and experience the world!

This is where epigenetics really becomes interesting. Originally, it was

believed that epigenetic tags were established only during fetal development, and then only after a process of reprogramming, or erasing, the previous tags, creating a genetic "clean slate." But now it is believed molecular attachments to DNA can be added or subtracted all the way into adulthood. Mental and physical input, initiating chemical signals that travel from cell to cell, activate your DNA in a continuous transmogrification of diverse combinations. When stabilization of an epigenetic tag occurs, the expression of the DNA is implemented accordingly.

children. However, it is noteworthy to mention that mothers who lose weight reduce their children's risk of obesity. A plausible explanation for this can be found in the field of "behavioral epigenetics."

Behavioral epigenetics has taken the study one step further to acknowledge that even those epigenetic tags produced by the mental and emotional states of your ancestors may be among those passing through the DNA reprogramming process of early development. From this view, if traumatic experiences in adulthood induced methylated attachments that fixed themselves to your grandmother's DNA, then you may have inherited the same epigenetic tags to your DNA.

The good news? Better environmental conditions can dispose of an unfavorable molecular attachment inherited from a previous generation. If an epigenome is incongruent with its current environment, it detaches. That's right. It just goes away. If this point should become fodder for that never-ending debate as to which is the most important, nature or nurture—in this case, nurture wins! A change in perceptions can ignite feelings producing chemical emissions that, ultimately, create an environment for release of those epigenetic tags that do not resonate with that change. It may either

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Hypnosis, Weight Loss and Your Genetic Inheritance

...continued from page 51

prompt activation of genomes in your DNA that were previously silenced, or silence those that were active. It makes no difference whether you create a negative or positive environment, your DNA will actuate according to the directions it's given. The principle works either way.

Rather than blaming your DNA, work with it. Your genetic potential is greater than you think. Because your DNA is influenced by the chemistry of your body, and your body chemistry by your mind, scientists now believe the power of your mind can alter the way your body responds right down to the cell level.

So, if the mind has such a powerful effect on brain chemistry and cell development, then why is it that practicing affirmations and keeping a positive attitude has such a minuscule effect on physiological or behavioral change? This is because most affirmations and positive thinking disciplines are practiced in the *conscious* mind. To make an integral change, you need to engage the overriding, creative, controlling, operative part of your mind—the part of your mind that automatically keeps your body working

in sync. That keeps your heart beating. That keeps your digestive and fluid systems working. That lets you breathe without thinking. The part of the mind that compels the healing process. And that regulates your body's chemistry—the *subconscious*.

It's your subconscious that dominates 95% of your mind. It operates under the radar of your awareness and cannot be "convinced" through logical argument. Your subconscious holds your deepest beliefs, core values, memories, experiences, habits and emotions. And it's the beliefs held in this part of your mind that need to be revised if you want to obtain permanent or profound change. If 95% of you believes you will always be fat, then the 5% of your conscious mind that declares you can be thin is just out-gunned. The subconscious mind also generates your automatic responses. That is why you can tell yourself not to blush, but you still blush (much to your embarrassment.) So to make a substantial change in your behavior and automatic responses, you will need to negotiate with your subconscious mind on its own terms.

This is how hypnosis helps count-

less numbers of people to lose weight every year. Hypnosis accesses the habits, beliefs, emotions and the automatic responses retained in the subconscious mind. Hypnosis allows you to gain entry to this part of your mind so you can then communicate with it in a way the subconscious can understand. There is a specific language the subconscious mind comprehends. Emotion, experience and imagination—the language of the subconscious mind—is directed toward the desired outcome during the hypnosis session. As the subconscious accepts hypnotic suggestion, it scans its vast gallery of resources to focus them toward your desired goal. In the case of weight loss, as hypnotic suggestion takes effect, the subconscious will begin to support your decision for healthy eating by increasing your attraction to light and nutritionally dense foods; by prompting hunger and appetite satiation signals appropriately; by reducing cravings; and by making junk food less alluring.

Hypnosis instills good habits, too, like getting proper amounts of exercise and rest; increasing consumption of water; eating slowly and consciously; and becoming free of stress and self-sabotaging behaviors. And, of course, a change in your mental and physical habits stimulates change in your brain chemistry—that fascinating environmental precursor to epigenetic attachment and DNA activation. It's impor-

tant to note your thoughts, actions, perceptions and habits all have an impact on brain and body chemistry. Weight issues are complex, and there is no single component that regulates how your body gains or loses weight—including your DNA—but many of the factors that regulate weight loss can be induced while in hypnosis.

Notice that I mentioned "habits"—an essential component of successful weight loss! I cannot overstate this: *a healthy lifestyle is crucial for permanent weight loss!* Successful weight loss is not about going on diets. Although many people lose weight on diets, they are not really successful in that most people (about 95% in fact) gain it all back plus some after the diet is over! The only successful weight loss is the one you get to keep forever.

To change your body's ability to lose weight effectively, you must change your relationship with eating and exercise. Then and only then can you establish thin habits that become automatic for you. As your body and weight conform to a new set point, the same attitudes and habits that helped you to take it off will help you to keep it off for a lifetime. Your subconscious mind continues working for you, because now your core beliefs, habits and perceptions are different. Your automatic reactions are different. Your associations with food are different. Your mind no longer connects a compelling

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expectation to those old sources of unwanted behavior and, consequently, your brain's responses to them wane away. Your subconscious mind no longer incites those unhealthy desires and compulsions.

Food, exercise, medications and many other factors affecting the chemical environment of your DNA do, of course, have an impact on cell development. But do not underestimate the power of your emotions and attitudes. Perceptions, emotions and automatic responses are all registered as brain chemicals, and those chemicals have an effect on the way your DNA is expressed and on how your body performs. Stress, for example, has long been recognized as a prime suspect when addressing weight fluctuation issues.

Hypnosis works with you by persuading your subconscious mind to accept new habits, beliefs, attitudes and automatic responses. New perceptions are established as your self image, attitude and disposition shift in concurrence. These new positive perceptions are reflected in the brain through chemical emissions and, consequently, in the DNA—where molecular attachment and genetic expression adjust for a new and better version of you.

Changing your eating and exercise habits are, and always will be, an important mainstay of any healthy weight

loss program. However, it appears that science is now validating an awareness long known in spiritual circles: *that a change in your mental body prompts correspondence in your physical body.* It's worth considering that perhaps by allowing perceptual change to take place in your subconscious mind, you create a new chemical environment for your DNA. And that new environment may very well be a catalyst for the promotion of long-term weight loss.

So are you stuck with your parents' and grandparents' genetic predisposition? Like a hand-me-down dress, if you like it "as is" then keep wearing it that way. But if you want a better fit, or would prefer a slightly different design, then just a few minor alterations can get you a whole new look!

Rita Leiphart is a professional hypnotist certified by the NGH. She originally became interested in hypnosis while working as a sound therapist. She and her partner, David Wright, own District Hypnosis, a hypnotherapy studio located in downtown Washington, DC. They also co-own Life-Force Practices, an energy healing practice. For more information about hypnosis and weight loss read the articles on the District Hypnosis website: www.districthypnosis.com. See her ad on page 32.

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Facial Revival:

The Skinny on Acupuncture Cosmetology

BY HELENA AMOS, M.AC., L.AC., MD (EUR),
WITH MICHELLE ALONSO

People have been fighting the effects of aging for centuries. Cleopatra in ancient Egypt was known to take baths in milk to smooth and soften her skin. The early Greeks were said to use algae and mineral-rich seaweed for anti-aging and weight loss treatments, while the Romans would slather themselves in olive oil after a good sweat session in their famed sauna-like bathhouses. But ancient Chinese medicine could probably be considered the gold standard, developing some of the most effective methods to conquer aging, or at least postpone it for many years—Acupuncture Cosmetology and Chinese Acupressure Massage.

Acupuncture has proven itself through several thousand years to treat a wide variety of illnesses for millions of people. Even in 960-1127 BC during the Tzun Dynasty acupuncture rejuvenation was used for the empress and other high-ranking members of society. The Ancient Masters understood that using the body's flow of energy stimulated the processes necessary for

longevity and youth. The effects of acupuncture manipulate the body's energetic system, or Chi, thereby balancing and increasing energy in certain meridians, or pathways, in the body.

The process of the body aging, including the skin, is largely due to the slowing down of our cells' responses to commands from the brain and central nervous system. With age our skin starts to lack moisture and lipids; circulation and metabolic processes in the epidermis become sluggish; facial muscles are flabby; and the skin is thinning. As a result, wrinkles develop.

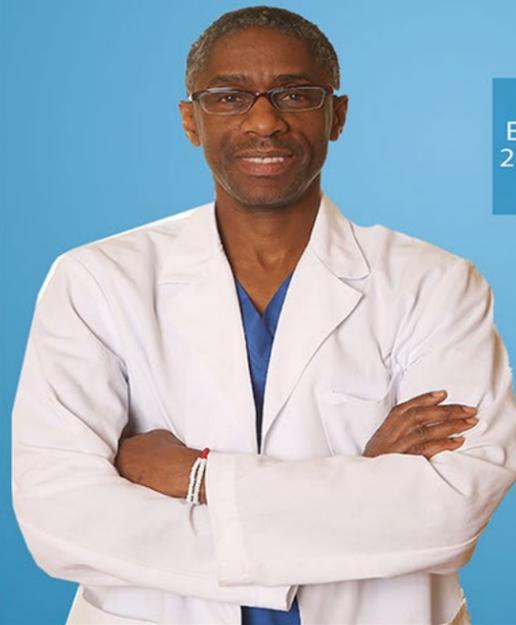
Furthermore, the physical condition is always related to the emotional one. Negative emotions and mental stressors, commonplace and unavoidable in today's hectic pace, can affect one's appearance and the health of one's skin. Sleep deprivation and the stress of meeting a baby's every demand shows in the haggardness of a new mother's face. A more striking example can be found in a before and after comparison of soldiers' faces that recently went viral on social media. The effects of prolonged exposure to combat and the stresses of living in war zones were

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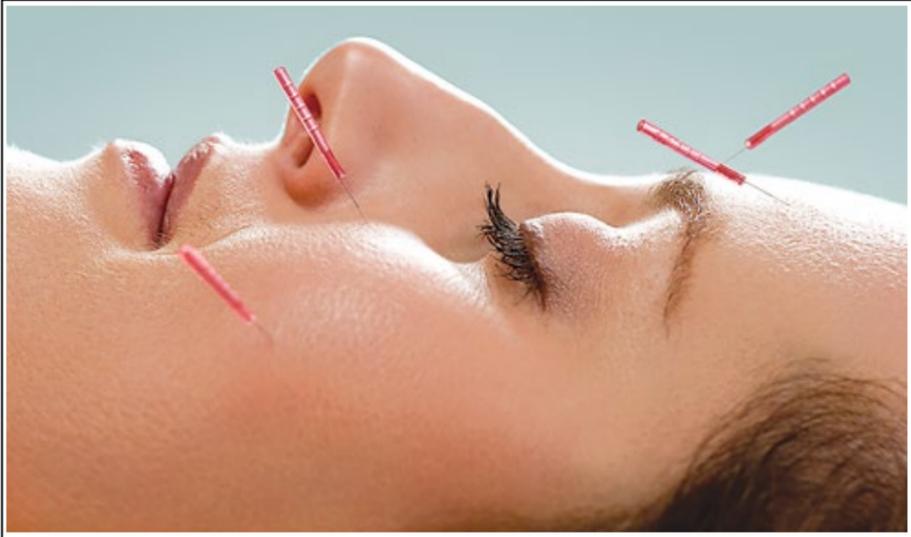


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starkly obvious in the after images of these soldiers' faces.

It's very difficult to put our best faces forward when the proverbial deck is so clearly stacked against us. The secret of Acupuncture Cosmetology is that the hidden reserves within the body are opened up naturally and energetically. This non-surgical method is based on the rules of Chinese Medicine and involves applying very tiny acupuncture needles into biologically active points in the area of the face as well as in the body along energetic meridians. Through the acupuncture

points the command for collagen production is sent to the brain. Collagen is one of the most vital and abundant proteins in the body, essential for strengthening and protecting organs, blood vessels, ligaments, and the skin. With the release of collagen, the contours of the face tighten up, wrinkles become smooth, the color of the face improves, elasticity and tone of the skin returns, and the dreaded second chin reduces or disappears.

Other potential benefits include:

continued on page 56

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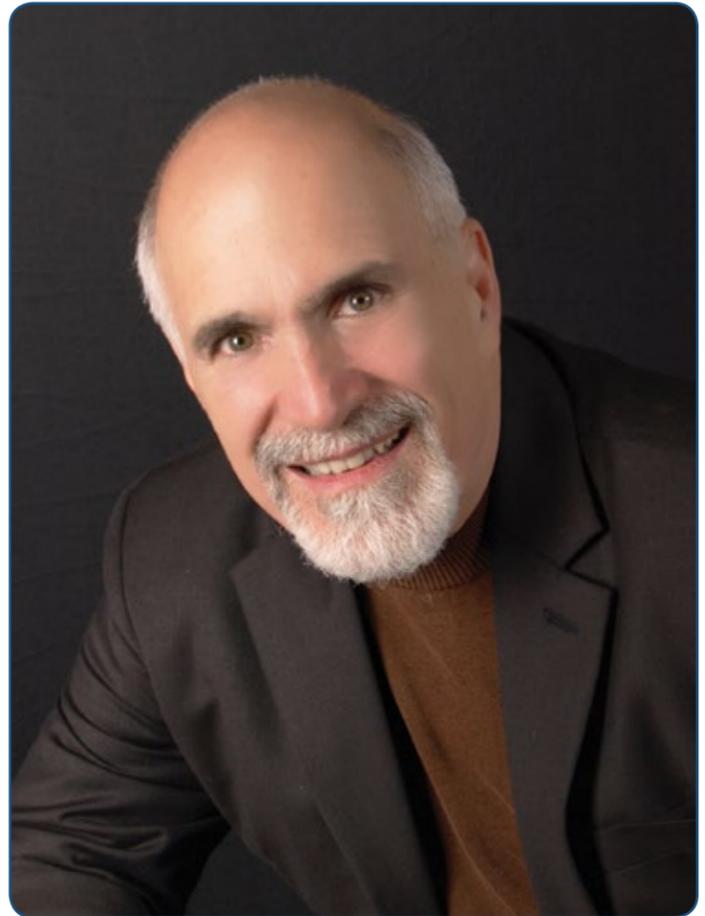
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SUM OF ITS PARTS”

—Aristotle



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Facial Revival: The Skinny on Acupuncture Cosmetology

...continued from page 55

- Help to eradicate dark eye circles
- Elimination of acne by better hormonal balance
- Elimination of swelling
- Smoothing out of crow feet, smile lines, puppeteer lines
- Reduction of emotional stress
- Restoration of the energy (Chi) circulation in the body
- Renewed sense of well being
- Improvement to overall health

As a complement to acupuncture, Chinese acupressure massage helps to get rid of stress and anxiety while restoring health and beauty. Acupressure facial massage, and also microcurrent stimulation, activates blood and lymph circulation and helps to dilate the skin's artery network. The technique also provides more nourishment to the connective tissues (muscle, tendons, skin, etc.), detoxifies, and increases the elasticity and turgor, or rigidity, of the skin. One special method of Chinese facial massage helps to tighten the skin, which eliminates signs of tiredness and lack of sleep.

Methods of traditional Chinese medicine are totally different from those of well-accustomed procedures available in beauty salons and the offices of plas-

tic surgeons. Acupuncture helps to avoid numerous side effects associated with plastic surgeries like pain, swelling, scars, long rehabilitation periods, etc. The biggest difference between Botox, microdermabrasion, plastic surgery and Chinese cosmetology is that the Chinese methods emphasize treating the Whole person. They work on both the physical and psycho-emotional levels, helping to improve self-esteem and the sense of well being.

Just as every body is unique, the specific treatment plan is custom-designed for you depending on the status of your energetic meridians, so length and variety of procedures with vary person-to-person. And as with any health-related procedure, there are associated risks, depending on an individual's age, personal health, skin sensitivities or allergies, and more. All of these potential risks should be discussed with the practitioner before undergoing any of these methods.

That being said, the effectiveness of acupuncture and acupressure massage increases significantly when used in conjunction with herbal or homeopathic therapies, as well as improved diets, regular exercise and more water. For example, tinctures and masks help



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Roger Panetta, M.B.A, M.A., Certified Coach

Founder and Principal of Nimble At Work, a management consulting & executive coaching firm. Roger is an experienced coach, trainer, business consultant, and manager. He has worked with start-ups, established organizations and large bureaucracies in the private sector, nonprofit sector and the U.S. federal government. As an executive coach and management consultant Roger helps entrepreneurs, executives, managers, and employees grow and prosper.

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hormonal status during menopausal period, offering relief from some or all of the unpleasant symptoms associated with this transition and slowing down the process of aging.

Instead of going under the knife, consider going under the needle! Acupuncture Cosmetology, acupressure pressure massage, and the other ancient methods of Chinese medicine can offer you natural alternatives to looking younger and feeling your best.

Helena Amos, M.Ac., L.Ac., is an acupuncture and natural medicine practitio-

ner since 1986, having received Masters degrees in Acupuncture in England and the US. She received specialty training in Cosmetology Acupuncture in Europe and with the best teachers in the USA, and has been doing it for nearly 15 years. Currently, she is the owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for complementary consultations. Call 301-881-2898, email her at doctorhelena@aol.com, and visit rockvilleacupuncturemd.com/ for more information. See also her ads on pages 84 and 86.

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WASHINGTON GARDENER

Support the Garden Media Before It is GONE

BY KATHY JENTZ

What happened to the “G” in HGTV? To where did all the garden stories in my local newspaper disappear? How did the garden section of my local bookstore shrink to just half a shelf?

You know your daily newspapers and local community weeklies are shrinking, but have you ever pondered *why* one section—Sports—never seems to shrink? It is not because it has the most advertising support, nor does it have the broadest appeal. What it does have is a rabid readership base. And when I say “rabid” I mean that not only do readers follow every story both online and in paper form, but they engage with that content. They post comments and go back and read what others write, then comment again. They tweet out links and pass them along on Facebook. They are voracious for any little tiny scrap of new information about their favorite teams and players. Why doesn’t gardening

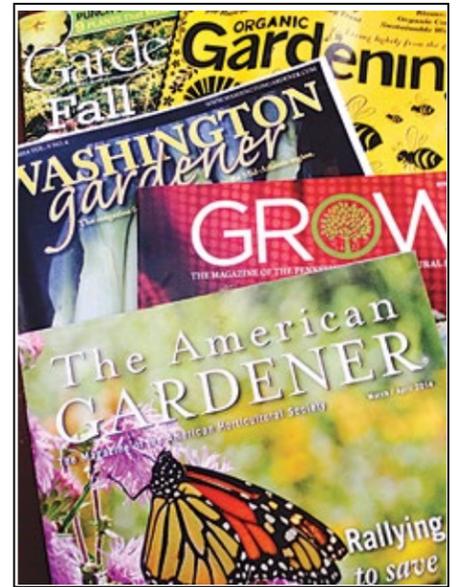


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have that same kind of enthusiastic fan base?

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WASHINGTON GARDENER

U.S. In 2013, almost 108 million Americans classified themselves as gardeners. Alas though, it is also a primarily solitary pursuit, with each in his or her own garden pattering and weeding in their own little world. Sure, some join garden clubs or volunteer at local public gardens; but the vast majority does not. They may read the garden column in their local daily and they may nod in agreement or chuckle in amusement, but rarely does it move them to action. Even the touchy subjects of deer and native plants barely get a rise out of even the most passionate home gardener.

Certainly we complain to ourselves when the daily paper cuts the home and garden section to one thin column, or when our local PBS station cancels our favorite garden show. But do we know that we are actually causing the demise of these worthy garden communication vehicles by our inaction?

What YOU Can Do

Regardless of whether you are an avid gardener or a weekend weed warrior, becoming a gardening advocate can involve as much, or as little, time as you have to devote to the cause. Here are just a few ways you can get started:

- Subscribe to both print and online gardening publications and to other publications that contain garden-related content. Give gift subscriptions to everyone you know who may have even a dot of gardening passion within them.
- Write letters to the editor letting them know you read the garden content and would like to see more of it—be specific and effusive.
- Thank the advertisers that do support garden publications and let them know you appreciate their investment by purchasing their products and services.
- When you share a garden story via email or social media, *never* copy more than the headline and the first sentence along with a link back to where it is originally published. Copying and pasting the entire story will not to

let the publishers and other decision-makers know what is being read and passed along. They need to see the number of online views of the original article to measure its reach.

- Share links to gardening stories online via Twitter, Facebook, Pinterest, etc.
- Hit “like” every time you read an online garden article or blog post.
- Comment on garden articles. Even if you read the article in print, go to the publication’s web site, blog, or Facebook page and let them know you read it. Your comment can be as simple as, “Keep up the good work.”

- Get passionate. When a neighbor at the annual block party compliments your zinnias, offer to share seeds and tell them about the latest gardening book you are reading. If a youngster within your sphere of influence shows the least interest in plants, take them under your wing. At your work place, share your garden’s bounty and tell people how they can grow their own. Don’t accept the “I don’t have a green thumb” excuse—veteran gardeners know we have all killed many plants on our way to gardening success!

- Print this article (yes, you have my permission!) in your garden club newsletters, community garden communications, public garden publications, master gardener group lists, etc.

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

The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year’s subscription is \$20.00—order by mail or online at www.WashingtonGardener.com. See the Washington Gardener ad on page 118.

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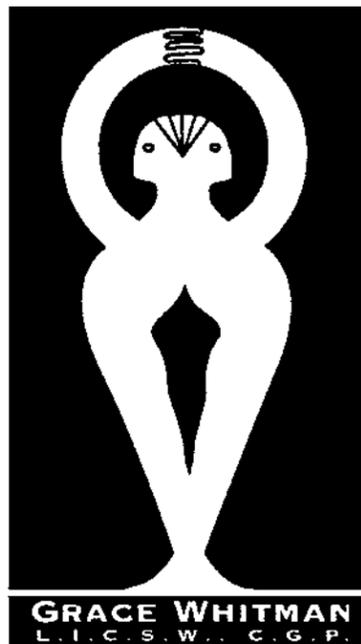
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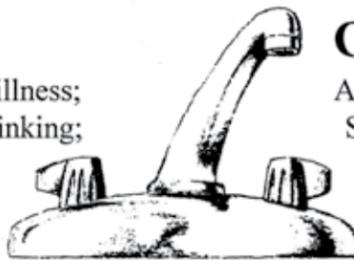


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Counter-top Reverse Osmosis:	\$399
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Shower Filters:	\$49
Whole House Systems:	call

Solutions:

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

(some bottled water quality is questionable);

Compare:

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

If you currently own a system that needs servicing
or
To order, request a demo, or questions, call:

Did You Know...

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



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NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER

Dearest Friends

Thank you! Thank you! What wondrous times we have shared. What amazing lessons, healings and feelings we have experienced together. Indeed, we are reflections, teachers, and students of each other. WE ARE ONE!

It was a soul journey working with Tracy, Medina, Debbie, Eric, Elena, Padma, Mustafa and Ron, the Network of Light volunteers, who prepared a spectacular Heart-to-Heart Holiday Celebration. A FOND memory is the experience with Medina of setting up an 11 ft foot tree in the Network of Light. I truly felt the goddess power coming through us as we hauled the tree from the car up the stairs and into the living room. Finally, we got the tree to stand up straight! Thank you, God.

For all of you who attended the Holiday Celebration, thank you for your generosity. Your food offerings were delicious and what thoughtfulness and kindness you shared in your gifts to the homeless. Thank you for all the Heart-to-Heart sharing, and thank you to Stream and the Blue Diamonds—as always your music was perfect!

In January we held our winter mobile drive to help the homeless. Once again Shanti and Madhu Sudan generously donated their tour bus from their company, Capital City Sights. Padma and Mustafa made three big

pots of delicious soup while the young folks Daniel, Jake, and John made sandwiches with the fabulous Greek hummus, which the Parthenon Restaurant donated. We appreciate Bread and Chocolate's pastry donation, and a big thank you goes to Starbucks, which gave us hot coffee and lots of goodies.

Madhu guided/drove us to grates, underpasses, parks, and a metro station entrance where homeless people live. We provided pop up services, offering warm clothes and hot food. While we may be helping the homeless, I always think we receive much more help, love and spiritual benefit than we ever give. Be sure to read the heartwarming story of one of our volunteer's experience being of service to the homeless.

Also, read on to learn about some of the future events we will enjoy this spring, including a night at the opera, a Satsang with Amma, a concert with Mahayogi, and more.

Thank you for being YOU! We are loving and appreciating YOU! May we all realize the love, light, and joy with-in and without.

Blessings, Love, and Peace to everyone everywhere.

Lakshmi Barbara Carpenter, Founder, Network of Light

Serving the Homeless: Patricia's Insight

One of our Network of Light volun-

teers, Patricia Parrott, shares her inner experience in serving the homeless. Thank you Patricia for this moving and honest story:

"There's a curiosity about the lifestyle that gets met when visiting with the homeless in D.C. Otherwise, how would we know what homelessness is, except as we imagine it? We get to experience our own goodness when we serve hot coffee, hot soup and sandwiches, or hand out a warm coat and blanket on a cold winter's night. There's pleasure in finding the perfect pair of gloves or socks to warm someone's cold hands and feet.

Occasionally we hear the sad story they tell, and we get to sympathize, like the man who shared photographs and a heartbreaking story about the loss of his two children. He shared it with Elena, who is separated from her two boys. The synchronicity was powerful and touched our hearts. Then there was the young girl in flip-flops, who said she was raped.

What I love most is observing their non-judgment—and I get to be without judgment. I see their surrender of more, different, other—and I experience acceptance. Like them, in that moment, there's nothing to hide, horde, or protect. There's just what is—a homeless woman caring about the ducks, which were roosting in the park that night. Yes, ducks.

Then there's the gratitude I get to

feel... Gratitude to all the donors—some of who submitted newly purchased items with stickers attached. There were hats and scarves, warm jackets and coats galore. I loved seeing my daughter's donations given out—and my own.

I hear many people complain about those whom they believe abuse the system—those who choose to live out of taxpayers' pockets, rather than get a job. I would love to see more compassion for those of us who are mentally, emotionally, or physically unemployable. When one of us hurts, we all hurt. We're connected."

Community of Hope – Marie Reed Health Center: Holistic Care for All, Regardless of Ability to Pay

"Going to Marie Reed Health Center feels like family."

How many times have you heard someone say that about his/her doctor's office? For Network of Light Executive Director, Barbara Carpenter, that is only the beginning of her praise for her doctor's office.

"I feel well-loved and can't say enough about all the good care. I've seen the organization transform in front of my face in terms of quality. It's so comforting and I feel loved there. The doctors will sit down and talk with you about your health. Even the receptionists greet me with care and love, like they are glad to see me."

continued on page 62

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NETWORK OF LIGHT NEWS

Community of Hope's Marie Reed Health Center has effectively improved the health and wellbeing of families in Washington, DC, for the past 35 years. They provide a holistic approach to health care, and offer a wide range of primary medical, dental care, and behavioral health services, as well as patient services focusing on supportive self-care techniques, access to insurance, care coordination and health education. Families served are primarily low-income; and a large immigrant population, including refugees, makes the center their medical home. Many clients have been served for decades. They have brought their children and now their grandchildren for care with healthcare providers that they trust and respect.

Over the past two years, over 6,500 patients have had more than their immediate health needs addressed—they've also worked with health providers to address the daily factors that threaten their health. Recently patients have been enjoying a weekly walking club, which includes a health coach, doctors and patients. The club offers one simple way to promote good health and create a meaningful connection between patients and staff. As one walker put it, "This feels like a community. I get to walk with my doctor!"

Starting in late 2015, the city is planning a modernization project for the Marie Reed Learning Center, which

houses an elementary school and many other community resources. The funds for a new health center have not been identified yet. Patients who have benefited from the Center's services are banding together to advocate that the city allocate funds to include—and double the size of—the Marie Reed Health Center.

To learn more about Community of Hope's Marie Reed Health Center, visit www.communityofhopedc.org/healthcare/marie-reed-health-center. If you are interested in becoming a patient, call 202-232-9022 for an appointment. NOTE: The Center is currently only accepting DC residents.

Dialogues of the Carmelites: A Night At The Opera, Network of Light Group Tickets Discounted

You are invited on March 10, 2015, to experience a critically acclaimed opera for a discounted price. As an NOL participant, you will have side orchestra seats for the price of \$60 per person. Please call the Network of Light at 202-363-9343 as soon as possible to purchase your ticket.

We can meet at the Network of Light on March 10th and go together for heart sharing and fun. Opera Insights start 1 hour before the performance and last 20-25 minutes. Informative and entertaining, Opera Insights take you inside the composer's mind, behind the scenes of planning a production, and

into the history and social context of the opera. The story surrounds an order of Carmelite nuns who refuse to renounce their beliefs in the wake of the French Revolution. For a complete synopsis of the opera and more information about this production, visit the Kennedy Center's website: www.kennedy-center.org.

The Colors of Tomorrow: A Symposium For Therapists, Healers and Students

We live in a time when the continual barrage of nerve-jangling news about calamities and catastrophes—natural and human-devised—often leaves us feeling overwhelmed and helpless. And of course, our profession itself is undergoing so many perturbations and changes that we may occasionally find ourselves wondering what *we'll* be doing one, two, or even five years from now. No wonder we sometimes feel the temptation to pull down the shades, turn out the lights, and not go outside again until we hear an all-clear siren. But of course, we can't do that—we're *therapists*, after all, and our clients depend on us to be brave, stalwart, and prepared to go out every day to help them face the various demons and dreadnoughts in their own lives.

Yet even therapists need a break sometimes. For ourselves, for the sake of our clients, we need something that restores our emotional equilibrium,

gives us the tools that help us meet whatever challenges humankind, nature, or managed care throw our way. We yearn for a friendly, welcoming place where we can meet and share our lives, face to face, with the only people who really understand us—other therapists.

In short, we need the Psychotherapy Networker Symposium—a four-day festival of conversation among people who really do "get" what you face from day-to-day. The Symposium, which will take place March 26-29 at the Omni Shoreham hotel, offers the biggest, best educational bonanza in the field, with a multidisciplinary lineup of eminent teachers and practitioners from a variety of fields and knowledge traditions: therapy, neuroscience, mindfulness practice, yoga, arts, theater, and music.

For more information just go to www.psychotherapynetworker.org/symposium/2015.

Welcome to Amma DC Satsang at Network of Light

Please join us for an Amma gathering at the Network of Light. We will chant the 1000 and 108 names of the divine mother, listen to talks by Amma, sing bhajans (divine music) and share food at the end.

Amma (Sri Mata Amritanandamayi), Mother of Immortal Bliss, is known by many as Amma (Mother), the "Hugging Saint". Amma was born in a poor



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Check out Misty's website for monthly astrological reflections and information on ordering her books, CDs, and DVDs.

www.EnhanceOneself.com

NETWORK OF LIGHT NEWS

coastal fishing village in Southwest India. She says her religion is Love and she dedicates her life to serving others with a pure selfless attitude. Thousands of people attend Amma's program around the world to receive her blessings and imbibe her words of wisdom as she shares her divine inspiration. Please visit www.embracingtheworld.org/ for more details of Amma charities.

Event Details:

Date: April 4, 2015, 4:30pm-8pm
Address: 6304 30th St. N.W., Washington, DC 20015
Phone: 202-363-9343

Receive Light From Sukyo Marikari At Network Of Light

In April 2015, Judy Kosovich will share her experiences of Pakistan, where she gave *Light*, as practiced in Sukyo Mahikari. Judy will share her experiences and show photos and films of Banghra, the next Zumba. Unique Pakistani food and handicrafts will also be available.

Judy may be joined by Peter Murad, the head of St. Mary's Mission High School. This interfaith school is in a Muslim neighborhood of Lahore, with mostly Muslim teachers and students. Peter has been committed to peace through education for 24

years. This is a great opportunity to hear about his struggles and successes and how he has helped other Pakistanis work for a better world.

Everyone will have the opportunity to receive the Light through Sukkyo Mahikari, an interfaith energy practice that changes your spiritual condition and requires no belief, just openness and a spirit of adventure.

Mahayogi Concert in April

The Network of Light will host Mahayogi in April. Mahayogi is the stage name of Cliff Smith, a singer, Kirtan performer and native of North Carolina. He received the spiritual name Mahayogi from a great saint he met and befriended during his travels through the U.S. in 2001.

At age 15, Mahayogi was initiated into the practice of Transcendental Meditation as taught by Maharishi Mahesh Yogi. Mahayogi has since continued his spiritual studies and work as a natural energy healer, meditation teacher, Vedic astrologer, yoga and Ayurvedic practitioner for over 35 years. His journey as a Kirtan and Bhang singer began in late 1989 during a Bandhara Day celebration at the Hanuman Temple in Taos, New Mexico.

Contact the Network of Light for the confirmed date and time of this event.

The Spiritual Tarot

...continued from page 37

many different ways of going about interpreting the Tarot. Obviously, The Spiritual Tarot proposes a spiritually centered way of using Tarot to further one's own personal and spiritual growth and development. Wilson writes: "As the name suggests, The Spiritual Tarot is a spiritual journey of self-discovery, self-knowledge, and self-mastery. This journey requires the spiritual seeker to look within themselves with honesty and courage."

Marie-Claire's style of interpretation focuses exclusively on the 22 cards of the major arcana. Interestingly enough, it's also exactly backwards from the way that I first learned how to read Tarot. I learned beginning with the minor arcana, simply because there is a tendency for Tarot beginners to place a heavier emphasis on the major arcana cards when they turn up within a spread. The problem with doing this is that day-to-day life is depicted within the minor arcana. Ideally, equal attention should be placed on both arcana for a more complete interpretation of any given situation.

Wilson makes the case that "the 22 cards in The Spiritual Tarot represent the major arcana and are archetypal or universal ideas within all of humanity. They exist within each of us. The major arcana relate to the three fundamental phases of existence: Birth, Life, and Death. Thus, the 22 cards in The Spiritual Tarot correspond to 22 major life lessons to be learned...(they) call forth the most profound and archetypal ideas that are represented in all of the world's great philosophies and exist in all cultures and all times."

While I believe The Spiritual Tarot to be a valuable tool for self-exploration

and spiritual expression, I would recommend a different route for the beginner Tarotist. Come back to this one after you've explored the entire Tarot deck and gotten to know the cards from your own personal perspective. Remember, it's your own intuition that's really at work here. Once you've done that, revisit The Spiritual Tarot to gain those additional meanings and insights for deeper readings.

One highlight for beginners, however, is that while The Spiritual Tarot goes deep, it is not at all complicated. It does an excellent job of walking you through the stages of learning to read the Tarot. It moves from the basics of beginning interpretations, to easing you into the more advanced understandings you may be itching for.

Each card interpretation is broken down into a phrase for use with the overarching interpretation, bullet points with key insights and takeaway skills to be developed, numerical insights, and finally the general, symbolic and divinatory meanings. Readers are presented with a wide range of interpretations to learn and choose from.

As with any tool used for spiritual development, the key to mastery and advancement is to turn the act into a practice. Used as part of a regular discipline, The Spiritual Tarot can certainly become a valuable addition to any serious spiritual seeker's toolbox.

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

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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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SPRING CALENDAR

JUNE

...continued from page 97

-14-
The New Age of the Holy Spirit: Session 7 – “As I Hear I Speak, As I Speak I Live.” What is the compelling power of the Holy Spirit? What does it compel one to do? 1:30-3pm, The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

-16-
6/16-21 Free Spirit Gathering. A sacred, family-friendly, clothing-optional, pan-spiritual midsummer festival held at Ramblewood, a unique rustic resort, in Darlington, MD. Celebrating 30 Years! www.freespiritgathering.org

-21-
Summer Solstice Celebration, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

-29-
6/29-7/11 Healing Tour to John of God in Brazil with Official Casa Guide Kathy South. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

UPCOMING

7/6 Life Empowerment Monthly Discussion Group, 7:30pm. Institute

for Spiritual Development NW- DC. www.isd-dc.org

7/11 Psychics Night Our – Psychic Fair, 7pm. Individual readings of insight, guidance. Palmistry-Tarot-Angel Cards & More. Institute for Spiritual Development NW- DC. www.isd-dc.org

7/18 Wellness for Body-Mind-Spirit. Institute for Spiritual Development NW- DC. www.isd-dc.org

7/19 The New Age of the Holy Spirit: Session 8 – “Miracles in Jerusalem and the Preaching and Persecution of Stephen.” What is the meaning of miracle? Is there a place for miracles in this age? 1:30-3pm, The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

8/15 John of God Movie Nights with Kathy South. FREE. 8/15 & 9/19. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

8/30 Cell and Organ Regeneration Level I – Self Healing with Kathy South, 8/30 & 10/18. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

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SPRING CALENDAR

God in Brazil with Official Casa Guide Kathy South. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

11/22 Cell and Organ Regeneration Level II – Practitioner with Kathy South. Prerequisite COR Level I. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

12/12-13 Magnified Healing 1st Phase with Kathy South. 2-day Workshop. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

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Ageless Wisdom Teachings: free weekly talks and classes on the Emergence of Maitreya and the Masters of Wisdom, the most potent form of meditation, the path of initiation, the spiritual kingdom and various aspects of esoteric philosophy. Please RSVP at: skourangis@gmail.com.

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

www.blogtalkradio.com/america-meditating.

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

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

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

Community Yoga Classes at Unity Woods Yoga Centers. Every Friday, 6-7pm (except: no class April 10) Open to all levels. \$8/cash drop-in fee in Bethesda at 4853 Cordell Avenue (Triangle Towers), 16th Floor, Suite PH7. In Arlington at 4001 N. 9th Street (Randolph Towers), Suite 105. Information at www.unitywoods.com or 301-656-8992.

continued on page 66

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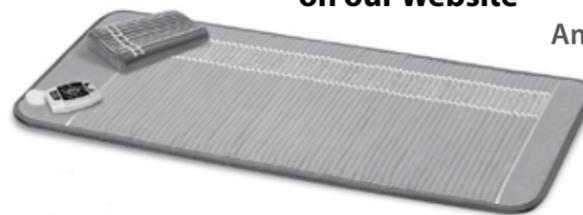
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SPRING CALENDAR

...continued from page 65

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

Family Systems Constellations Training with Francesca Mason Boring, one weekend per month, March-September. www.blueberrygardens.org

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

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

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

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

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

Ladies First Friday, first Friday of every month, 7pm-9pm. Join Rev. Dorita Dixon and the Ladies and Friends of the Institute For Sacred Evolution for an intimate evening of conversation, fun, laughter, sharing, spiritual enlightenment & healing and self discovery. Light refreshments are served. (Please dial 202-291-5282 from your cell to gain entry into building.) The Institute for Sacred Evolution, NW Washington, DC. www.iseenlightenment.org; www.facebook.com/ISEenlightenment.

Life Empowerment Monthly Discussion Group. Led by Ava Barron-Shasho, Certified Life Coach & LCSW. Institute For Sacred Evolution. NW-DC. 5419 Sherier Pl NW. DC 20016 www.isd-dc.org

Ligmincha Institute at Serenity

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

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

Messages from Spirit Group Psychic-Medium Reading Event, 3rd Tuesday of the Month, 6-7pm. Cost: \$30. 10440 Shaker Dr., Suite 103, Columbia, MD 21046; info@spiritualspectra.com; www.SpiritualSpectra.com

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

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

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

Sunday Church Service, 11am. Enrich Your Spiritual Journey. For 29 years, the Institute for Spiritual Development has been a God-centered mystical church & learning center for metaphysical living. Workshops & events for Spiritual Enrichment, Energy Healing, Psychic Development & Wellness. Institute for Spiritual Development. NW DC. 5419 Sherier Pl., NW DC 20016. www.isd-dc.org

Transmission Meditation: the most powerful meditation given to humanity for spiritual development and service to the world. Free weekly meetings. Inquire at skourangis@gmail.com or 703-786-9269.

Witness, ongoing and online at www.VictoriaPendragon.com/Witness. A visual exploration of the emotional and psychological ramifications of childhood sexual abuse and incest.

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



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Please set aside Sunday, April 12 on your calendar to share our joy at our 41st Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. This year, we are going back to the wonderful larger venue, with wide aisles, large workshop rooms, free parking and a great location at the White Flint Metro on the Red Line.

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.

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All Eco Design Center, #39

All Eco Design Center is your expert partner in affordable and sustainable flooring, kitchen and bathroom renovations. We offer the greenest, most unusual and beautiful products on the market today and provide solutions for your residential home or commercial projects. We coordinate your project from conception to completion to maximize the benefits of green re-creation, reduce cost and eliminate headaches, all while making your experience a win-win, for both you and the planet! Visit our showroom or invite us to your home for a free consultation today.
www.allecocenter.com

Angel Guidance Coaching, #69

Workshops, private sessions and home study courses designed to assist you to connect with your inner guidance/angels, live your life purpose and grow spiritually. Through our programs you'll gain tools to find your own inner answers and communicate directly with your angels.
www.CommunicateWithAngels.com

Angel Readings, Aromatherapy & AromaDome, #52

Alexandria Pederson provides support and spiritual guidance during her

readings and coaching sessions. She is also offering Aromatherapy in the new AromaDome, energy therapy and essential oils to support you on your path of evolution and life transformation.
www.AlexandriaPederson.com

Angel Sanctum – Center for Spiritual Movement, #86

Honor and Celebrate the Sacred Within. Spiritual Belly Dance. Gyrokinesis. Gyrotonic. Goddess Day Seminars. Rainbow Heart Tantra. All true seekers are welcome. For more information, contact Angel.
www.sanctumonline.com

Angel Talk Radio/TV-Telespectral, #58

Jim and Sandy Young, from their TLLC Church and Retreat Center in West Virginia, with over 10,000 professional psychic readings since 1994 and their 21st year with *Pathways* offering Personal Angelic Readings, CD/DVDs of their workshops, TV and Radio Shows. Authors of *The Evidence of Things Not Seen*.
www.angeltalktv.com

Apple a Day Onsite, #85

Apple a Day Onsite invites you to experience the soothing warmth of far infrared light emitted by the amethyst

biomat. Far infrared light has been shown to help support core body temperature, improve circulation and promote deep relaxation.
www.appleadayonsite.com

Arbonne International, #21

Arbonne makes products that are botanically based and inspired by nature. The catalog contains skincare, cosmetics, and health and wellness products for every age and all are formulated to be gluten free, vegan certified, and free of GMOs, artificial colors, flavors, and sweeteners. Pure. Safe. Beneficial.
www.arbonne.com

Arlington Metaphysical Chapel, #28

The Arlington Metaphysical Chapel is a Divine Metaphysics spiritual community that practices and teaches the spiritual truth recorded in the Holy Bible and other sacred texts. Come by to learn more about us! Psychic readings, drawings, and spiritual healing.
www.arlingtonmeta.com

Art and Drama Therapy Institute, #63

Dr. Sky's booth offers her 5-book series on SohKiDo: *Seven Pathways of Transpersonal Creativity: Writing Your Life, Imaging Your Life, Masks and Rituals, Chant and Dance, and Therapeutic Noh Theater*. House of Sky features jewelry, especially Prayer Beads.
www.sohkidobydrsky.com

Astrology Gallery, #46

Astrology gallery helps people all over the world with clarity, peace and understanding with life's obstacles, giving people closure with loved ones that have passed or reuniting lovers. Valerie's can tune in her energy through chakras and your energy. She will help guide you to happiness and opportunities.
www.astrologypsycheic.net

Aura Imaging/Photography, #131 & 132

The aura reflects the individual's state of consciousness. The color of the aura gives us information about the quality of consciousness, about emotions, thoughts, ability and vital energies of a person. It is the outer proof of the magnificence of the human spirit.

Aura-Soma Color Therapy, #10

Get a reading. Experience the transformative power and spiritual depth of a color consultation based on the Aura-Soma color soul-care system. Choose among 112 color combinations. Bring harmony, balance, energy and more presence into your life with color.
www.beingoflight.net

Azurae Windwalker Shamanic Arts, #110

Personal Soul Petroglyph Portraits reveal your soul gifts, colors, totems, symbols, and angels for empowerment and healing. A 45-min. sitting is \$75. Healing petroglyph prints and

cards strengthen your totem's help. Shaman Spiral Amulets protect your energy keeping you strong. www.TheAmethystCenter.com

Balance to Heal!, #11

Acupuncture is among the oldest healing practices in the world. As part of traditional Chinese medicine (TCM), acupuncture aims to restore and maintain health through the stimulation of specific points and meridians on the body in order to maintain a state of "BALANCE."
www.liyingacupuncture.com

Be You Spa, #9

Be You Spa has Near Infrared Light Therapy, Computer Chakra Balancing, 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

Mara Berman & Holly Range Psychic Readings, #100

Mara Berman is a psychic and Tarot card reader. She conducts meditations contacting angels, guides and higher powers through light activations. maraberman@comcast.net. // Holly Range is a psychic and Tarot card reader. She is a storyteller and conducts life lessons through story telling.

Black Star Jewelry, #49

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www.blackstarjewelry.com

Blue Lotus Treasures, LLC, #124

Blue Lotus Treasures - offering unique, beautiful handmade jewelry and inspirational gifts. We will be joined by special guest, Rev. Marcus Capone, who will be available for readings throughout the day. www.BlueLotus-Treasures.com

British Psychic Linda FitzWilliams, #60

Linda is a 3rd generation British-born Psychic clairvoyant who has counseled for over 25 years using her intuitive gifts to provide help and direction in a sincere and ethical manner. She also offers London House fashion jewelry inspired to release the spirit within. Come see Linda FitzWilliams, BritPsychic.
www.Britpsychic.com

Carlos the Medium, #14

Carlos is a naturally gifted psychic medium that is emerging in the DC area. Carlos will be the messenger between you and your loved ones in Spirit to bring you messages of love, hope, faith, and closure.
www.carlosthemedium.com

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Diana Collins – Psychic, #76

For over 35 years Diana Collins has performed Tarot & past life readings with psychic input for your questions about career, finance, relationships, life mission.

Chinese Healing Arts by TCCII, #126

Qigong, Tai Chi, Chinese medicine and meditation. Browse our selection of books, DVDs, CDs and healing products, including the all-time favorite: meridian tapper. www.tccii.com

Create Your Full Life, #57

Through talk therapy and energy psychology, Cathy Roberts, LCPC, provides counseling and mentoring services. www.CathyRoberts.net // Larry LoBianco is a shamanic practitioner who uses his intuitive connections to the rhythms and energies of Nature to help foster healing in others.

Creative Healing Trends, #109

Creative Healing Trends is offering ThetaHealing Readings and Healings. Also get an aura photograph before and after your session to see the difference. Rebecca also will interpret the aura photographs and guide you to create your future. Rebecca is an intuitive and spiritual licensed counselor, Reiki Master, Hypnotherapist, Past Life Regression Therapist, and NLP life coach. www.creativehealingtrends.com

Crystalis Treasures, #123

Come see our assortment of custom made power bracelets! Do you need love, money, health or more? We have a bracelet for you. Plus Tarot decks, smudge, crystals and jewelry. Store in Herndon, VA. www.Crystalis.com

David's Beautiful People, #20

David's is recognized as an industry leader by Intercoiffure, an international organization of top salons for its achievements in the industry. One of the larger salons in the area, David's is staffed with the most talented stylists, equipped with the latest and hottest technology and styling products and always on the cutting edge of fashion. The stylists of David's travel all over the world to bring the latest looks back to their loyal clients. www.davidsbeautifulpeople.com

The DC Dentist Dr. Terry Victor, #120

Learn the Benefits of Holistic and Biological Dentistry. Hear how this holistic, biological and eco-friendly dentist utilizes advances in medical technology to provide you with a customized experience that is less invasive, more effective and a healthier approach for your oral care. www.thedcdentist.com

Debra Diamond – Psychic Medium, #121

Debra Diamond, a natural psychic,

medium and healer, offers psychic/mediumship readings, workshops and healings. Debra provides remarkable insights in financial, family, health and spiritual issues. She has the gift to assist others in the spiritual process and works with all aspects of Spirit. www.DebraDiamondPsychic.com

Divine Heart Center, #43

Offering products and meditation CDs energized by Indian Reiki Raja Yoga Grandmaster Shailesh to improve your personal (aura), social and spatial (vastu) energy fields. Enjoy 5-minute third eye healing session to experience the healing power. Building a powerful community of healers. Welcome! www.divineheartcenter.com

doTERRA by Totally Essential, #91

Offering consulting & education in natural wellness featuring doTERRA Certified Pure Therapeutic Grade Essential Oils & wellness products. Essential oils pure enough for internal use so you can replace harmful synthetic pharmaceuticals with a natural alternative. www.totallyessential.org

ECKANKAR: Experience the Light and Sound of God, #114

Are you looking for the personal experience of God—everyday? ECKANKAR can help you fulfill your desire. Discover simple, daily, spiritual techniques to give you experience with dreams, past lives, Soul Travel, and your spiritual destiny. www.eck-md.org

Timothy Flatt Studio, #139

A special place to shop for beautiful, unusual items. Visionary paintings and prints, sacred objects from around the world, and gorgeous clothing and accessories. Ask Timothy about his innovative graphic design services to promote small businesses. www.timothyflatt.com

For Your Green Cleaning Needs, #68

Its about the customer. Every time. Maid Brigade offers green cleaning to protect our customers and employees from the health risks associated with traditional housecleaning products and methods. Our green system is safer for humans, pets and the environment. www.maidbrigade.com

Free Screening, #67

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Foundation for Spiritual Emergence, #1

Grace Miazza provides information on ghosts, past lives, the human energy field, and other areas for 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

Four Quarters Interfaith Sanctuary, #98

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

Free Stress Test, #47

Find out how your mind can cause you to have stress, poor physical health, cause you to make inaccurate decisions, cause problems with work and many other undesirable conditions as well. Come to our booth for a free Stress Test. www.Dianetics.org

Gainesville Holistic Center, #115 & 116

Dr. Stéphane (holistic physician, author, researcher, speaker) is one of 300 Craniopath doctors in the USA. He specializes in difficult cases, pediatrics, and energy therapies. The Center provides physical, emotional, energy/spiritual healing. www.drstephane.com & www.billionaireparenting.com

The Golden Lighthouse, #103

Soni Weiss, Tarot consultant and behavior modification coach, will be here to answer your questions regarding career, work, family, home, love life and spiritual issues. By combining her psychic abilities and her many years of experience in both the business, coaching and medicals field she is able to give you practical advice and answers to your questions; improve the quality of your life and relationships. www.soniweisstarot.com, www.dinocalabrese.com

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Learn about your Energy Life Maps™ and decode your whole-life blueprint.

Print your hands to accurately reveal your Soul Psychology, life lessons, gifts & authentic life purpose. Bonnie Patterino is one of a few IHA Certified Hand Print Analysts in the world! After the decoding, you will receive a detailed one-hour live whole-life phone reading and recording within a few weeks. Print today at a lower rate. The results are worth the wait! www.gpsyourpath.com

GPS Your Path, #130

Meet the authors and purchase the new book, *You Are Whole, Perfect And Complete, Just As You Are*. Sign up for their upcoming "Silent Retreat" at Vows & Wows Wellness Spa to experience guided meditation, energy field expansion, sound & light therapies and more. Bonnie Patterino, Author & Spa Owner, will be premiering effective and affordable Wellness Products. Register to win prizes and get a free bottle of light-energy structured water. www.gpsyourpath.com

Grail Foundation Press, #108

Publishing books to help each spirit on his/her path. Striving to generate awareness of *In the Light of Truth: The Grail Message* by Abdrushin, which sheds new light on life's fundamental questions and guides the earnest seeker to spiritual liberation. www.gfp.com

Habeebah's Herbals, #33

Habeebah Muhammad, Certified Reflexologist, Certified Aromatherapist & 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

Hanging Crystals to Balance Yourself, Home and Office, #4

Offering handmade hanging Crystals infused with love, joy and inspiration. A wide variety of different stones are used in the handmade hanging crystals. They are each unique and one of a kind. The meaning of each stone used in the hanging, enhances the energy that the crystals themselves give off. www.soulstalismancrystals.com

Diane L. Haworth, #19

Diane L. Haworth, Intuitive Coach and author of *How to Choose Love When You Just Want to Slap Somebody* will have her book available for sale and introduce her new spiritual coaching program, "The Empowered Spiritual Pathways." www.DianeHaworth.com

Healing Gateway, #105

Stop by Healing Gateway to talk with intuitive energy healer Sherry Dmytrewycz and learn about energy healing for YOU and your PETS, and

Enjoy Shopping From A Wonderful Selection

Sacred Flame Holograms as a tool for self-healing. Sign up to experience a clearing of dense energies with the Sacred Flame Holograms. www.healinggateway.com

Heartland Home Foods, Inc., #142

Heartland is a family owned business and we deliver all natural and organic food right to your home. Because we go from farm to table, we can affordably deliver better quality and healthier food. The food is flash frozen, vacuum packed and in individual portions. We offer beef, poultry, pork, seafood and organic vegetables along with grocery items. Our food has no growth hormones, steroids, preservatives or chemicals and delivery is free! www.heartlandfoods.com

Hidden Medicine Healing, #51

Supplier of healing crystals, chakra balancing tools, crystal grids, floracoepia oils, tumbled stones, Sweet grass, cedar, sage smudge wands and handmade spiritual tools. Crystal singing bowls and sound healing. Kileigh Susice, owner, is a licensed massage therapist and shamanic practitioner providing mind, body, spirit healing, along with her own line of Incense, oils, and blends that correlate with the Chakra energy centers. www.hiddenmedicine.org

Holistic & Energy Healing Services, #37

Carole Franques from A La Carte Wellness is a Certified Practitioner of several modalities and offers products to enhance her clients' experiences. Tuning Forks, Pendulums, Inspirational Items will be available for sale. www.alacartewellness.com // Nadine's Magique Hands - Reflexology sessions and Entura Art will be available.

Holistic Nutritionist, McLean Pharmacy, #117

The eyes are the window to your soul. But did you also know that they are the window to your health? The practice of Iridology, the study of the iris, can give us a clear picture of what is going on in nearly every part of your body based on the tissue health. Come by booth 117 and meet Steven Galloway, CNP Holistic Nutritionist, and get your eyes and health analyzed at a special expo price. <http://mcleanrx.com/>

Holistic Veterinary Healing, #107

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. <http://holisticveterinaryhealing.com>

Hypnosis Silver Spring, #76

Donald Pelles, Hypnotherapist provides hypnosis for weight reduction,

stop smoking, stress reduction, phobias, pain, pre-surgery and allergies. www.hypnosissilverspring.com

Indigo Moon, #145 & 146

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. www.facebook.com/indigomoon-clothing

Inner Circle Gifts, #26

Since 1986, our family business has been a love of crystals and gemstones. We collect from miners all over the world. In 1994 we introduced Starborn Creation to our jewelry customers. One-of-a-kind single & multi-stone sterling creations.

Inspired by Angels, #34

Readings with Gena Wilson, LCSW, a Gifted Psychic, Medium, Angel Messenger, Animal Communicator, Psycho-spiritual therapist, and Reiki Master. www.inspiredbyangels.com // Hawaiian Aumakua Cards/Palmistry Readings with Kupua (shaman) Claudette Knox, a Gifted Intuitive, Huna Instructor, and Reiki Master Teacher.

International Society for Spiritual Sciences, #83

Vastushastra is a Vedic science of energies acting coherently through home/workplace to achieve a healthy and peaceful life. Offering powerful energized products for happiness and prosperity. World-renowned Swami Manjulanand, founder-president of the 'International Society of Spiritual Sciences,' will be available for consultation. www.manjulanand.org / www.vastushastri.org

Intuitive Readings with Sandy, #32

Sandy Foley Burgess - Certified Intuitive/Empath/Medium Practitioner provides Intuitive Card Readings with different themes to choose from, Spiritual Counseling that offers guidance and compassion, plus more services. See special promotions online. www.compassionatereadings.com.

Intuitive Services, Donna Joy, #15

Donna Joy is an experienced psychic-medium, tarot reader, psychic detective and past-life specialist. Stop by her booth for free gifts. www.donna-joypsychicmedium.com

Fatima Issa, #30

Fatima Issa—Certified Angel Practitioner trained by Charles Virtue, conducting angel readings helping you hear loving messages of your divine team.

It Works!, #93

It Works! All natural body wraps tone, tighten and firm and reduce the appearance of cellulite in as little as 45 mins! In addition, we have an all-natural skin care and supplement line to complement our wraps. www.ultimatebodywraps.net

Ixchel Wellness, #118

We offer acupuncture and Chinese medicine. Our approach is holistic; we evaluate both surface symptoms and possible root causes. We help our patients achieve sustained wellness by looking beyond isolated aspects and seeing how they fit together as a whole. www.ixchelwellness.com

Jennifer Wolverton Jewelry, #88

Your one-of-a-kind jewelry will sparkle on the outside as you shine from within. Handmade jewelry in sterling silver, semiprecious stone, gems, pearl, crystal, and other media. Each piece is individually designed.

Neville Johnston & Mary Phelan - Telepathic TV, #73

Neville is offering Palmistry and Angel Messages. Mary is offering Intuitive Tarot, Past Lives and Dream Interpretation. They will also have their latest books, copper devices and oracle decks for purchase. www.telepathictv.com

Joy Of Being, #25

Have you experienced the Joy of Being? Our Healing Arts & Spiritual Retreat Center is located in Occoquan, VA. We will feature items from our Spirit Boutique (such as crystals & aromatherapy) as well as Aura Imaging with a full-color 30+-page report (AWESOME!), Angel Messages & Thai Reflexology. www.Joy-of-Being.net

Dorothy Kadosh, Psychic Astrologer, #104

Readings with Dorothy can be profound and uplifting, providing important details about angels, your loved ones and you, and past lives. Get dates for positive results in career, love and health. Go away feeling happy with something to look forward to.

Marcie Kay, #30

Marcie Kay with over 30 years psychic experience.

Knowles Apothecary, #135 & 136

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 crys-

tals, energy tools and salt lamps. www.knowlesapothecaryonline.com

Melody Krafft, Visionary Artist, #17

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

La Luna Healing Arts, #36

Intuitive Readings \$20 for 15 minutes and Holistic Energy Work samples provided all day by Nancy Andrews. Crystals, jewelry, candles and miscellaneous spiritual items for sale! www.lalunahealingarts.com

Life Transforming Hypnotherapy, #56

Joseph Mancini, Jr. - Hypnotherapy. Joe Mancini, PhD, CCHt, CRt, PLt, offers individual, couple and group hypnotherapy, and specializes in spiritual hypnotherapy (past-life regression, couples' regression, future progression, life-between-lives, counterpart selves, parallel lives) and much more! www.lifetransforminghypnotherapy.com

Lotus Wellness Center / Twig & Berry Apothecary, #61

Lotus Wellness Center offers a variety of classes/services in Reiki, massage, reflexology, yoga, meditation and a variety of other metaphysical and spiritual classes. Visit our booth and receive a coupon for your next visit with us! Also providing angel Tarot card readings and featuring products from Twig & Berry Apothecary. www.lotuswellnesscenter.net / www.twigandberryapothecary.com

Susan Lynne - Psychic, Medium, Intuitive, #12

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. susanlynne@mediumlink.com / www.mediumlink.com

Mahalo Minerals, #133 & 134

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

Mind Body Spirit Healing - Spiritual Healing, Shamanic Healing, #101

Powerful spiritual healings that remove negative energy and attachments, help you overcome the mental, emotional, and spiritual issues that block you, accelerate spiritual growth,

Of Artwork, Natural Clothing, Jewelry, Crafts & Crystals

release emotional pain and trauma and prevent or recover from physical illness.
www.mymindbodyspirit.com

The Mindfulness Center, #55

The Mindfulness Center in Bethesda, Maryland, 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

Monroe Products – The Art of Healing, #137 & 138

40 years of research resulted in over 200 Hemi-sync CDs designed to facilitate different states of consciousness, like concentration, manifestation, sleep, healing, shamanic journeys, past lives, etc. Hildegard Starmer is an outreach trainer for the Monroe Institute offering weekend workshops.
www.hildegardstarmer.com

Konstanza Morning Star, Certified Medium, #16

Konstanza Morning Star is a nationally certified medium and Spiritualist teacher. She gives readings and teaches mediumship development classes and circles in Silver Spring, MD. She is the author of the forthcoming book *You Can Be A Medium: A Step-By-Step Guide to Communicating with the Spirit World*.
www.silverspringoflight.com

Natalology, #112

Stop by to experience Natalology, a unique methodology using eight numbers of your birthday and 22 energy codes. Open new awareness to improve your health, relationships, finances and purpose! This is the GPS to your success!
http://natalology.com

National Integrated Health Associates (NIHA), #128

Integrative doctors, dentists and health practitioners blend the best of traditional medicine and alternative therapies to help the body heal. Our holistic approach looks beyond the symptoms of disease to find and treat the root cause of your health problems.
www.NIHAdc.com

NRG Concepts: Alchemical Life Coaching, #87

NRG Concepts was created to help you to live life to the fullest. Who we are is inextricably tied to the environment we move in. My intention is to provide you with a holistic source for your transformation through Alchemical Life Coaching and/or

Interior Consulting. I am able to work with you to identify your needs and partner with you on your growth and expansion.
www.NRGConcepts-4U.com

Nutrition Master Foods, #40

Meal replacements and snacks - Breakfast Tubes™, Lunch Tubes™, Dinner Tubes™, Snack Tubes™, Food Shots™, Food Shakers™, Grainy Golden Oil™, Grainy Teas™ and Nutritional Popcorn. Gluten free, vegan and raw foods with grains, beans, vegetables, fruits and exotic superfoods.
www.nutritionmasterfoods.com

NYR Organic UK's Finest!, #74

Neal's Yard Remedies (NYR Organic) is London's premiere CERTIFIED organic skin and wellness company. NYR Organic believes nature provides everything we need to enjoy greater health, beauty and wellbeing. We support many campaigns helping people, our planet, and caring for animals. Organic products for the entire family. Stop by our booth or check us out online! <https://us.nyrorganic.com/shop/randicohencoblentz>

OM Ayurvedic Skin Rejuvenation, #27

Get younger looking blemish free skin naturally with remarkable skin rejuvenation products by OM Botanical. Stop by our booth for a free demo and experience a paradigm shift with these uniquely superior products based on Ayurveda. 25% OFF SHOW SPECIAL.
www.ombotanical.com

Options For Health – Certified Organics, #127

Raw Living Vegan Certified Organic Superfoods: Probiotics, Antioxidants, Concentrated Grass Juices, Sprouted Bio-fermented Complete Protein. Botanical Food-Grade Certified Organics for Skin, Hair, Bath, Body, Oral Hygiene, Home, Mosquito Protection and More! Cold-Processed. Tested for Purity. Discounts! Health Practitioners/Affiliates Welcome.
www.FabulousOrganics.com

Past Life Journeys, #31

Mary Jo Britt will be in character as Miranda Bonifant showcasing and signing her unique book on her past life journey in diary prose, along with powerful healing crystals and Karma Clearing Kits made from ancient obsidian stone.

Positive Energy Works, #42

PositivEnergyWorks, LLC invites you to "Relearn How to Breathe," or De-stress at a Relaxation Session with breath, laughter yoga, sound healing. Then learn about quality aging products and techniques for Sage-ing Baby Boomers.
www.PositiveEnergyWorks.com

Psychic & Chakra Healing of Bethesda, #111

Psychic & Chakra Healing By God

Gifted Spiritualist. Currently In Bethesda & Germantown, Maryland.

Psychic Medium, Lisa Craft, #38

Lisa Craft is a Psychic Medium. She shares Intuitive Messages for the present, and medium-ship messages with Animal-Tarot Cards.

Psychic/Spiritual Reading/Healing & Alay'nya Maren, PhD, #18

Alice Jones offers Spiritual and Past Life Readings, connecting with your Higher Self, Source, Angels, Archangels, and Ascended Masters, investigating Soul path/ relationships, and Akashic records.
www.AlicjaJones.com

Psychic Readings, Jamila White, #95

Sold out at Fall Expo! 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! In-Person, Phone & Skype.
<http://InspiredJamila.com/>

Psy-Twins, #50

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 at one of the Expo hourly lectures.
www.Psy-twins.com

Quantum Clearing with Lyriel Claire, #94

Energy Healer Lyriel Claire detects underlying causes of imbalance and corrects them, helping the body's innate self-healing ability to take over. As a result, emotional issues become manageable or non-existent, pain and malfunction in the body often disappear quickly, and energy levels increase.
www.lyrielclaire.com

Quantum-Touch & Access Consciousness, #97

Miriam Hunter & Gina Maybury offer respite, relaxation and rejuvenation with crystals and mini energy sessions in Reiki, Quantum-Touch, and Access Consciousness. Join us and experience the relief.
www.intuitivewellness.center

Radiantly You, #62

Radiantly You pledges to use only the finest ingredients in our products. Built on the pillars of 100% natural and honest labeling, our organic and natural ingredients nourish you on a whole new level. Our entire line of cleaning, baby, health & wellness products is gluten-free, paraben & SLS free and sourced from sustainable only ingredients.
www.radiantlyyou.com/healthy-mommy

Rebuilding Health from Chronic Illness, #29

Overcome chronic illness—why wait? The key is investing the time to assess and understand each client as an individual with a unique blueprint. We are committed to helping you rebuild health through focused and individualized whole body programs.
gerda@qpwllness.com

Reconnective Healing Co-op, #149

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

Reflexology and Beyond, #15

Brigitte Wiss (clairvoyant) will rejuvenate you physically, emotionally & spiritually through her unique practice. (Certified since 2000). www.reflexologyandbeyond.com

Relay Foods, #92

Relay Foods is Metro DC's favorite online farmers market and grocery store. You'll find everything from grass-fed beef, organic eggs and dairy to delicious craft-batch foods and local specialties. We also carry all the conventional grocery items you need. Relay has convenient home delivery and/or pick up spots.
www.RelayFoods.com

Remedies From Nature, Creating Naturally, #35

Specializing in naturally created products using the finest quality ingredients. Our products include: aromatherapy and herbal remedies, salves and tinctures, bath and body care products, hand-whipped butters and lotions, moisturizing soaps, hair care products and so much more!
www.remedies-from-nature.com

Remnants of Magic, #82

Come in to the world of Remnants of Magic. Healing crystal pictures, cards, custom wire wrapped jewelry, rare crystals, energy sprays, crystal wands and much more. Find the magic you have been missing.
www.remnantsofmagic.com

Remodel USA, #119

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>

Learn From And Share With Holistic Health

Rifkin Chiropractic & Wellness Center, #102

We are comprised of concerned health care providers who offer natural therapies for relieving pain and achieving optimum health. We offer a multi-disciplinary approach tailored to your needs. Our office provides chiropractic, acupressure, massage therapy and nutritional/herbal counseling. Most insurance accepted.
www.heal-naturally.com

Rising Phoenix Holistic Center, #79

Rising Phoenix Holistic Center is the new hub for spiritual nourishment in the DMV, offering amazing workshops, healing services, spiritual coaching, and readings meant to inspire and facilitate personal expansion and well-being. We even have a metaphysical gift shop! Also Featuring Beth Carleton, offering 20-min Angel Message Sessions. www.risingphoenixhc.com

Roselle Center for Healing, #99

You don't have to suffer from pain or chronic illness anymore! Dr. Roselle and his highly trained staff are committed to bringing you outstanding health and optimal living through proven, cutting edge, integrative techniques in the disciplines of Chiropractic, Applied Kinesiology, Acupuncture and Nutrition.
www.rosellecare.com

Rose Rosetree's Energetic Literacy, #147

Empath Merges, Aura Readings, Face Readings—personal readings available from the *Pathways* columnist on Energetic Literacy. Also find autographed copies of Rose's how-to books (360,000+ copies sold). Rose Rosetree's 1,000+ media interviews include "The Diane Rehm Show," *The Washington Post*, "The View."
www.rose-rosetree.com/blog

Science of Spirituality, #70

Science of Spirituality is a global, non-profit, charitable organization dedicated towards individual and community renewal based on love, non-violence and truthfulness. We empower ourselves via meditation so we can better serve. All SOS programs are offered for free.
www.sosdc.org

See Your Spirit Guides, #64

Antoine is a Light Portal and offers a unique form of Mediumship. His face will disappear and you will be able to SEE and talk to your Spirit Guides and departed loved ones in love and light.
www.light-portal.com

Seleme Wellness, #24

Dr. Seleme's table will have her practice information, educational materials, organic bath salts, coffee scrub bars, organic millet pillows for cervical stabilization and her person-

alized 21 day/3-week body purification detox box.
www.drseleme.com

Self Empowerment Education Center, #66

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

Self-Realization Community, #53

We are a gentle blending of Diversity and Divinity, creating Unity to warm our Hearts with Unconditional Love and Community; drawing from Buddhism, Vedanta Hinduism, Judeo-Christian tradition and Tantra, honoring Sacred Feminine equally with Sacred Masculine, to embody Divine Presence individually and together.
www.lightworkertraining.com

Serenity & Joy Wellness, #75

Serenity and Joy Wellness offers a variety of services for your stress relief, upliftment and transformation. Reiki, Matrix Energetics, Aroma Touch Technique, Laughter Yoga and Kundalini Yoga will powerfully assist you in changing your life.
http://SerenityandJoyWellness.com

Sevenoaks Retreat Center, #22

Sevenoaks Retreat Center is a full service retreat center located in Madison, VA, that specializes in personal growth and personal awareness retreats. We offer full service lodging and dining and are located 1 1/2 hours from the DC Beltway.
www.sevenoaksretreat.org

Serenity & Joy Wellness, #75

Serenity and Joy Wellness offers a variety of services for your stress relief, upliftment and transformation. Reiki, Matrix Energetics, Aroma Touch Technique, Laughter Yoga and Kundalini Yoga will powerfully assist you in changing your life.
http://SerenityandJoyWellness.com

Shamanic Healing Institute, #71

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

Share International, The World Teacher is Back, #3

This is a momentous time in the history of our planet with the emergence Maitreya and the Masters of Wisdom,

the help of our Space Brothers and the current world crises. Welcome to our booth for free literature and discussion.
www.share-international.us/ne/

Smile Herb Shop, #122

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

Sole Healing, #113

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.
solehealing@comcast.net

Somatic Energy Therapies (Teaching & Wellness Organization), #125

Discover tools and techniques to create "balance & harmony" for the Human Energy System. Support and maintain wellness of your energy body: Polarity Therapy, CranioSacral Therapy, Tuning Fork Therapy, as well as astrological Cell Salts, Light Boxes, Vibrational CDs, doTerra oils, Quantum Analyzer and Chi Generators featured!
www.SETherapies.com

Soul Source – Oasis for Transformation, #80 & 81

Join us on the path to health, serenity and joy! Offerings: Past Life & Life Between Lives Regression®, Spirit Releasement, Karmic Balancing, Transpersonal Journeys, Hypnotherapy, Quantum Consciousness, Angel & Spirit Communication, Counseling & Coaching, Holistic Services, Workshops.
www.theSoulSource.net

Sources for a New Era, #96

Scientific and Spiritual Sources for a New Era. Douglas Kinney's two books: *Frontiers of Knowledge* and *Framework of Reality* highlight revolutionary discoveries about ourselves and the universe that point to subtle dimensional information being the source of our reality.
www.douglaskinney.com

Spiritual Spectra – Spiritual Tarot Consultations, Medium Readings & Energy Healing, #78

Spiritual Spectra is a spiritual and

holistic healing practice offering an array of services that increase wellness through the mind-body-spirit connection, located in Columbia, Maryland. Psychic Medium Jennifer Garcia, Founder of Spiritual Spectra, will be offering Spiritual Tarot Consultations, Medium Readings, and Energy Healing services at this booth.
http://SpiritualSpectra.com

Starchaser – Aromatics and Energy Work, #77

Handcrafted all-natural aromatherapy products for individuals and practitioners. New chakra and lunar blends. Reiki, IET and reflexology sessions. We offer classes in all our modalities and custom-design products, workshops and presentations. Owned and operated by a registered Aromatherapist, Reiki/IET Master and reflexologist.
www.Starchaser-HealingArts.com

Stress Relief Center, #13

Madhulika Jinsi is a gifted teacher, healer, and intuitive. Her ability to "see" clients' energy guides her in her work, allowing for a personalized approach that leads to faster resolution of issues. Classes, too, are custom-made, and empower students with tools for healing and spiritual development.
www.stress-reliefcenter.com

Takoma Park 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 by Thomas, #8

Professional and discreet Tarot consultations. Calling on more than a quarter of a century of experience, Thomas has read for people from all walks of life, nationalities and spiritual traditions. Available for private readings and events.
www.tarotbythomas.com

Tarot Card Reader, Sonia Subaran, #38

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

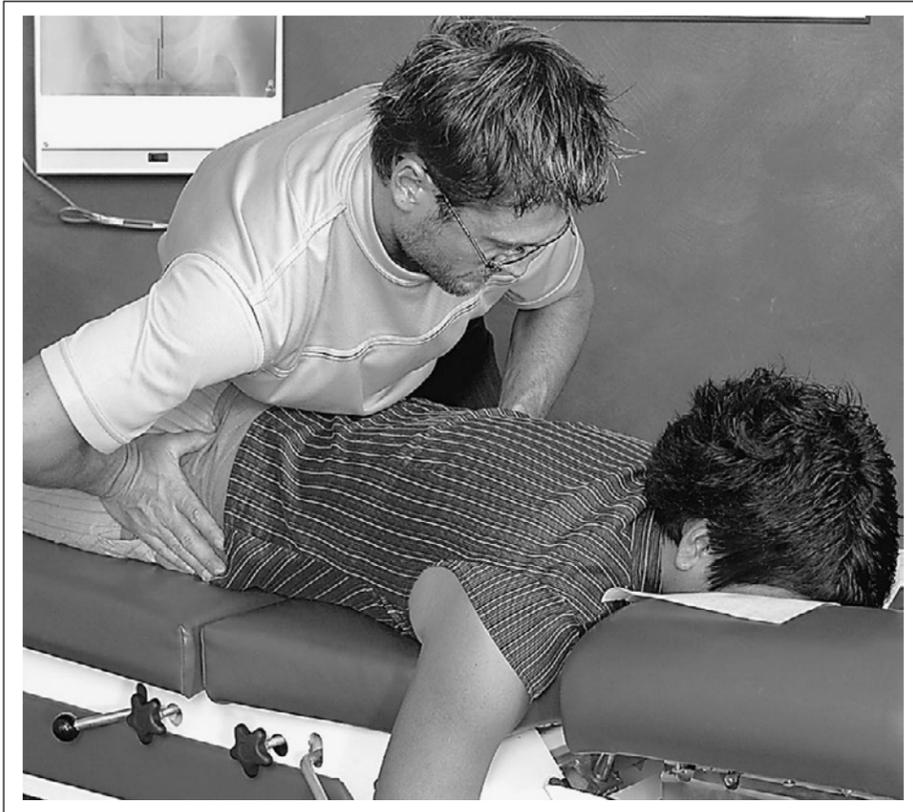
Tavicare – Delara Tavakoli, MD, #148

Delara Tavakoli, MD is a physician at Tavicare with extensive experience in Age Management and Gynecology. She provides care for both men and women in Bio-identical hormones, weight loss (HCG method), IV nutraceuticals and Low T for men.
www.tavicare.com

Terra Christa, #41

Terra Christa has been serving the Spiritual Community for over 20

Practitioners From Many Different Modalities



years. Located in Old Town Vienna, Terra Christa offers many types of crystals, jewelry, books, music, healing tools, Aromatherapy, Angels, Native American art, Tibetan Singing Bowls and much more. At our Expo booth we'll offer types of healing tools: Pendulums, Etheric Weavers, Wands and Song Pods.
www.terrachrista.com

Tim's Tarot, #72
Tarot Readings by Tim Boyd, internationally renowned Certified Tarot providing 20 minute Tarot consultations. See Bio online.
www.TimsTarot.com.

To The Point Tarot, #72
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

Urantia Book Interfaith Committee, #2
The Urantia Book is an anthology of highest concepts of Science, Philosophy, and Personal Religion. *The 5th Epochal Revelation* to our planet is a book for all faiths. For information see the book online.
www.urantiabook.org.

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....

Venae, #140
Venae is a channel & will be offering

healing message sessions and spirit board readings. Angels & saints work through her giving healing energy and personal messages. Also on offer will be jewelry, spirits boards, & pendulums.

Veterinary Holistic Care, #84
We are a holistic veterinary clinic providing excellent holistic and integrated veterinary care primarily for dogs and cats, and more recently small exotics. Our focus is on keeping your pet healthy and promoting quality of life.
www.vhcdoc.com

Visions of the Heart SLC, #44
Visions of the Heart Spiritual Life Center is an Interfaith and Interspiritual community of truth, wisdom and love, meeting in Takoma Park. We create a sacred and safe space to experience your truth, healing, growth, love and light.
www.visionsoftheheart.org

Washington Chiropractic, #59
Washington Chiropractic has been servicing the DC Metro community for 10 years. The doctors and staff will be speaking with attendees about their health issues, posture and alignment, making a special offer for participants with issues the doctor may be able to help.
www.washingtonchiropractic.com

Washington DC Teaching Center, #106
Teachings of the Ascended Masters as taught by the Messengers Mark and Elizabeth Clare Prophet: An array of books, pictures, CDs and DVDs of ascended master teachings on spirituality, personal growth & healing; published by The Summit Lighthouse®
www.washdctc.org.

Wild, New Earth Products, #54
We offer straight-talking practical solutions based on creating and maintaining vibrant health. Our nutritional programs are designed to impact your body substantially—both inside and out—using organic, natural and wild-crafted whole food based supplements.
www.teamnewearth.com/WandaAandFredB

Wisdom of the Tarot, #96
Join Elise for a powerful look at the influences surrounding you. Tarot reveals deep insights and guides you to reach your full potential.
www.wisdomofthetarot.com

Jali Wright, Psychic-Medium, #45
Psychic Medium Jali Wright's readings integrate both psychic insight with spirit communication for information-packed readings giving you answers and direction. Connecting with spirits through channeling and pictures, she inspires your Soul's Solution. Learn about her book, *Everybody Wants Great Sex, Right?*, and her upcoming audio book *The Third Conversation* with Monet Lamartina.
www.JaliWright.com

Yoga Meditation Spirituality Vegetarianism Ayurveda, #65
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, #48
Scan your body with The Zyto Compass and find what health concerns there might be. Learn what essential oils will help with the problem. Other natural products made with therapeutic essential oils will also be available. Hourly drawings for free prizes.
www.yourscentsandmore.com

Zoetic Workshops, #89 & 90
Zoetic Workshops is transforming human consciousness from the Spirit within. In our workshops 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

Helpful Hints

If you arrive early (between 10:30 am & 11am) you will find the closest parking; the least crowded exhibit halls; and the best selection of goods and services. You can take the Metro to White Flint or drive. Follow the signs down Marinelli to the Free Conference Center Parking. There is also a free parking lot at the White Flint Metro. As of our print date, it is free on Sundays. Directions are available on our website.

\$5⁰⁰ Off Admission to the Natural Living Expo

Sunday, April 12, 2015 • 10:30am–7pm

Bethesda North Marriott Hotel and Conference Center • \$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

Choose From 64 Dynamic, Creative,

Enjoy this venue with larger workshop rooms and wider aisles! You can attend as many as 8, 50-minute workshops, all included in the low cost (\$10 with coupon) of admission. The title lines include the workshop name; the presenter; and the room name. The booth number is listed at the end.

11:00 AM

Empaths, Name Your Gifts Right

Rose Rosetree
Salon A

Don't accept a marriage proposal from someone who gets your name wrong. Likewise don't accept random advice for your sensitivity, whether you're a Highly Sensitive Person (1 in 5 people) or an Empath (1 in 20 people). Either way, your lifelong sensitivity can seem like a blessing or a curse. Attend this lecture-demo and start living the blessings!
#147

Introduction to Qigong and Meditation

Dr. Yinong Chong
Salon B

Experience Qigong and Meditation based on the principles of traditional Chinese medicine. You will learn how to use Qigong exercises and guided imagery to harmonize your mind and strengthen your body.
#126

Intuitive Remote Viewing

Mary Phelan
Salon C

Mary Phelan's Intuitive Remote Viewing is an easy-to-learn adaptation of Technical and Controlled Remote Viewing. Mary will show you how to develop this ability utilizing your intuitive senses and you will amaze yourself!
#73

The Cosmic Soul Workshop

Melody Krafft
White Oak A

What if you knew that everything in your life was designed to bring you into the power of your true self, your infinite self, your fearless self? Explore how to become liberated and develop a deeper appreciation of who you are.
#17

The Significance of This Moment in the History of Our Planet

Sheida Kourangi
White Oak B

Who are the Masters of Wisdom and what is their Plan? Who are the Space Brothers and what is their Mission? How can we serve the world in need and speed up our own spiritual progress at the same time?
#3

Natalology: Discover This Ancient Methodology!

Natalia Sukhovei
Forest Glen

Come experience Natalology! A

unique methodology! Introducing it for the first time to the USA. Using 8 numbers of your birthday to enhance and enlighten your health, relationships, purpose and wealth! Simple to understand and easy to apply.
#112

5 Ways to Connect to the Energy of Divine Love

Diane L. Haworth
Glen Echo

Coach and author Diane L. Haworth gives five quick, easy ways to open you to Divine Love and stay in that flow to create a happier life.
#19

Applying the Law of Attraction Through an Akashic Record Journey and Meditation

Michele Barlock
Linden Oak

Interest in the Akashic Records has grown tremendously in recent time. This is an experiential workshop wherein you will be guided into your own Akashic Records to gain access to any information about what may be holding you back from attaining your heart's desire and allow you the opportunity to add to your "book" the necessary vibrational content to support what you are trying to attract into your life.
#41

12:00 PM

Tools for Self-Healing

Sherry Dmytrewycz
Salon A

Everyone has the ability to do self-healing. If you want to know about some tips and tools for self-healing attend this workshop.
#105

6 Simple Steps to Wellness

Dr. Robert Rifkin
Salon B

Wellness is not just in our genes. It is determined by the lifestyle choices we make everyday. Dr. Rifkin will show participants how to experience more energy, feel better, look better, lower stress, prevent disease and be more effective at work or in anything they choose to do through following just 6 lifestyle steps to wellness. Topics include: water, stress management, digestion/detoxification, diet, supplementation, and posture/exercise.
#102

Multidimensional Healing Workshop

Grace Miazza, MEd, BSEE, BS Physics
Salon C

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.
#1

Past- and Between-Lives Experience

Doug Kinney
White Oak A

Experience a past-life and the initial phases of the between-lives spiritual realm. Experienced regressionist Doug Kinney (author of *Frontiers of Knowledge*) will give you this "soul experience" of being immortal. Some may even meet their soul family.
#96

Decluttering and Organizing, Outside and Inside

Diana Collins & Donald Pelles
White Oak B

Organizer and reader, Diana Collins offers tips on transforming your home & office into a sanctuary with decluttering. Hypnotherapist Donald Pelles teaches you how to go into "The Zone" and declutter your mind and spirit.
#76

Vastu (Origin of Feng Shui): For Health, Happiness and Peace

Padmaja Mummaneni
Forest Glen

Vastu Shastra is a Vedic science of construction and architecture—the ancestor of Feng Shui. Receive in depth information about Vastu and practical suggestions for maximum well being from placing certain objects for peace, prosperity, congenial relationships and happiness. Swamiji will discuss the benefits of "Vibrational Meditation," too.
#83

Karma: What It Really Is

Joe Mancini
Glen Echo

Using Jane Robert's *Seth Material*, Joe will discuss Karma, what it is, and, more importantly, what it is not. It is neither an eye-for-an-eye cause-and-effect pattern, nor an impersonal law; it is rather a reflection of your choices.
#56

The Art of Gentle Emotional Transformation

Gary Niki
Linden Oak

Learn to use simple and effective techniques that can assist you in identifying and freeing yourself from habits that have chained you to your past. Use vocal and energetic therapies to promote the highest good for your hearts and minds.
#25

1:00 PM

Beyond The Veil

Jim & Sandy Young
Salon A

Angel Talk Radio/ TV with Jim and Sandy Young. Come see what everyone has filled the room year after year to experience! Where the audience may ask questions of the Angelics on subjects like Career, Passed Over Loved Ones, Life Obstacles, Relationships and more. Celebrating our 21st year with *Pathways* & over 10,000 professional psychic readings since 1994.
#58

Reconnective Healing® is for Everyone

Dr. Eric Pearl
Salon B

It is tangible, measurable...you can actually feel it! Join Dr. Eric Pearl as he introduces you to the science of Reconnective Healing and shows how you can return to an optimal state of health, balance, wholeness and vitality in all areas of your everyday life. Attendees will witness a live demonstration and participate in the opportunity to feel the frequencies.
#149

Mind-Body Therapies: Clinical Applications, "Meditation as Therapy"

Deborah Norris, PhD
Salon C

Meditation, Yoga and other Mind-Body therapies are becoming widely used in treating many clinical conditions. Research shows that meditation affects the brain and peripheral nervous system, immune function, metabolic and hormonal balance, cognitive function, quality of life, reduces stress and improves our quality of sleep. Learn the scientific evidence-basis for using meditation in the therapeutic setting.
#55

The Spiritual Martial Art

Dorothy Kadosh
White Oak A

Do something about negativity once and for all. Learn to raise your personal vibration and the vibration of your environment using simple techniques practiced for centuries. Reach a comfort level in your home, office and personal life never before achieved with continued education in psychic self-defense.
#104

Past Lives ~ Future Loves

Joanne Selinske, PhD, M.Msc, Cht.
White Oak B

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 better understand your relationships and the patterns that challenge and perplex, fortify and strengthen.
#80

Mind • Body • Spirit Workshops



optimal health that will last throughout your lifetime. It is possible and Dr. Tom Roselle, an integrative health expert, author, & radio talk show host will help you discover the truth in achieving this state of well being. #99

Connect with Your Angels & Live Your Life Purpose

Melissa Kitto & Richard Lassiter
Salon C

Your team of guides/angels is sending you hundreds of impressions every day. Learn to pay attention to this guidance and empower yourself to fulfill your life's purpose. Discover how to be more connected to your angels, and create a happier, abundant life. #69

Secrets of the Near Death Experience (NDE)

Debra Diamond
White Oak A

NDE After-Effects are permanent transformations that are even less well understood than the NDE itself. We'll explore specific cases including: newfound musical and artistic talent, mathematical gifts, enhanced hearing, heightened IQ, improved eyesight, spontaneous healing and electrical sensitivity. Based on the new book *Secrets of the NDE*. #121

Help For Anxiety, Depression, and Attention Deficit - Beyond Drugs

Ifeoma Ikenze, MD
White Oak B

Ifeoma Ikenze, MD, a Harvard trained holistic and homeopathic physician, will speak about the causes of common mental health disorders and ways to address them without prescription drugs. #108

Jyoti Meditation Lifts You Up

David Newcomb
Forest Glen

Learn to access inner light through a simple, natural, age-old technique that focuses your attention on the seat of your soul. Once learned, Jyoti Meditation provides lasting energy and blissful satisfaction. #70

Essential Oils 101

Colleen McCartney
Glen Echo

Want to live a greener, less toxic life? Have you heard about essential oils? From cleaning, to physical & emotional healing, to protecting your garden, learn the different ways you can use essential oils every day. #91

Ageless Grace

Randi Cohen Coblenz
Linden Oak

Ageless Grace - Timeless Mind Body Fitness. Ageless Grace is a cutting-

edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain and moves the body. Great for people with mobility issues. #74

3:00 PM

Between Two Worlds

Allyson and Adele: Psy-dentical Twins
Salon A

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. #50

Age Management Medicine

Delara Tavakoli, MD
Salon B

Age management medicine is based on sufficient medical evidence revealing that one's quality of life can be greatly improved by delaying the onset of signs and symptoms associated with aging. Both men and women experience measurable benefits when diminishing hormones are replaced, and balanced appropriately, throughout the aging years. #148

Meditation with Angels and Auras

Mara Berman
Salon C

Meet your angels and spiritual guides in this experiential meditation. Learn aura cleansing and spiritual blessings. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Mara has been a psychic for over 15 years. #100

Learn to Recall Memories of Past Lives!

Members of ECKANKAR
White Oak A

Dreams open new avenues of truth. Soul Travel lets us tap into the wisdom of our inner worlds. Past Lives, Dreams and Soul Travel prepare you for the grandest adventure of your life. #114

The Seventh Angel - Saint Germain's Alchemy

Rev. Kenneth Frazier
White Oak B

Did you know you were once an immortal being? Reclaim your immortality and the Power to Make Yourself Whole! Learn about the Aquarian Age Seventh Angel, Saint Germain, and his alchemy for healing and transforming your life. This interactive, entertaining workshop is based on the Teachings of the Ascended Masters as taught by Mark & Elizabeth Clare Prophet. #106

Zoetic Meditation - Transforming Human Consciousness

Liora B. Hill
Forest Glen

Zoetic Workshops is transforming human consciousness from the Spirit within. DYNAMICALLY CREATE YOUR LIFE. Rejuvenate & center yourself with a guided meditation and interactive dialogue. Learn about Zoetic—who we are and what we do. #89

Detoxify for Optimal Health

Zach Platt, CNP
Glen Echo

Most people today have heard the term 'detoxification.' There are detoxes for energy. Detoxes for the gut. It seems like there are detoxes for everything nowadays. But how do these detoxes work and do they actually do what they say they do? In this talk, Zach Platt, CNP, will address these questions and much more. #135

Destressing with Positive Energy

Ayo Handy Kendi
Linden Oak

Come ready to play, laugh, take a moment to breathe, relax and vibrate with sound healing as you learn about transformative practices that De-Stress and De-Age us. We especially welcome Sage-ing Baby Boomers and those who love us. #42

4:00 PM

Power of the Subconscious Mind

Kay Walkinshaw, PhD, DSc
Salon A

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. #66

Channeled Messages from the Masters: Spirit Speaks on Prosperity, Relationships & Past Lives

Rev. Jim Webb
Salon B

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. #5

Introduction to Ayurveda

Tom Wolfe
Salon C

Ayurveda, the ancient Science of Life from the Yoga tradition, provides a powerful and transformative approach to using herbs, food, and traditional Yoga techniques to improve

Aromatherapy For Personal Care - What's Good Practice

Patricia Bonnard
Forest Glen

For thousands of years, people have relied on plants for their good health and wellness. Learn about some common essential oils and carriers, and good practices, for home use. Sample and ask questions. #77

How Practical Shamanism Can Help the Sensitive Empath

Azurae Windwalker
Glen Echo

Are you an Empath? Do you pick up on the feelings of others easily? Do you sometimes hold on to the negative energy of people and places to the detriment of your health? Experience powerful shamanic techniques. Learn to clear non-beneficial energy and exercise your empathic skills. Find a cure for the challenges of being a highly sensitive empathic soul! #110

Three Meditations for Better Living

Gaurav Chikara
Linden Oak

Workshop attendees are guided through 3 powerful meditations created through inspiration from the Indian Yogis. The first meditation fights depression by opening up the heart center; the second one improves willpower; and the third one takes the seeker deeper into self-realization. Distance healing is channeled to the seekers during the meditations. Followed by a short Q&A session. Be Happy Be Healed. #43

2:00 PM

Andean Shamanism

Paul Sivert
Salon A

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. #71

Ageless Health

Dr. Tom Roselle
Salon B

Learn to create boundless energy and

All Workshops Are Included In The Price Of Admission

health and vitality. Join Tom Wolfe of Smile Herb Shop for an introduction to the amazing system of Ayurvedic Herbalism. You will learn about the Three Doshas, the Five (or Six) Elements, and how these concepts can have an immediate effect on your health and well-being!
#122

Messages from the Other Side

Jali Wright & Monet Lamartina
White Oak A
Jali Wright renowned psychic-medium and Monet Lamartina, authors of upcoming audio book "The 3rd Conversation," will share exciting EVP recordings – indisputable evidence of real communication with those "on the other side." Session attendees will hear for themselves the sometimes eerie, but mostly healing outcomes. New evidence and case findings to share!
#45

Access Consciousness Bars Intro and Taster

Gina Maybury & Miriam Hunter
White Oak B
Access Consciousness Bars gives you easy tools, techniques and philosophies for living consciously with awareness. This work, on specific points on the head, provides fast and effective release of limitations that prevent you from enjoying your life. Running bars relieves stress, reduces mind chatter and creates space for new possibilities in your life. Join us and change your life today.
#97

Innovations in Holistic Dentistry

Terry Victor, DDS
Forest Glen
Learn the newest innovations for Dental Implants, how to have a clean and healthy mouth and how your oral health can affect your overall health.
#120

Hawaiian Shamanism & Huna Healing

Kupua Claudette Knox
Glen Echo
Come experience the "Spirit of Aloha" & the "Way of the Adventurer" with Hawaiian Shaman Claudette Knox. Hawaiian Shamanism is based on the ancient esoteric wisdom of "Huna." Please join her as she demonstrates some Huna healing methods including "Dynamind Technique," "Kahi," & "Popopono'i Meditation."
#34

Spiritual Belly Dance for Beauty, Health, and Abundance

Angel
Linden Oak
Honor and celebrate the sacred within via fun and exciting belly dance, breathing, and energy healing technique. Connect more profoundly

with the beauty and wisdom of your unique soul. All are welcome.
#86

5:00 PM

Speaking With Spirit

Rev. Sally Knuckles
Salon A
We all have the ability to communicate with those in Spirit. It is a matter of exercising skills of "listening" and/or "seeing." Learn how to pay attention to Spirit's communications and how to interpret what you receive.
#28

Facial Diagnosis and Detoxification

Dr. Venus Seleme
Salon B
Dr. Seleme has been a chiropractic wellness specialist for seventeen years in Fairfax, VA. Her workshop will cover facial diagnosis and the proper way to cleanse and detoxify the body gently. She will teach the relevance to chronic illnesses, such as degenerative arthritis, Irritable Bowel Syndrome (IBS), and Lyme disease.
#24

The Chakras for Self-Healing

Salon C
Uma Alexandra Beepat
Chakras are a hot topic word in today's metaphysical community and it 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.
#61

Into the Light with Hemi-Sync

Hildegard Starmer
White Oak A
Experience a journey into the afterlife using the guidance and Hemi-sync sound developed by the Monroe Institute. Hildegard is an outreach trainer for the Institute and will answer your questions after the journey. Come early to get a seat.
#137

Who Are You? Finding the "WHOLE" U

Dr. Stéphane Provencher
White Oak B
How would people react if you exposed your true self? Does anyone know the real U? Lift your mask to allow your SOUL to be awakened. We attract people that metaphysically mirror; empower changes to regain the "WHOLE" U.
#116

Healing with Tuning Forks

Johnny Henderson, PhD, RPP, RPE & Tom Langan, RCST, BCPP, RPE
Forest Glen
The beauty of sound, feel of vibration, power of energy, healing skills

of therapeutic tuning forks. Somatic Energy Therapies will briefly explain the efficiency of chakra balance, karma and meridian stimulation, astrological blueprint support, visceral and vertebral adjustment and nervous system relaxation.
#125

Manifesting with ThetaHealing

Rebecca Norris
Glen Echo
Expand your conscious reality with ThetaHealing. This workshop will explain the principles of manifesting what you desire in your life in practical, fun, and magical ways. You will learn to access "all that is" by dropping into your heart field. Everyone will experience ThetaHealing hands-on as Rebecca guides you through your very own manifestation.
#109

Create Your Full Life

Cathy Roberts, LCPC & Larry LoBianco
Linden Oak
Join Cathy Roberts, LCPC, and Larry LoBianco in this informative and experiential workshop to amp up your energy level. Through play with sound and movement, we will contact our aliveness with the intention of increasing our personal and collective vibration.
#57

6:00 PM

Manifesting with Your Angels and Trusting Your Vibes

Susan Lynne
Salon A
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 being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included.
#12

Laughter Wellness for Health

Savitri Khalsa
Salon B
If you want to laugh MORE in your life, I invite you to experience Laughter Wellness for better health and happiness. Learn the health benefits of this easy exercise. Feel the upliftment of your whole being simply by laughing.
#75

Messages From Spirit

Jennifer Garcia
Salon C
Come hear predictions, channeled messages, wisdom and insight from Psychic Medium Jennifer Garcia. She'll provide audience members guidance on subjects such as relation-

ships, careers, life challenges, and more. She'll also share any messages from loved ones in Spirit, Spirit Guides and Angels.
#78

Mantra Meditation for Self-Realization & Health

ISKCON Spiritual Center Staff
White Oak A
What we meditate on now creates our future life. The Vedas prescribe Mantra Meditation for this age. Experience the power of the simple process of Mantra Meditation using spiritual sound and music. It's an experience you can take with you and apply every day to benefit.
#65

Is Anything Supernatural in a Post-modern World?

Rev. Carol Richardson
White Oak B
In this postmodern, scientific, secular culture of today, is it possible to define anything as being "supernatural?" If so, how would we define something as being supernatural? What, if anything, could possibly be understood as being supernatural in this postmodern context? Rev. Carol Richardson will explore these questions blending Eastern and Western science, the science of the mind, and the science of the soul.
#53

Creating Your Enriching Space

Forest Glen
Jon-Paul Rippetoe
Our energy is inextricably tied to the energy of our space—our home, our office... During this presentation, we will look at the Four C's to Creating Your Enriching Space, allowing you to create your ideal sanctuary.
#87

The Kingdom of Heaven Within the Hearts of All Mankind

The Urantia Book Fellowship Interfaith Committee
Glen Echo
An Interfaith Introduction to *The Urantia Book*, an anthology of the highest concepts of Science, Philosophy and Religion, and the 5th Epochal Revelation to our planet; with multi-media.
#2

Aura-Soma Color-care

Anka Banks
Linden Oak
Introduction into a color-based vibrational system that brings balance and well-being, and facilitates work on the lightbody and the expansion of awareness. Also includes an exercise to attune group energies, and mini-readings.
#10

NATURAL LIVING EXPO

Additional Information:

• If you arrive early (between 10:30 am & 11am) you will find the closest parking; the least crowded exhibit halls; and the best selection of goods and services. You can take the Metro to White Flint or drive. Follow the signs down Marinelli to the Free Conference Center Parking. There is also a free parking lot at the White Flint Metro. As of our print date, it is free on Sundays. Directions are available on our website.

• 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).

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neagram; Homeopathic Approaches to Health; Intuitive Development; Spiritual Development, and more.

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Style short form as adapted by renowned master of the art, Professor Cheng Man-Ch'ing. Mr. Ward is a senior student of Robert Smith, the first Western student of Professor Cheng.

Beginner through Advanced/Corrections classes are offered Wednesday evening in Silver Spring at Crossings (above Whole Foods Market); Thursday evenings at The

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

Email: info@cloudhandstaiichi.net
www.CloudHandsTaiChi.net

Classes & Learning Centers



DancingInSilence.com

Dancing In Silence, Inc., is a traditional martial arts center dedicated to the preservation & dissemination of traditional martial arts & meditative disciplines. The center offers instruction in:

Qi Gong
Taoist Longevity Exercises
Lao (Old) Yang Family Tai Chi Chuan
Immortal Wand (Tai Chi Ruler)
Tai Chi Fan
Tai Chi Sword
Hiep Tinh Mon (Vietnamese)
Evening classes (first two classes

are free) are available on Tuesdays, Wednesdays, and Thursdays at UPCOB, 4413 Tuckerman St., University Park, MD (near University of MD, College Park, MD). We also offer free Tai Chi and Qi Gong instruction on Saturday mornings. Beginners are welcome. Feel the flow of energy within as you perform Qi Gong exercises and Lao (old) Yang Family Tai Chi Chuan. You will leave feeling more vibrant, energized, and ready to face the day.

Janet Thomas is certified to teach

Lao (Old) Yang Family Style Tai Chi Chuan from Mr. Raymond Cooper. Mr. Cooper learned from Teacher Lu Hung Bin. Teacher Lu learned from Yang Shou Hou who was taught by Yang Jian Hou. Yang Jian Hou learned from his father, Yang Lu Chang, the founder of Yang Family Tai Chi Chuan.

For more information, call 301-466-5894, visit www.DancingInSilence.com, or email at info@DancingInSilence.com.

Visit us on Facebook at Dancing In Silence, Inc.



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ness, awareness, self-compassion and joy! The Studio is directed by Luann Fulbright, a professionally-certified Kripalu Yoga Instructor & Yoga Therapist with 40 years of yoga experience.

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Dream's SPRING SESSION starts Mon., Apr. 13. Join us for our special workshops & teacher trainings: The YOGA of YES! w/ Kripalu's Jurian Hughes, Feb. 27-Mar. 1; LifeForce Yoga to MANAGE YOUR MOOD w/ Amy Weintraub, Mar. 29; 500 KRIPALU YOGA TEACHER TRAINING, starting Apr. 8-16; & Divine Sleep YOGA NIDRA TEACHER TRAINING w/ Jennifer Reis, Apr. 30-May 4.

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TAICHI
GLEN ECHO PARK



An ancient Chinese exercise for health and relaxation, T'ai Chi is a series of quiet, slow movements, which cultivate the spirit and nurture the body. Glen Echo T'ai Chi offers instruction in the Yang Style Short Form as developed by Cheng Man-Ch'ing. Instructors Len and Ellen Kennedy have between them over 50 years experience in T'ai Chi and have been teaching at Glen Echo Park for 22 years. They both have studied

with and received permission to teach T'ai Chi from Robert Smith, Professor Cheng's first Western student. Additionally, they have studied with Benjamin Lo, Professor Cheng's senior student, and currently with Lenzie Williams, senior student of Mr. Lo.

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

April 12, 2015, 10 sessions for \$150 plus registration fee. Continuing beginner classes meet Saturday morning at 8:30am and Intermediates/Corrections on Sunday morning at 9:30am.

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

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



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

may also have playgroups, moms' nights out, journal clubs, preschool co-ops and other activities for members. See www.membership.holisticmoms.org for more benefits of membership.

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

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

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

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Classes & Learning Centers



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

extensions, make-up application), nutrition and wellness services (nutritional counseling, grocery store tours, kitchen evaluations), all in two convenient locations in Woodbridge, near Potomac Mills, and in Fredericksburg, near Central Park. We feature a boutique with the latest yoga gear & spa products, private showers, several state-of-the-art studios, far-infrared sauna, an organic tea & oxygen bar.

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have been used worldwide to transform lives and organizations.

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

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

Reviews:
"The retreat gave me a renewed inner peacefulness. I've felt better than I have in a long time. I would recommend this retreat to anyone, regardless of their meditation history."
CR, Accountant
"A life changing event, it helped me make connections between past events and some current behavior issues."
SA, Entrepreneur
"I have learned there are many

ways to meditate. You brought an ease to the teaching that made it interesting and fun." GK, Contractor
Limited to 6 participants. Approx. 33 hrs. of instruction. Fri. eve. 7:00–10:00pm; Sat. & Sun. 8:30am–10:00pm; Mon. 10:00am–7:00pm.
For details and an application, contact Rev. Jim Wilkins, 703-300-2742, or email j.wilkins@cox.net.



Move into a new life story at the Life Dance Loft in Fulton, MD. The Loft is a wellness/movement space that offers a variety of community classes in the Biodanza movement system for babies to seniors, as well as therapeutic individual move-

ment coaching sessions. We offer QiGong, Meditation, Reiki sessions, Life Coaching for teens and adults, EFT, Drum circles, Women's Wellness circles and much more. We offer a weekend space for wellness workshops and trainings. Conve-

niently located of Rt. 29 at exit 13, The Life Dance Loft invites you to come embrace vitality and joy in your life!
lifedanceme@gmail.com
www.lifedance.me



The Meditation Museum is a one-of-a-kind unique space to find yourself. You will view exhibits and be able to attend many workshops and events! You are invited to enhance the quality of your thoughts, your lives and the world around you!

This museum will bring you back to a knowledge of your true selves and how it impacts our world. You will love the staff, the atmosphere, quiet

room, and people who attend the various workshops. This is a national treasure of a place, where one can visit to experience peace, wisdom, power and love.

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

The Meditation Museum is located at 8236 Georgia Avenue, Silver Spring,

Maryland.
For info and workshop listings, please visit www.MeditationMuseum.org, or call 301-588-0144. Like us at: www.Facebook.com/Meditation-Museum. Tune in to the America Meditating Radio Program at www.blogtalkradio.com/americanmeditating, or on our free "Pause for Peace" app.



New Future Society is a place where your highest consciousness can be experienced and nourished. Come and visit. We offer Meditation; Yoga classes; Healing Sessions for the Chakras, Body, Mind and Spirit; monthly Spiritual Conferences; Philosophy & Psychology yogic study groups; Day of the Goddess; Yoga

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New Future Society is located at 10410 Arctic Ave., Rockville, MD. For more information and to register please call: 301-460-1417, or email: savitri@newfuturesocietycenter.com. www.newfuturesocietycenter.com. Facebook: Newfuturesociety US

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Classes & Learning Centers

Lunchtime Yin Yang Yoga Tuesdays in Silver Spring



Somatic Freedom Technique

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

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

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

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

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

Patients say: “Kevin’s touch is so gentle, but so certain. It’s like having the brain cradled gently so that you can really let go.” —MN

“He seems to be able to follow the path in which my body leads. I leave feeling stretched out, refreshed, and most importantly, headache free!” —SK

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

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



THE REIKI CENTER OF GREATER WASHINGTON

The Reiki Center of Greater Washington in Rockville, Maryland, has been serving the area since 1999 with Public Events, Sessions and Classes. We welcome all who wish to join our community of “Reiki People” who seek to add the energy of Reiki to their daily lives. Call us at 301-963-0787 or visit us at www.reikicenter.info for more info.

Crystal Classes — Classes covering the metaphysical and energy healing properties of rocks and minerals. Crystal Healing I: 8/23; Crystal Healing II: 3/7; Crystal Journeying I: 4/18.

Gendai Reiki Classes — Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles.

Healing Sessions — Offered by

appointment at our Rockville, MD, center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes — Basic: 5/1, 8/21; Intermediate: 5/3, 8/28; Advanced: 3/8, 5/4, 9/4.

Intuitive Development — Introduction: 3/15.

Karuna Reiki® — Classes for Reiki Masters to augment their skills. Master: 5/30–6/1.

Lightarian Reiki®, Rays® or AngelLinks® Sessions and attunements — By appointment at our center or via telephone.

Reiki and IET Shares and Practice Groups — Allow newcomers OR practitioners to receive and experience sessions with one another. Held monthly. Call before attending.

Reiki and IET Student Clinics —

Allow the public to receive sessions from RCGW Reiki Students. Held one weekend day and one evening per month. Call before attending.

Sekhem-Seichim-Reiki (SSR) Classes — Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Practitioner Facets I–II: 8/1–8/2; Master/Teacher Facets I–VII: 6/6–6/8.

Usui Reiki Classes — Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 3/28–3/29, 5/9–5/10, 6/13–6/14; Level II: 4/25–4/26, 6/27–6/28; Level II PLUS (a refresher for deeper learning): 6/20; Level III: 5/15–5/16 (Practitioner) and 5/17–5/19 (Teacher).



AnAlternativeWay.info

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

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

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

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

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



Shamanic Spring

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

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

Healers’ Training includes:

- vibrational healing, soul retrieval,

helping spirit & power object retrieval

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

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

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

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

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day. Mary “Tyrtle” Rooker
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Classes & Learning Centers



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

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

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

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

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

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



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Qigong and Taiji: Beginners, Intermediate, and Teacher Certification Programs with Master Nianzu Li, a classically trained practitioner of Chinese medicine. In Maryland, Li is a licensed acupuncturist and herbalist, and has taught the traditional healing exercises of China in the DC area since 1981. Peggy Li is a long-time practitioner and teacher of energy medicine, Emotional Freedom Techniques and qigong and taiji (tai chi).

The wonders of qigong and taiji come from the skill one acquires for enhancing the internal energy (qi)—the source of good health, personal development, and joy. Every sincere student can learn the simple methods that strengthen and align the body, calm the mind, and stimulate the self-

healing function. Qi exercise is good for balancing body, mind and spirit, a state you can create on a daily basis.

The winter plan takes both Peggy and Nianzu on some world journeys. We resume our teaching schedule in the earliest of Spring days (Spring by the Chinese calendar, which means early March). Nianzu will once again offer teacher-training; the 2015 program concentrates on tai chi (taiji), one of the most significant and elegant branches of the ancient qigong tree. Email us to sign up for class announcements.

You can see Li's style and many exercises on YouTube; select "qigong" and "Nianzu Li." Join him for his ongoing FREE CLASS in Sligo Creek Park in Silver Spring on Sunday

mornings. Please call or email for directions and his winter schedule.

Qi exercise changes lives, which is why these ancient practices are so beloved and still with us. Classes have been described as "a weekly oasis." Whenever and wherever you practice, the movements and moments of peace and power lift you up and help get more flow into your life.

To find out more about our classes, acupuncture and herbal care, along with sessions in Energy Freedom Techniques ("Tapping"), please call for an information packet and see our website.

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unity woods

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located in Bethesda, MD; and Arlington, VA. Please check with us about satellite classes in DC.

All Unity Woods classes are taught in the Iyengar tradition. Iyengar Yoga develops awareness through precise alignment and attention to the subtle aspects of posture, breath, mind, and spirit. Our faculty is made up primarily of Iyengar certified teachers who have trained for many years. As a

result we are able to guide beginners as well as experienced students in progressing along the path of yoga safely and effectively.

Our spring session of classes begins Monday, April 13. New students may take their first class free anytime during the session. Also contact us about special four-week Introductory Series. For details see www.unitywoods.com.

Health Services

Natural Healing



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

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

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Health Services



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

combined sharings of poetry, wisdom, meditation, music. Hosted by prominent motivational speaker and teacher, Sister Jenna, Director of the Meditation Museum in Silver Spring, MD.

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

app. Also on: Stitcher, iTunes, Aha Radio, TuneIn, and Spreker. Spread the word and Follow Us! Visit our website at www.meditationmuseum.org, follow us on Twitter @Meditmuseum, and like America Meditating and the Meditation Museum on Facebook. Email: AmericaMeditating@gmail.com.



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

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

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

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

consultation with physicians at hospitals close by.

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

Our office is conveniently located in Old Town Alexandria near King St. Metro Station. BirthCare & Women's Health 1501 King St., Alexandria, VA 22314 703-549-5070



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

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

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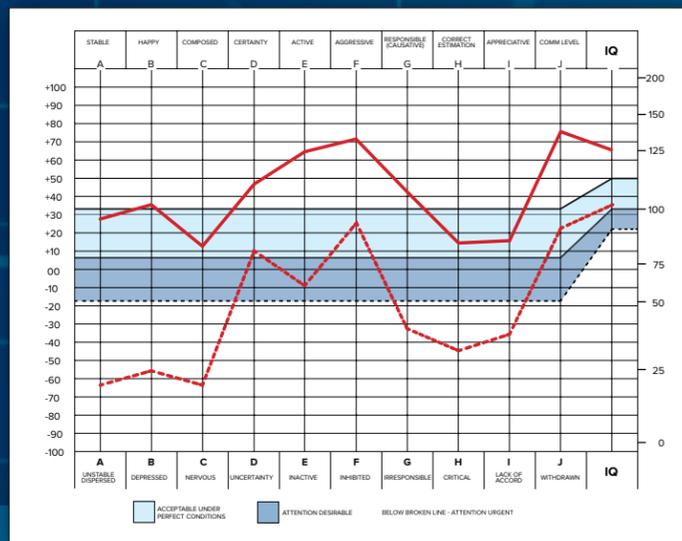
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Announcing A New Spiritual Community: Self-Realization Community

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

Please join us for a Service of Celebration

MEETINGS

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

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

2nd & 4th Sundays at 10:00–11:30 a.m.
New DC location coming soon!

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

We honor seven Ascended Masters as Guides and Co-Founders
of this community: Mother Mary, Paramahansa Yogananda,
Lord Buddha, High Priest Melchizedek, Jesus Christ, Mary
Magdalene, and Lady Quan Yin.

OUR PREMISES

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

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

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

From the ancient tradition of Tantra: the Sacred Feminine
exists equal to and in harmony with the Sacred Masculine, and
Sacredness is present everywhere.

For more information, please go to:

www.selfrealizationcommunity.org

or call "Nonnie," Rev. Carol Richardson, M.Div., M.P.H.
at 301-909-8320

or email her at: carol.dodson.richardson@gmail.com

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

SPRING CALENDAR

MARCH

-1-

About Brazilian Healer John of God,
1pm. Free. Institute for Spiritual De-
velopment NW- DC. www.isd-dc.org

**Cell and Organ Regeneration Level
I – Self Healing with Kathy South.** For
more information go to www.kathysouth.com. Email [kathysouthhealing@
gmail.com](mailto:kathysouthhealing@gmail.com) or call 703-924-3768.

**Spring Basics: Respectful, Chemical-
free Beekeeping.** This is a 3-pt. series
with 2 lecture sessions 3/1 & 3/18
from 10am-1pm at Joe's Movement
Emporium in Mount Rainier, MD, and
on 3/28 at 10am-1pm will be on-site
at Azure B LLC in the apiary. [http://
fncy.it/1EUxPWi](http://fncy.it/1EUxPWi); ([ancestralknowl-
edge.org](http://ancestralknowledge.org))

-2-

**Life Empowerment-Monthly Dis-
cussion Group.** 7:30pm. Institute
for Spiritual Development NW- DC.
www.isd-dc.org

-3-

Psychic Development for Beginners,
7:40pm. Continues 3/10, 3/17 & 3/24.
Institute for Spiritual Development
NW- DC. www.isd-dc.org

3/3-24 **Move and Improve, 4-week
yoga course with Amy Van Mui** at
Unity Woods Yoga Center in Bethesda,

4853 Cordell Avenue (Triangle Tow-
ers), 16th Floor, Suite PH7. 12:30-
1:30pm

Open to All. \$72/ course or \$20/
single class drop-in. A one-hour
midday yoga practice to help you
strengthen, stretch and improve
overall well-being.

-7-

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

-9-

3/9-21 **Healing Tour to John of God
in Brazil with Official Casa Guide
Kathy South.** For more information
go to www.kathysouth.com. Email
kathysouthhealing@gmail.com or call
703-924-3768.

-11-

3/11-4/1 **Introductory Yoga Se-
ries, 4-week course with Juliana
Fair** at Unity Woods Yoga Center in
Arlington, 4001 N. 9th Street (Ran-
dolph Towers), Suite 105. 5:30-6:30pm.
Open to All. \$68/ course or \$20/ single
class drop-in. An introduction to the
fundamentals of Iyengar yoga.

-13-

3/13-15 **Journal to Self** workshop.
www.annebarney.com



F R E D E R I C K

Mind-Body-Spirit Festival

Sunday, April 19th 11am-6pm

Admission \$5

Frederick Fairgrounds

797 East Patrick Street, Frederick, Maryland

www.illuminatefrederick.com

SPRING CALENDAR

3/13-15 **Yoga Wisdom & Kabbalah** – Interweaving Two Mystical Paths to Experience the Divine, with Prahaladan Mandelkorn and Ariel Lippman. Meditations, chanting, sacred texts, stories, energy practices. Weekend retreat, \$225 plus optional lodging; <http://sanctuaryretreat-center.com>. Contact Gilah for more information: gilah@am-kolel.org or 301-349-2799.

-14-

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

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

Spring Basics: Respectful, Chemical-free Beekeeping. This is a 3-pt. series with 2 lecture sessions 3/14 & 21 from 10am-1pm at Quality Printers, LLC in White Plains, Maryland; and on 3/28 at 10am-1pm will be on-site at Azure B LLC in the apiary. <http://fncy.it/1tGednI>; (eventbrite.com)

3/14-16 **George Washington's Bath-tub Celebration**. For more information

visit www.berkeleysprings.com or call 800-447-8797.

-15-

The Carderock Club, 9am-5:30pm. 8200 Hamilton Spring Ct., Bethesda, MD 20817. Learn how body awareness, mindfulness, connection and self-expression can be an incredible path to healing, creativity and joy. Information and registration: www.bodyworksp-tonline.com/classes-workshops/soul-speaks/

The New Age of the Holy Spirit: Session 4 – "Healing by the Spirit in the Church" What is the key to the technique of healing? What is the price we are willing to pay for healing in the Church? 1:30-3pm, The Washington DC Teaching Center, 6 Grant Avenue, Takoma Park, MD 20912. 301-270-3312. www.washdctc.org

-16-

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

-17-

Messages from Spirit Group Psychic-Medium Reading Event, 6-7pm. Cost: \$30. 10440 Shaker Dr., Suite 103, Columbia, MD 21046. info@SpiritualSpectra.com; www.SpiritualSpectra.com

-20-

Spring Equinox Celebration-Light Triumphs Over Darkness, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

3/20-28 **DC Environmental Film Festival**. Film screenings, panel discussions, and more taking place at various venues in & around the DC metro area. Full schedule found at www.dcenvironmentalfilmfest.org.

-21-

Improve Your Balance with Yoga for Core Strength, workshop with Amy Van Mui at Unity Woods Yoga Center in Bethesda, 4853 Cordell Avenue (Triangle Towers), 16th Floor, Suite PH7. 1-3pm. Open to All. \$30. Learn how your core can inform your balance, in yoga practice and in life.

-22-

A Mythic Female Journey: Demeter, Persephone and You, with Story Teller Laura Simms and Transformational Healer Liz Goll Lerner, 1-4pm. Join us for a rich afternoon of storytelling and creative play as we explore a woman's

heroic journey, and the joy, beauty and obstacles of being mothers, sisters and daughters. 202-827-3448; www.yourinspiredchoices.com

-27-

Systems Constellation Facilitator Training: 6-month training one week-end/month, March-Sept. 2015 with Francesca Mason Boring. Training dates: Mar. 27-29; Apr. 17-19; May 22-24; June 26-28; July 24-26; Aug. 21-23; Sept. 18-20. www.blueberrygardens.org

A NEW DAY benefit concert, featuring inspirational works with renowned vocal artists from Metropolitan DC: Judy Richer, Caroline Sonnen, and Benjamin Greenfield. Sponsored by Rays of Healing Church, www.rays-of-healingchurch.org. 7-9:30pm, Auditorium, Unity of Fairfax, 2854 Hunter Mill Rd., Oakton, VA. 22124. Visit: www.unityoffairfax.org/content/rays-healing-concert-private-event-sand; contact: Mo Obis at itsmo222@gmail.com; or call 703-876-0664.

continued on page 94

Springtime at Four Quarters - Celebration on the Land

BELTAINE

MAY 1-3

Come and see the Land in its springtime splendor, bedecked with wildflowers and budding trees as we celebrate our homecoming!

Greet friends you haven't seen all winter, share in the magic of the First Fire, dance the maypole, share in a Beltaine feast and receive the blessings of the new Spring among the Standing Stones.



FIRES RISING

JUNE 3-7

For three nights, we step outside of our usual activities and into a conscious process, immersed in the complex metaphors, symbols and archetypes of Alchemical Fire Circle.

Just as we are, around a sacred fire, we turn our energies into rhythm, song, dance and story; we speak our truths, listen, and give of ourselves for the good of all.



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Registration deadline is March 31st.
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www.freespiritgathering.org

Meditate • Dance • Celebrate • Create Community

f Free-Spirit-Gathering

@FrSprtAlliance

t free-spirit-alliance

SPRING CALENDAR

MARCH

...continued from page 93

-28-

Basic Integrated Energy Therapy (IET) - energy work modality especially suited for gently releasing past trauma and mental and emotional patterns that no longer serve you. Bethesda (Tenleytown, Friendship Heights) 10am-6:pm. Free parking. Metro pick up available. For more info and to register see upcoming schedule at www.Starchaser-HealingArts.com or call 301-660-7229.

3/28-29 Krishna Das Concert & Workshop. Concert on 3/28 at the Theatre for the Arts at the University of DC, 7:30pm. 3/29 afternoon workshop at the Spectrum Theatre at Artisphere in Rosslyn, VA, including chanting, stories, readings from spiritual traditions, teachings, and discussions about life and the spiritual path. More information & buy tickets at www.BuddhaFest.org.

Spiritual Sensing & Psychic Development Workshop. Jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. With Certified Medium Konstanza Morning Star. www.silverspringflight.com

Spring Basics: Respectful, Chemical-free Beekeeping, 10am-1pm. On-site at Azure B LLC location in Marbury, MD. Register at: <http://fncy.it/1tG6WEj>; (eventbrite.com)

-29-

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

Spring Basics: Respectful, Chemical-free Beekeeping, 10:30am-1:30pm. Hands-on session when the Bees arrive at Greenstreet Gardens, Lothian, MD. Register at: <http://fncy.it/1tG7Z7r>; (eventbrite.com)

Sunday Services of the Roses - A Metaphysical Palm Sunday, 11am. Institute for Spiritual Development NW- DC. www.isd-dc.org

APRIL

-1-

Meditation and Mindfulness for Massage Therapists with Tracey Moon. www.blueberrygardens.org

-2-

The Commonality of Religions, 7:30pm. Continues 4/9, 4/16, 4/23 & 4/30. Institute for Spiritual Development NW- DC. www.isd-dc.org

-3-

Breathwork with Tracey Moon. www.blueberrygardens.org

Service of The Shadows. 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

-4-

Senior Connection Volunteer Open House, 9:30-11am. Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Come learn about flexible volunteering opportunities including driving seniors to medical appointments and helping with grocery shopping. For more information, contact Mary Murphy at 301-942-1049 or mary.murphy@seniorconnectionmc.org.

Transition Talks: Rosemary Ellen Guiley, "Dreamwork for Visionary Living", 2-5pm, Icehouse Theatre Room. More info: www.transition-talks.org.

-5-

Advanced Integrated Energy Therapy (IET) - energy work modality especially suited for gently releasing past trauma and mental and emotional patterns that no longer serve you. Builds on intermediate builds on basic and introduces techniques for visioning and progressing on one's personal or

<p>Sandy Young Teacher, Author, Angelic Channel, Minister, Spiritual Healer</p> <ul style="list-style-type: none"> ✓ Professional Psychic, Since 1994 Over 10,000 Readings ✓ Clairaudient & Clairvoyant ✓ Cambridge Who's Who ✓ Host of Angel Talk Radio/TV Broadcast 5 states 2003/04 ✓ Sound Health Teacher ✓ Seichim Master Since 1990 ✓ Reiki Master, Karuna Reiki Master-Teacher ✓ ABI Medical Science Award 	<p>Telespectral • Angel Talk TV</p>	<p>Jim Young Teacher, Author, Minister, Psychic Intuitive, Archeo-Mythologist</p> <ul style="list-style-type: none"> ✓ Speaker 2012 Conference ✓ Host Angel Talk Radio 2003 ✓ 2004 Broadcast in 5 states. ✓ Host of Angel Talk TV ✓ Spons. Clean Water Project West Africa in 2000 - 2001. ✓ Seichim Master, Reiki Master Karuna Reiki Master ✓ Author of Time Spans Mag. ✓ Child Evangelist at Age 12 ✓ Author of "Evidence of Things Not Seen"
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<p>Listen to Jim & Sandy on Angel Talk Radio now available at www.Blogtalkradio.com/Angel-Talk-Radio-Live</p>		

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

2015 Spring Events

St. Patrick's Day Dance
March 14

Spring Break
April 11

Avalon Anniversary Memorial Day Weekend

SPRING CALENDAR

spiritual path. Bethesda (near Friendship Heights) 9:30am-6:30pm. Free parking. Metro pick up available. For more info and to register see upcoming schedule at www.Starchaser-HealingArts.com or call 301-660-7229.

Easter Sunday Celebration, 11am. Metaphysical renewal of Spirit. Children's Egg Hunt. Institute for Spiritual Development NW- DC. www.isd-dc.org

-6-

Life Empowerment Monthly Discussion Group, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

-8-

4/8-16 **Yoga Teachers! Don't miss this unique opportunity** to advance your personal practice and yoga teaching skills in the only 500-Level Kripalu Yoga Teacher Training taught locally in the nation! Kripalu is the largest, most established Center for Yoga & Health in North America, and its training is well-known for taking practitioners into deeper levels of personal transformation. The 4-Module training starts in April at Dream Yoga Studio with Guiding Kripalu Meditation & Asana: Exploring the World Within with esteemed Kripalu Teacher Trainers Jonathan (Sudhir) Foust & Michele Dalbec. Learn how to integrate practice of postures and meditation to cultivate deep inner stillness and profound aliveness in yourself and students. At Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. More info at www.DreamYogaStudio.com or call 703-448-YOGA (9642). Find out more at http://kripalu.org/study_with_us/1562, or email Luan@DreamYogaStudio.com.

-11-

Message Circle- Connection With Your Spirit Guides, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

Senior Connection New Volunteer Training, 10am-noon, Jewish Council on the Aging, 12320 Parklawn Drive, Rockville. Available service opportunities include driving seniors to medical appointments and assisting with grocery shopping. For more information, contact Mary Murphy at 301-942-1049 or mary.murphy@seniorconnectionmc.org.

"The Spiritual Wisdom of Dreams", 11-12:30pm. Please join us for a lively discussion about the invaluable help that dreams can give us in daily life. Eckankar of Northern Virginia: 703-916-0515

-12-

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

-18-

John of God Movie Nights with Kathy South. FREE. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

Senior Connection New Volunteer Training, 7-8:30pm, Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Available service opportunities include driving seniors to medical appointments and assisting with grocery shopping. For more information, contact Mary Murphy at 301-942-1049 or mary.murphy@seniorconnectionmc.org.

-19-

Illuminate Frederick Mind-Body-Spirit Festival, 11am-6pm, Frederick Fairgrounds. Admission \$5, low-cost services, free workshops. Call 575-519-5883 or go to www.illuminatefrederick.com.

"Springtime Seminar Presentation," 2-3:30pm. Hear timeless words of love from modern prophet Harold Klemp via a streaming video presentation. Repeat showing on April 26. Eckankar of Northern Virginia: 703-916-0515.

The New Age of the Holy Spirit: Session 5 - "The Fulfillment of the Covenants of the Law of Christ." What is meant by the fulfillment of the Law? What is the covenant, the promise, of God? 1:30-3pm, The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912; 301-270-3312.

-20-

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

-24-

4/24-26 **Purebioenergy, the powerhouse of energy healing**, comes to Alexandria. Level 1 Training and public healing event. For info, videos and results: www.purebioenergy.com.

-25-

Spa & Spirit Day. Wellness for Body-Mind-Spirit, Institute for Spiritual Development NW- DC. www.isd-dc.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



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Email learnyourmantra@gmail.com

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

CHOPRA CENTER
CERTIFIED INSTRUCTOR

continued on page 96



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Growing Medicinal Mushrooms	March 29th
Wild Food Forage	April 25th
Herbal Immersion Week Retreat	June 20 -26
Herbal Immersion Weekend Retreat	July 17 -19
Native Plant Workshop	August 7-9

www.GreenComfortHerbSchool.com

SPRING CALENDAR

APRIL 25

...continued from page 95

4/25-26 **Empath Empowerment® Workshop with Rose Rosetree.** Learn about your Empath gifts with a method that really works to stop suffering. Awaken a stronger sense of yourself... for life. www.rose-rosetree.com; 703-450-9514.

-26-

Cell and Organ Regeneration Level II – Practitioner with Kathy South. Prerequisite COR Level I. For more information go to www.kathysouth.com. Email kathysouthhealing@gmail.com or call 703-924-3768.

-29-

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

-30-

4/30-5/3 **Purebioenergy, the powerhouse of energy healing,** comes to Alexandria. Level 2 Training and public healing event. For info, videos and results: www.purebioenergy.com.

MAY

-1-

Past Life Group Regression Series w/ Joanne Selinske, PhD, Cht, at Soul Source, first in series, Friday, 7-10pm, \$40. Register at www.theSoulSource.net, JoanneSelinske@theSoulSource.net or 410-371-7950.

-2-

Wellness for Body-Mind-Spirit, Institute for Spiritual Development NW-DC. www.isd-dc.org

Yoga with Kelly Fisher. www.blueberrygardens.org

-3-

The Four Agreements of author Don Miguel Ruiz, 1pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

-4-

Life Empowerment Monthly Discussion Group, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

-5-

Journey of the Essense's, 7:40pm. Continues 5/12 & 5/19. Institute for Spiritual Development NW- DC. www.isd-dc.org

-8-

Gregg Braden, Joe Dispenza, topic TBA, 10am-6pm and 6-10pm, Connie



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SPRING CALENDAR

Perry Auditorium, Berkeley Springs High School. More info: www.transitiontalks.org.

5/8-11 **Zero Balancing with Fritz Smith.** www.blueberrygardens.org

-9-

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

-10-

Mother's Day Celebrations. Our 29th Anniversary, Institute for Spiritual Development NW- DC. www.isd-dc.org

-16-

New Beginnings After The Relationship Ends, 11am-2pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

One Heart Spring Fling Gathering at The Akasha Retreat Ctr., 6656 Mountain, Light Place, Crozet, VA 22932. 12:30 arrival, bring own lunch, bring Potluck dish. Our opening Circle Introductions at 2pm (Feel free to bring friends), with vendors most of the day. Spring Ceremony at 4pm; Evening Potluck at 6pm. Beautiful Blue Ridge Mtn. setting, lodge, vendors, drumming and music (bring instruments), camp and lodge fire, family friendly. <http://akasha-va.org/>

Watercolor and movement with Bonnie Lundy and Carol Cober. www.blueberrygardens.org

-17-

Poplar Spring Animal Sanctuary's 12th Annual 5K "Run for the Animals!" and 1 Mile Fun Walk. Help support the Poolesville sanctuary, home to more than 200 rescued farmed animals, and be part of the area's greenest benefit race! For more information on Poplar Spring visit www.animalsanctuary.org. To register for the race/walk go to: www.poplarspring.kintera.org.

-18-

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

-22-

5/22- 25 **Phoenix Rising Retreat, Past Life Regression & Renewal.** Sheperdstown, WV. Info-Brochure: Institute for Spiritual Development, NW- DC. www.isd-dc.org

-24-

The New Age of the Holy Spirit: Session 6 - "The Name Whereby We Must Be Saved." What is the key to the understanding of the name

whereby we are saved? What is the value of music in meditation? 1:30-3pm, The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912; 301-270-3312. www.wash-dctc.org-30-
5/30-31 **Magnified Healing 1st Phase with Kathy South, 2-day Workshop.** For more information go to www.kathysouth.com. Email kathysouth-healing@gmail.com or call 703-924-3768.

JUNE

-1-

Life Empowerment Monthly Discussion Group, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

-6-

Wellness for Body-Mind-Spirit, Institute for Spiritual Development NW- DC. www.isd-dc.org

-13-

Message Circle-Connecting With Your Spirit Guides, 7:30pm. Institute for Spiritual Development NW- DC. www.isd-dc.org

continued back on page 64



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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

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

COLLEGE PARK, MD



MOM's of College Park
9827 Rhode Island Ave., 20740
301-220-1100
www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

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ANNAPOLIS, MD



Whole Foods Market, Annapolis
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410-573-1800

www.wholefoodsmarket.com/stores/annapolis
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8am-9pm Sunday

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BOWIE, MD



MOM's of Bowie
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www.smileherb.biz

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Sat: 10am-6pm, Sun: 12pm-5pm
Smile offers natural foods, bulk herbs and spices; gourmet foods and beverages (water processed decaffeinated coffees and teas); natural body-care products, vitamins and supplements; books, cards and gifts.



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COLUMBIA, MD



David's Natural Markets
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410-730-2304

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

GAITHERSBURG, MD



Whole Foods Market, Kentlands
316 Kentlands Blvd., 20878
301-258-9500

www.wholefoodsmarket.com/stores/kentlands
8:00 am- 9:00 pm 7 days a week
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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 39th year of serving the DC metropolitan area.

BETHESDA, MD



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301-530-0800

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443-535-9321
www.rootsmkt.com

Mon-Sat: 9am-8pm, Sun: 10am-7pm
Local and independently owned market specializing in natural, organic and gourmet foods and products.



MOM's of Columbia East
7351 Assateague Dr. #190, 20794
Columbia East Shopping Center
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HYATTSVILLE, MD



Market

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301-779-1205

www.yesorganicmarket.com

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ROCKVILLE, MD

DAWSON'S MARKET

ROCKVILLE

Dawson's Market, Rockville

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

www.dawsonsmarket.com

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SILVER SPRING, MD

WHOLE FOODS MARKET

Whole Foods Market, Silver Spring

833 Wayne Ave., 20910
301-608-9373

www.wholefoodsmarket.com/stores/silverspring
8am-10pm, 7 days a week

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SEVERNA PARK, MD



ORGANIC MARKET

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485 Richie Hwy North, 21146
410-544-9515

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DC NATURAL FOOD STORES



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Washington, DC 20011
Mon. - Sat.: 11am-8pm
202-723-5566

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OLNEY, MD



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Roots Market, Olney

16800 Georgia Ave., 20832
301-774-1344

www.rootsmkt.com

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

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SILVER SPRING, MD

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202-832-7715

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DC NATURAL FOODS, CONT'D



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DC NATURAL FOODS



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FALLS CHURCH, VA



Nourish Market by Kennedy's, Falls Church
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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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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



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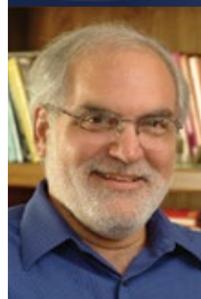
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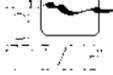
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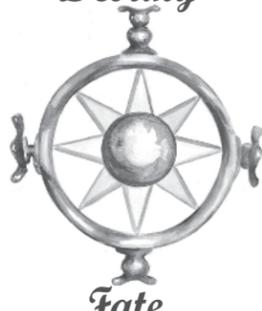


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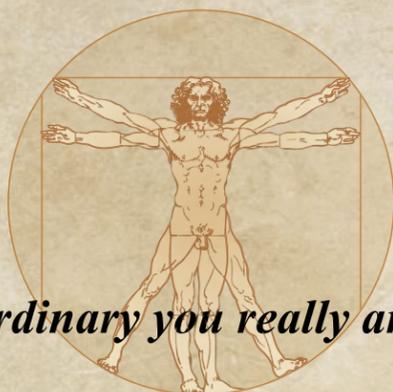
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THE SPICE CHEST

Medicinal Virtues of Honey

...continued from page 27

identified phytochemical component, denoted as UMF for Unique Manuka Factor. Children using manuka honey instead of conventional toothpastes showed statistically significant reductions in salivary *Streptococcus mutans* after 10 and 21 days (X25001440).

Not everyone recommends manuka honey for diabetic ulcers. Juraj Majtan from Slovakia, while recommending honey for several ailments, suggests that high methylglyoxal (MG) manuka might be contraindicated at least for diabetic ulcers. In 2011, he said the pronounced antibacterial activity of manuka honey is due, at least in part, to reactive methylglyoxal (MG), which can be 100-fold higher than in conventional honeys. Freshly produced manuka honey contains low levels of MG (~ 140 mg/kg) but during storage at 37 C its content increases. The levels of MG in multi-floral honeys are low, ranging from 0.4 to 5.4 mg/kg. High levels are reported in manuka honeys, ranging from 48 to 835. It has been suggested that concentrations of MG above 150 mg are directly responsible for the characteristic antibacterial properties of manuka honey. But MG is a potent protein-glycating agent and an important precursor of advanced glycation end products (AGEs). MG and AGEs may impair diabetic wound healing. Majtan also pointed out that resistance to silver as an antibacterial is showing up in *Acinetobacter*, *Enterobacter*, *Escherichia*, *Klebsiella*, and *Salmonella* (X21776290).

Lastly, I just came across a paper by Eric N. Hammond ("Antibacterial effect of Manuka honey on *Clostridium difficile*," 2013) showing that manuka honey (from *Leptospermum*) has antibacterial properties capable of inhibiting *in vitro* biofilm formed by the superbug *Clostridium difficile* (X25181951). *Clostridium difficile* diarrhea is estimated to occur in 8 out of 100,000 people each year. Among those admitted to hospital, it occurs in 4- 8 people per 1,000. Due in part to the emergence of a fluoroquinolone-resistant strain, *C. difficile*-related deaths increased 400% between the years 2000 and 2007 in the United States. A number of different antibiotics are used for *C. difficile*, more or less equally effective. Metronidazole is typically the initial drug of choice for mild to moderate disease, because of the lower price; normally it is taken three times a day for 10 days. Oral vancomycin is preferred for severe cases.

There is already a trend of antibiotic resistance—when bacteria change so antibiotics no longer work in people who need them to treat infections—that it is now a major threat to public health. Not all citizens of the world can afford these antibiotics. In their desperate poverty, they can try honey. Can honey be significantly or trivially better than the synthetic options offered us? Are not clinical studies in order? We need to know! Until honey has been clinically compared with the increasingly more useless antibiotics, I cannot be sure; but what the honey

is better, cheaper, and safer! You see, honey is like a natural shotgun, long known (millennially) to your genes (if your ancestors consumed it), containing several different kinds of antibacterial pellets, which might synergistically be more useful than the dying silver bullet, the unnatural synthetic monochemical never known to your genes until you take it for the first time.

I end with a word of caution about the downsides of honey, including manuka. Honey should not be given to infants as it may cause botulism. Raw honey can be toxic, so ingesting it may be risky if the source of the honey is unknown. Also, too much honey can increase blood sugar levels, so consumption should be done in moderation. Because of honey's fructose content, eating too much also might interfere with your small intestines' ability to absorb nutrients, which can contribute to abdominal discomfort (cramping, bloating, diarrhea) until the honey is out of your system.

Honey is a medicinal marvel of the green pharmacy garden. The scientific evidence abounds on its uses to comfort, combat and cure many of our bacterial ailments. And it's no bitter pill to swallow...honey is delicious!

Considered an authority on herbs and spices, Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years where he brought his Father Nature's Pharmacy online—one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, The Green Pharmacy, Duke has authored or co-authored 40 other books on herbs, spices and food. For more information, see his Green Pharmacy Garden ad on page 137.

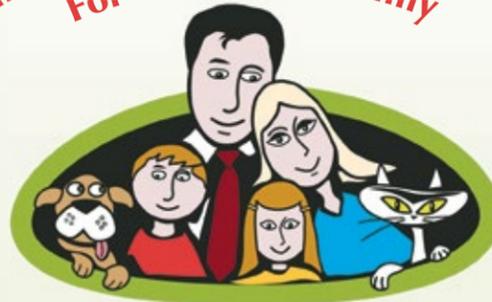
Helen Lowe Metzman is the Director of Jim Duke's Green Pharmacy Garden, a sanctuary of approximately 300 native and non-native species of plants that have been used traditionally and/or researched for medicinal purposes. Helen also works part time for Howard County's Department of Recreation and Parks Natural Resources Division and the Robinson Nature Center. Helen is a graduate of the University of Vermont and the Tai Sophia Institute's Master of Science Program in Herbal Medicine. Green Pharmacy Garden tours and/or personal consultations are available by appointment (in-depth reviews of herbs of interest). If you are interested, please email helometz@hotmail.com, or go online to www.thegreenpharmacygarden.com.

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PATHWAYS INTERVIEW

Priscila Chaverri, PhD: Fighting To Make Produce Chemical Free. Using fungi to prevent plant diseases. ...continued from page 9

natural world to help prevent disease as opposed to using chemicals?

Yes, exactly. So in organic agriculture, they use biocontrol agents that are fungi, sometimes bacteria. Biological control uses a living organism to control another living organism. So when I was an undergraduate student, I really liked that part and I wanted natural ways of controlling diseases and pests. I am very pro-environment. I have always been like that.

So, that group of fungi, the *Hypocreales*, includes the most types of fungi used to control insects or other fungi that cause diseases. If you go to a place where you buy commercial applications of biological control agents, they will sell you all fungi that belong in this group—*Hypocreales*.

Is that something that has come out directly as a result of your work? What is your current area of research?

There are a lot of people working in this area, but my research is trying to find novel applications. Because people have been using the same fungi, the same species, they have passed them on from one place to another. As a result, they usually don't work very well.

Because they are becoming resistant?

Not exactly. But that's part of the research I'm doing—determining if some of these fungi are very specific to the type of insect, or the type of disease, or pathogen, for example. Let's say a fungus, for instance *Beauveria*—that's a type of these biocontrol agents—attacks insects. So, *Beauveria* is very generalistic. You can apply it and control all sorts of insects; but when you look at the research, you see there are many different types of *Beauveria*, and some attack moths and others attack beetles. In reality, they may be more specific than previously thought. So maybe when you are trying to control some

caterpillar in your crop, for example, you are applying one biocontrol agent that is used for beetles, and so it doesn't work very well. But still people keep using the same thing. My research is to go back to the basics. Where can we find something novel that will control that specific disease or pest that has been adapted to grow with that plant? Where do you go look for something that may work better?

You are trying to find customized treatments, with specific fungi, for very specific problems?

Yes, definitely. But it goes back to the idea of biological control. When you look at the definition of biological control, people say you are going to look at some natural enemy of a disease. Let's say you have this fungus of the rubber tree that I'm currently studying, the South American Leaf Blight (SALB). The pathogen that causes SALB is native in the Amazon, so that's where that disease originated. The rubber tree is also native from the Amazon basin, but if you go to the forest, the natural forest, the disease is there but it's not causing any problems. There is one little spot here and one little spot there, but it's not a problem for those trees. There's not an epidemic or outbreak. But you take out seeds and plant them somewhere else and you make a monoculture—that is just rubber trees, thousands of acres of only rubber trees—as soon as you do this, these pathogens become an epidemic.

What is happening there? Why is it becoming an epidemic there and not in the natural forest? My research is trying to see if there is something in the natural forest that is keeping these pathogens at bay, and if so, what is it?

Several scientists have theories. Maybe it's because you have one rubber tree here with the pathogen, and another rubber tree one mile away, so it's very difficult for the pathogen to move from one tree to another if they're separated. Plus, there are lots

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PATHWAYS INTERVIEW



The "fungal loot", after 1/2-day of collecting.

of different plants in between so there's a barrier. But the interesting thing in this case with the rubber tree is that there's the rubber tree, but then there's another tree, and other smaller trees or younger trees, and seedlings, and not all of them have the fungus, or the pathogens. One theory has to do with the distance between trees; the other theory is just the genetic pool has re-

sistance. Some trees will not be resistant but others will be because that's in their genes, in their DNA.

In one of the studies I did as part of my research with rubber trees I also found something else. I compared the natural micro-biota, the microscopic living organisms, that live in the rubber trees in the Amazon basin to the ones that are in monoculture planta-

tions. It's like what happens with humans—you have this really natural gut micro-biota, all these things inside of you or on your skin they call the probiotics, or the good bacteria, and you need that to protect you against getting sick. It's exactly the same thing with the plants and trees. When we did the research, and we compared the different types of fungi that were in the rubber trees in the native Amazon forest with the plantation, the monoculture environment, we saw completely different types—and the ones that were in the forest were the beneficial ones. They had lots of beneficial types of fungi, and the plantations had almost nothing. And the ones that were on the plantations were mostly fungi that cause diseases or epidemics... but in the forest, those fungi that can cause disease were almost absent. So, that's the idea—there are all these things probably protecting these rubber trees in the natural habitat.

And you think this class of fungi is among those things offering protection? You have proven it?

Yes. I'm collaborating with researchers in Brazil and France where they are doing experiments to test these disease-fighting fungi we found in the Amazon rubber trees, and they—the ones that I've been finding that are kind of specific for the rubber tree—are really bet-

ter than any other biocontrol agent out there.

But what I'm doing here is not just for the rubber trees. My dream is I want the ideas of this approach that I'm doing to be used in all kinds of crops... but you need to start somewhere. At the end, the idea is you have these beneficial fungi that you can apply to your plants in the nursery and then you sell those plants for plantations, or organic farming, and they will already have these fungi inside.

So they function like probiotics?

Yes, like probiotics! You see now when they are trying to produce these seeds, or little seedlings, or plantlets for growing whatever crop, most of them are really sterile. They try to put a lot of things so that no organism grows on them or inside of them, so you are keeping all these sorts of good microbes out.

It almost sounds like this whole movement of hand sanitizer everywhere, and the prevalence of germophobes. In the meantime it turns out kids are getting even sicker, and more often, because we are not letting them be exposed to good germs and good bacteria that helps the body build natural defenses. We are taking all of that away, much like these sanitized trees miss-

continued on page 116



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PATHWAYS INTERVIEW

Priscila Chaverri, PhD: Fighting To Make Produce Chemical Free. Using fungi to prevent plant diseases. ...continued from page 115

ing the fungi that are those good bacteria that naturally protect them.

Exactly. It has so many parallels. These fungi that live inside the rubber tree are producing a lot of different, good chemicals—antibiotics, and other natural defense-enhancing mechanisms throughout the entire plant. They are making the plant produce anti-oxidants, they are promoting the growth of the plant, and all in a natural way. This is what I'm trying to do, because if you look at what is commercially available, there are very few types of these biocontrol agents and, like you said, they are not custom made. They are not developed to go live inside of the plant.

It sounds like they are not as robust either, like they would still be vulnerable to other things, to other diseases.

Yes, they are not as effective because they are not as specific. They might control diseases or insects on the surface, but they are not living inside of the plant. The fungi I'm studying are living inside of the plant so, no matter what happens outside, the plant is still

resistant because it has the fungi growing inside. We call this type of fungi *endophytes*, because they live inside the plant. *Endo-* means inside and *-phyte* means plant.

Gathering these different fungi specimens requires a lot of work in the field. What was the impetus for doing fieldwork yourself versus just getting existing samples from the tree clinic?

Believe it or not, I got interested in working with the rubber trees when I was breastfeeding my son, Omar. I would wake up for a feeding and think, "What am I going to do for 30 minutes and not get bored?" I started reading a book called *One River* by Wade Davis. The book is about this botanist, Richard Evans Schultes who started going to the Amazon to study what plants the indigenous people were using. He talks about all the things that happened to him in the Amazonian jungle I wanted those adventures!

At some point, the U.S. Department of Agriculture (USDA), and this was in the 1940's, hired Schultes to look for resistant varieties of the rubber trees. At that time, the U.S. was getting rub-



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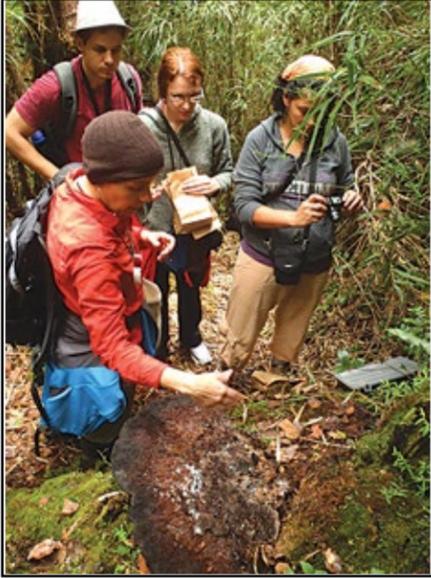


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PATHWAYS INTERVIEW



Dr. Chaverri teaching students how to find fungi in the forest.

little plants to Costa Rica because they had a repository of seeds there. A few years later and after the war ended, they destroyed everything because it was secret operation.

The whole story and history of rubber production in South America was so interesting. It's still such an important crop for the world economy, but not too many scientists had been looking for natural ways to control this disease, the SALB. So I thought this is an interesting place where I can start to research on this specific tree or crop because it's very attractive. Millions upon millions of acres in Asia and Africa are being planted and millions of people work on these plantations and rely on them. In some countries, if there were no rubber trees there, I mean if something happened to those plantations in really poor countries, in Africa especially, millions of people would be out of jobs. It's not yet in Asia or Africa, so that's why it's considered, or at some point was considered, a biological weapon of mass destruction.

The South American Leaf Blight was considered a potential biological weapon?

Yes. If that disease moves to Asia or Africa, that disease would be devastating for the world economy.

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ber from Asia for many things, but naturally this was a problem because of World War II, because of Japan and all kinds of other problems with Asia. They didn't want to rely on rubber from Asia, so they said we have to find good resistant varieties in South America so we have access to natural rubber. The USDA sent Schultes to the Amazon to look for these resistant varieties. He talks about places where they were found and how he brought this collection of thousands of special seeds and

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PATHWAYS INTERVIEW

Priscila Chaverri, PhD: Fighting To Make Produce Chemical Free. Using fungi to prevent plant diseases. ...continued from page 117

Is that danger a possibility?

Yes, it's a possibility. With this globalization of everything, people are constantly travelling from one continent to another. At some point, they actually found a rubber plant in Cameroon, I think, and they were able to stop it at the airport and destroy it and it didn't spread. But it is a serious disease. That's why, for example, I cannot study that fungus here in the U.S., and why I'm studying it in Brazil. And it's why we cannot study or do experiments in France because you can't bring it into the country. It's such a serious pathogen; you don't want to bring this fungus from one place to another. It causes so much devastation and the trees are becoming resistant to fungicides. The pathogen is becoming resistant to fungicides. So, now you see, there were a lot of things that made the rubber trees a sexy topic!

Your career is now split between the University of Maryland and the University of Costa Rica. How did that come about?

My post-graduate and PhD education has been here in the U.S., as well

as my early and current academic appointments. I got married, I got a job, had a baby, and it's been good; but I always wanted to go back to Costa Rica because I love my country. I love Costa Rica. I love Latin America and always wanted to go back and contribute and give something to the country or to the region. But a couple of years ago I got sick, with breast cancer. I'm in remission now, but I asked myself, why am I going to put this off and wait until I am retired, or later in life? When these things happen to you, you don't know how long you are going to live for, so why are you going to put these things off? These are your dreams.

The fact that you are a breast cancer survivor on top of everything else is just unbelievable! Your drive is so inspiring.

I don't want to have any regrets in my life. I started my plan. I knew there was a mycologist at the University of Costa Rica that was going to retire and there was nobody else under her waiting for the position. I talked to the Director and the Chair of the Department and said I wanted the job but I also wanted to keep my appointment at the



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PATHWAYS INTERVIEW



Trichoderma, a famous fungus used in biological control, in its natural environment in the forest.

University of Maryland. I still like to work here for the University of Maryland. Fortunately, he said yes!

Then when I got tenure at the University of Maryland, I said I want to stay here but I want to have a split appointment. I was very honest with the Chair at Maryland—I wanted to keep both things because I want these two worlds to come together. I want to be happy in Costa Rica and here but I also want to contribute a little bit more to Latin American agriculture. So then he said OK, let's do it.

Do you have undergrads that work with you in both places?

Yes. Here, I have one undergraduate student and one PhD student. In Costa Rica, I have three or four undergraduate students and I'm co-advising one graduate student. I have a lab here and in Costa Rica. I teach there, I teach here. I want these two worlds to come together.

One thing that I'm trying to do for this year actually, and I hope it works, is that I'm going to teach a field course in Costa Rica, much like a study abroad course,

and very academic. There's going to be 10 students from the University of Maryland and 10 students from the University of Costa Rica and they are going to do some projects together. I want to show the American students, especially, where all this food from South America is coming from, how is it produced, why it's considered organic...They go to an organic grocery store and see pineapples or bananas from Costa Rica, but how is this organic production being done? What kind of microorganism is used? How do you collect them in the forest? How do you grow them in the lab? These are some of the questions we'd explore.

So, really introduce them to the entire food chain from the source, and from the ground all the way up, and how the fungi fit in. That sounds like it would be a dream course for anybody that wants to study in this field.

I hope so! It's the first time I'm going to teach it, so I hope I get enough students. We'll see sometime at the end of March how many students are registered. I know I have at least five students from Maryland. From Costa Rica, I have many, but here it's a little more difficult.

Mycology is so specialized that I don't
continued on page 120



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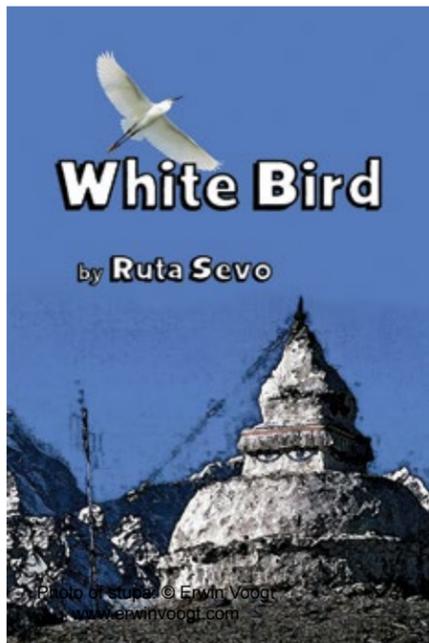
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PATHWAYS INTERVIEW

Priscila Chaverri, PhD: Fighting To Make Produce Chemical Free. Using fungi to prevent plant diseases. ...continued from page 119

think a lot of people understand the vast implications it has for economies, as well as for agriculture.

It's sometimes difficult to explain to people why studying fungal classification is important. It's called fungal taxonomy, meaning identifying and knowing what fungus you are dealing with. And by knowing what type of fungus you have, you can predict what you can use it for. That's what I do, and it's tough explaining why that work is important. Now that I'm in Costa Rica, I'm trying to look for funding so I can work with other crops that are important.

What would be the next 2 or 3 crops you would be interested in?

I want to start next with coffee. In Latin America, they have coffee rust now. Yes! Rust is a fungus! There's a new strain of the coffee rust causing disease in coffee plants. It's a very serious problem now and is causing a lot of economic losses in Latin America, as you can imagine, considering there are a lot of countries that grow coffee there.

Using the same approach as with the rubber trees, in South and Central America I want to do work with coffee, bananas and plantains, and in the U.S. with ornamental trees and plants. These are my next crops, but I'm still looking for funding. Funding has become very difficult, especially here in the U.S.

When you look for funding, do you look for it here in the US and in Costa Rica?

Yes. Both! The Costa Rican government has very little money so I can maybe apply for a grant of \$10,000 for one year, but it's not much. I'm going to try to look for other bigger funding. There are organizations like the Inter-American Development Bank that have some big grants, but they are very competitive. I've already submitted a proposal. I'm going to resubmit it this year, and then try other channels, including different science grants here in the U.S., such as the National Science Foundation.

I would think that big agribusiness and fertilizer companies would be dead set against the work that you're doing.



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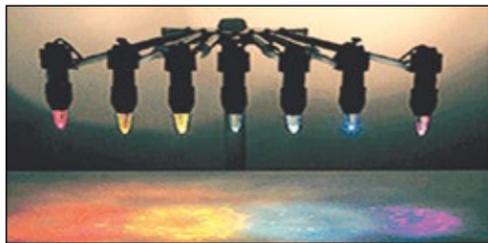
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PATHWAYS INTERVIEW



Dr. Chaverri collecting microfungi in Brazil.

Of course. Let's say I develop a biocontrol agent, and because it's a living organism, you apply it on your crop. It's going to live there for a very long time so you don't need to reapply it. If you don't need to reapply and reapply, then you don't make money. If it works successfully and 100% of the problem is controlled, then these businesses don't continue to make money. The biocontrol agent has to be made available through a non-governmental organization or a non-profit organization. Then it will get funded. But that's just my opinion.

Some interest that has absolutely altruistic intentions would be the ideal funding source?

Yes. Or even Dole, as a hypothetical example, who wants to have all of their pineapples and bananas be organic. So the possible scenario is they hire some non-profit or some scientist to develop biocontrol agents for this purpose, and give them whatever is needed that's safe to develop one agent, and this will cost maybe \$500,000 or a little more. But in 5 years, you might have something.

So the research and development for finding a specific agent for organic pineapples might take a one-time R&D budget of \$500,000...

Maybe a little bit more, but in that range. At least it takes less money and time than the development of a fungicide or pesticide.

And then you would give it to Dole, hypothetically, who puts it on their pineapples, and then it's just self-perpetuating thereafter?

Exactly. This is exactly what a private company that produces fungicides and chemicals doesn't want. Why aren't they also producing biological control agents? Because they could then only sell it one time. It's not lucrative. That's why the people who are doing this research are mostly academics. They don't get a lot of money, just grants here and there. You're begging for money to try to do these things.

So the question begs, what is the distribution channel if you develop this biological agent for the rubber tree that is 100% effective in battling this specific pathogen?

Well, I haven't gotten to that stage yet because I started with the project in 2007 and it takes some time. Right now we're doing these experiments in Brazil and in France. We've done experiments

inside the greenhouse with plants in a controlled environment. The next step is to take it out into the field, that is, to a monoculture plantation, or to sell the little seedlings, rubber tree seedlings, to establish a new plantation and see how it develops and grows. And then you wait. With a tree, to see if this fungus has an effect against the South American leaf blight, you would have to wait about 5 years.

So you can do other things concurrently while you're waiting. You can do the next crop—get it in your research pipeline.

Yes. I've started working with this big, large-scale production crop, the rubber tree, and that is for the economies of the first world. But I want to move a little bit towards organic production and sustainable agriculture in small family production or medium-sized family production, which is why coffee and plantains that are in Latin America are next on my list. Those are the crops that I would be looking for some of those biocontrol agents and, like you said, do it one at a time or two at a time. The idea is that once I have a biocontrol agent that I think will work then that's something. There are many ways to move forward.

For me, my dream would be that people are going to start using this

continued on page 122



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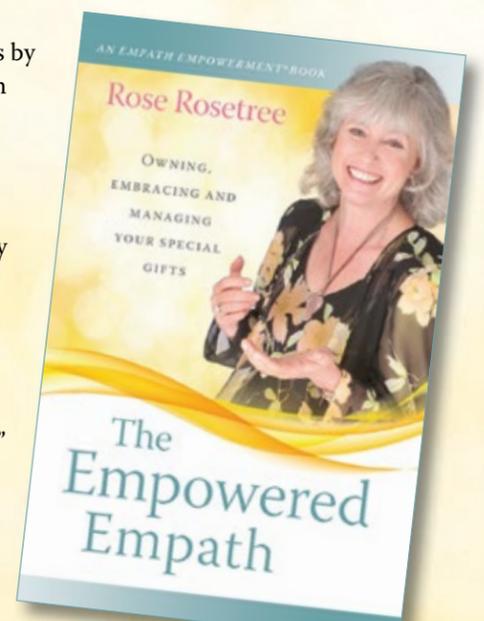
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PATHWAYS INTERVIEW

Priscila Chaverri, PhD: Fighting To Make Produce Chemical Free. Using fungi to prevent plant diseases.

...continued from page 121

approach of using fungi that live inside of the plant, the endophytes, and have all of their production, whatever it is, with these fungi. All these plants will be with their natural probiotics. If you think about it, I started from zero in 2007 so I don't know how long this dream will take. Sometimes dreams take many years.

It's a lifetime's worth of work really.

I hope I see something before I die! I mean, the rubber trees are getting close but I still have to do more.

You are a woman. A scientist. A field researcher. A professor. A mentor. A bilingual published author. A mother. A breast cancer survivor. You are truly a role model for women and girls, especially girls who are interested in science. What advice would you give them?

I would say don't be discouraged if sometimes people say science doesn't pay. You're not going to become rich if

you become a scientist, but I've learned in life that you have to love what you do. So, if you like science, don't think too much about "I want to become rich." Follow your heart. If you have a passion for a specific field of science, you will do great.

They say not too many women stay in science after being an assistant professor, or after having a child. Or they don't stay in science because they get paid only this or paid only that. You can be a Mom and be a good scientist. Just because you're a Mom, doesn't mean you can't have a profession that you love. It's hard. I've worked hard for all of the things that I've done. Don't be discouraged by the statistics.

Michelle Alonso is Associate Editor at Pathways Magazine and typically enjoys her mushrooms roasted or in a nice garlic wine sauce. She hopes one day to accompany her friend and researcher into the forests of Costa Rica to see her fieldwork first hand.

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CULTIVATING COMPASSION

Old-Growth Forest Network - A Dream for the Trees

...continued from page 11

we are actively seeking a few more "angels" who want to help us accomplish even more. Corporations, such as Nadina's Cremes (nadinascremes.com), and Mamma Chia (www.mammachia.com), have offered their support through 1% for the Planet (onepercentfortheplanet.org) donations. Conscious companies are welcome to join us in preserving ancient forests.

Before the Old-Growth Forest Network formed there was not a single national organization speaking out exclusively for the preservation of old-growth forests. In the past many forests containing big old trees were logged, with only locals speaking out against it, and there was no national network of support. We are trying to change that by being a conduit of information among those who care about forests. The land trusts have a national alliance, but the many "friends of the forests" groups do not. We want to be the glue that binds together the good work of all these groups.

With each new forest protected from logging, and each new County Coordinator who volunteers, we cel-



Dedication of the Albemarle County, Virginia, forest into the Old-Growth Forest Network

brate and also seek to recognize the accomplishments of those stellar individuals all across the country who work diligently to preserve their local forests. Previously no national organization acknowledged those important achievements. Now the Old-Growth Forest Network has created the national Forest Advocate Award. In 2013, the award went to the Committee to Save

the Green Belt (Greenbelt, Maryland). In 2014, the founder of Save Stadium Woods (Blacksburg, VA) received the award, along with the founder of Georgia's Redbud Project (Hall County, GA). Next year we are honoring the founder of the Arc of Appalachia who has preserved thousands of acres in southern Ohio.

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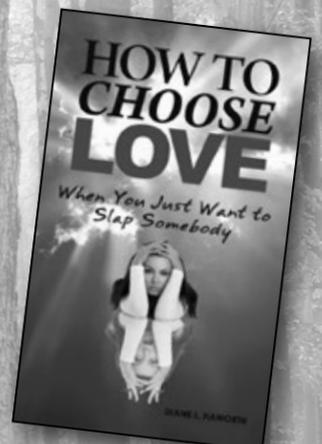
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Gary is the Shamanic Samurai Medicine Man & Diplomat of Pastoral Science (D.PSc). He uses a plethora of Energetic Modalities and is known for his Vocal Vibrational Toning, Sounding Healing and Anger Management, guiding & facilitating individual and group sessions, classes, workshops and Shamanic Journeys. Contact: Gary@Joy-of-Being.net



Terri trained with the intuitive seer and healer known as Hope for the last eight years. She has developed a deep understanding and knowledge of the spiritual realm. Terri is known for her peaceful, healing presence and uses Angel Cards and guidance from Angels to facilitate her Spiritual Guidance sessions. Contact: Terri@Joy-of-Being.net



Beth is certified in Thai Foot Reflexology by the Thai Institute. She believes peace begins within and radiates outward and is happiest caring for others. Beth also offers Numerology consultations. Contact: Beth@Joy-of-Being.net

Our Center is a Spiritual Boutique featuring: crystals, books, our own signature line of organic, therapeutic grade, essential oils & more, along with a classroom for workshops, classes and events!

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- **Aura Imaging Services**, offering: full 30+ page report that gives a full analysis of chakras (colors, sizes, shapes) and aura colors, yin-yang color wheel, meanings of each color in aura and chakras, planet and astrological color influences, body, mind, spirit emphasis and meridian chart.
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CULTIVATING COMPASSION

Old-Growth Forest Network - A Dream for the Trees

...continued from page 123

How can we accomplish so much and run a national organization with just one full time and one part-time employee? Well, besides having a supportive Board of Directors, we recruit, and rely on, a volunteer in each county to be our "County Coordinator." In Maryland, for instance, we have six forests in the Network, and a total of 17 County Coordinators. (There are a total of 24 counties or county equivalents in Maryland so more coordinators are needed.) Obviously some of the Coordinators are still working on selection, or protection, or approval for their forests. In Virginia, we have 7 County Coordinators, including George Yurek who is coordinating the efforts in Arlington County. Indeed, this task could not be completed without support from the public and the Network's County Coordinators—we commend the addition of new County Coordinators. To become a County Coordinator, please check the website to see if there is a vacancy in your county. If so, contact us to sign up. The forests and the Old-Growth Forest Network need you!

What else can you do for the big old trees? Sign up to be a supporter, and

stay notified of our progress. Become more familiar with our work by visiting our webpage: www.OldGrowthForest.net. Tell your friends, family and colleagues about us. "Like" and "Share" our Facebook page: Old-Growth Forest Network. Follow us on Twitter (@oldgrowthFN) and tweet about us. Encourage your students to research Old-Growth Forests and maybe take a field trip to a nearby forest.

If you know of an individual or an organization deserving of a Forest Advocate Award, please let us know. To host a talk on ancient forests and efforts to preserve them, contact me or my assistant, Susan Barnett, to schedule a speaking engagement: Joan@OldGrowthForest.net or Susan@OldGrowthForest.net. Learn more about the forest by reading my books. Consider a direct, tax-deductible financial contribution (we are a 501(c)3 organization). Take a walk in the forest this week and renew your love for and appreciation of trees. Teach a child to honor the forest. Breathe deeply. Keep hope alive. And dream the dream—the old trees are calling.

Is it time to remember why you came to earth?



Interactive Spiritual Dialogues

"The Spiritual Wisdom of Dreams"

**Saturday, April 11, 2015
from 11 am to 12:30 pm**

How can we use the knowledge and insights that we glean from dreams to help us navigate everyday life and unfold into spiritual mastery? We look forward to a rich dialogue and hope to see you there!

"Springtime Seminar Presentation"

**Sunday, April 19, 2015 from 2 - 3:30 pm and
Sunday April 26, 2015 from 2 - 3:30 pm**

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 2015 Eckankar Springtime Seminar. After the talk, there will be an opportunity to share insights and questions.

Both events are free and open to the public

For more information about these events, as well as other classes, book discussions, and worship services, please call 703-916-0515 or visit our website at <http://www.eck-va.org>



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

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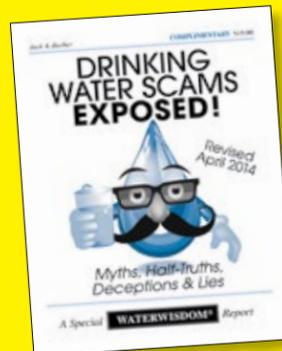
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CULTIVATING COMPASSION

Upcoming Talks (talk schedule information at www.oldgrowthforest.net/#!events/cbe9):

- April 11 & 12: University of North Carolina Botanical Gardens, Chapel Hill, NC; "Among Our Trees" Program
- April 17th: Wildflower Pilgrimage at Arc of Appalachia, Bainbridge, Ohio
- May 2: Jug Bay Wetlands Sanctuary 30th Anniversary Celebration, Lothian, MD

Upcoming Forest Dedications (more information at www.oldgrowthforest.net/#!dedicated-forests/c10d6):

- West Virginia, Fayette County – Stone Cliff Old Growth of New River Gorge National River
- West Virginia, Nicolas County – Pierson Hollow of Carnifex Ferry Battlefield State Park
- West Virginia, Preston County – Cathedral State Park
- West Virginia, Pocahontas County – Gaudineer Scenic Area, Monongahela National Forest

Joan Maloof is the author of Teaching the Trees: Lessons from the Forest and Among the Ancients: Adventures in the Eastern Old-Growth Forests. She is Professor Emerita at Salisbury University where she taught biology and environmen-

tal studies. Maloof is the founder and director of the Old-Growth Forest Network. She travels the country speaking out for forest protection.

Cam MacQueen, MSW is the creator and manager of "Cultivating Compassion." For the past 17 years she has linked remarkable people, projects and nonprofits of the DMV area to Pathways' readers from her Maryland home. Cam is excited to let you know that she is now expanding the "Cultivating Compassion" circle to encompass her new permanent home in Asheville, NC. Born and raised in coastal Eastern North Carolina, she is happy to be returning to her home state and making the beautiful Smoky Mountains of Western North Carolina her home. Cam reminds us that she and Pathways readers are still related by community through the majestic Blue Ridge Mountain range (and, of course, those who have migrated south from the Mid-Atlantic region and north from WNC). Future articles will reflect the interconnectedness of our broader community. If you have friends, contacts, resources in Asheville, please send them Cam's way. She'd love to get to know her new neighbors connected by our Pathways' family and introduce them to you. Cam can be reached at worldisvegan@aol.com.

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THE HERB CORNER

Herbs for the Growing Diabetes Epidemic

...continued from page 13

found in the December 2009 issue of the *European Journal of Pharmacology*. Researchers reported that two different ginger extracts, spissum and an oily extract, interact with serotonin receptors to reverse their effect on insulin secretion. Treatment with the extracts led to a 35 per cent drop in blood glucose levels and a 10 per cent increase in plasma insulin levels. With its almost spicy taste, Ginger can give your meals, and your health, an important punch in the right direction.

The Beauty of Barley

One final note on controlling diabetes with natural remedies is the wonderful news about the grain barley. Barley is the lowest of the grains in the demands it puts on the pancreas (Glycemic Index) with half the glycemic load of wheat, rice, oats, spelt and even quinoa. Barley is, therefore, a very tasty low glycemic food to prevent taxing the pancreas. (See the side bar about how to prepare Barley Risotto.) Barley is a flavorful whole grain and the go-to food to improve blood sugar levels. It is an excellent source of β -glucan soluble fiber, which can lower cholesterol and reduce blood glucose levels key to the prevention and management of Diabe-

tes. Both the U.S. and Canada permit a heart-health claim for foods containing Barley. Eating barley also increases satiety, which aids in weight management. A good source of protein, both soluble and insoluble fiber, vitamins and minerals, Barley is bursting with nutrition.

The research on barley speaks for itself. Here is a sampling of findings:

- A clinical trial published in the December 2006 edition of *Nutrition Research* showed that mildly insulin-resistant men who ate muffins containing barley beta-glucan soluble fiber experienced significant reductions in glucose and insulin responses, compared to responses after eating muffins made with corn starch.

- In a clinical study reported in the *Journal of the American College of Nutrition* (August 2006), data showed that subjects who ate cookies and crackers made with barley flour enriched with beta-glucan soluble fiber also experienced significant reductions in glucose and insulin responses compared to responses after eating the same products made with whole wheat flour.



Quantum Physics Meets Spirituality

ThetaHealing: A Scientific and Spiritual Journey to Conscious Creation

What is Theta Healing?

ThetaHealing is a powerful holistic healing modality that has helped people from all walks of life throughout the world. ThetaHealing is practicing quantum physics by using theta brain waves. As we change deep seeded programs, fears, and beliefs that have been embedded in our energy field; issues and dis-ease are resolved on a core, genetic, subconscious, and spiritual level.

How Does ThetaHealing Work?

This is a process by which the healing energies of the Universe are accessed through Theta Brain Waves (brainwaves typically accessed during deep meditation). By going into a theta state and guiding the client; healing energies of the universe are harnessed into the body, focusing on areas of weakness or illness. Energy travels faster than the speed of light. Thoughts are manifested as energy, and have been scientifically proven to instantaneously change the electromagnetic field around the hundreds of billions of cells within the human body. Therefore, it is easy to understand why ThetaHealing has had tremendous results at a very rapid rate.

Talk about ThetaHealing's Spiritual Connection?

Every Culture, religion, and many of the sciences concede that the beauty and design of nature had to have been touched by a higher force of intelligence. When we view an atom through the most powerful microscope or view the great Milky Way from the fabulous Hubble Space telescope, we see the repetition of a beautiful elegant structure that links the very small to the unfathomably large. Each culture has its own vision of this intelligence, from Allah to Vishnu, from Shatki to Lakshmi and from God to Jehovah. ThetaHealing™ believes in a great creative force for all that is, and we call this force Creator OF ALL That Is.

Who would benefit from learning ThetaHealing or receiving private sessions?

Theta Healing™ becomes a way of life. I have taught, doctors, mental health practitioners, massage therapists, acupuncturists, and actors. However, anyone can become a ThetaHealing™ Practitioner that has a passion to heal themselves and others. Everything in a person's life is a manifestation. ThetaHealing has helped my clients with grief, trauma, physical ailments, and creating successful business ventures. The possibilities are limitless

How Do I Earn a ThetaHealing Certification?

Upon completion of a three-day Basic Theta Healing Seminar with Rebecca Norris, attendees are certified as a ThetaHealing Practitioner and registered with Vianna Stibal's Nature's Path, the founder of ThetaHealing.

About Rebecca Norris

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



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



Before Session

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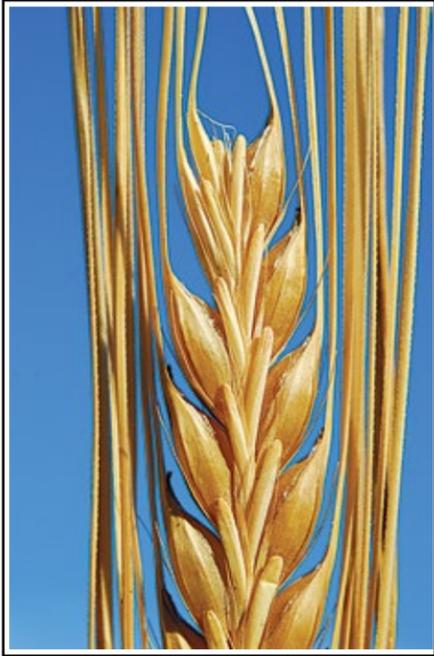
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THE HERB CORNER



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• A long-term study published in the August 2007 journal of *Diabetes Research and Clinical Practice* reported a 30-percent decrease in HbA1c (average blood glucose level) in type 2 diabetics who consumed a healthy diet including pearl barley that supplied 18 grams of soluble fiber a day.

Barley tastes so filling and rich that it is a perfect food (especially Barley Risotto...see sidebar) to transition folks to a lower glycemic load diet without a feeling of scarcity of taste or fullness. Barley Risotto can be made with beef broth, chicken broth, mushrooms, etc., for a very rich taste. Eating to prevent Diabetes can be—with a bit of knowledge—eating a very tasty diet with a satisfied sense of fullness at the end of the meal.

We need not shy away from the question of why this Diabetes epidemic is growing so fast. The time for a paradigm shift to prevention is *now* for those who have ears to hear. Since modern medicine knows 60 percent of the epidemic in diabetes can be stopped with diet and exercise, let us find out what the percentage can be if herbal medicine is tested along with diet and exercise.

How to Make Delicious Barley Risotto (It's Easy!)...And the 3 Keys to Making It Great

Step 1: Stir 1 cup of Barley into 1-2 Tablespoons of high quality fat such as ghee, butter, sesame oil, or flax oil. Stir at a medium high temperature until the Barley begins to brown and is fully coated by the oil and smells slightly roasted and yummy. This browning the grain in high quality oil is the first key to making great Risotto.

Step 2: Bring 4 Cups of water to a boil and add whatever flavor, nutrient or herbal remedy you want to the broth. Simmer for 15-30 minutes and set at warm/slow simmer as you begin to make the Barley Risotto. Add the hot broth one cup at a time until the cup of liquid is fully absorbed. This add-

ing hot broth one cup at a time is the second key to making great Risotto

Step 3: After adding the final cup of hot broth, simmer slowly until you reach what the Italians call "La Onda," or the slow wave. This refers to the state where you separate the Risotto grains down the middle and it ever so slowly comes back together like a slow wave meeting in the middle in perfect Risotto. This timing of the cooking until the "LaOnda" or slow wave is the third key to great Risotto.

An Herbal Note: You can also make Barley Risotto with strong fresh Ginger tea and get added benefits in controlling your blood sugar.

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom teaches classes at Smile Herb Shop throughout the year (except for the months of May, August and December; in May he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with herbs. Visit Smile's website, www.smileherb.biz, for a list and description of classes, and each individual herb mentioned in this article is linked to a much more detailed description. See the ad for Smile Herb Shop on page 46.

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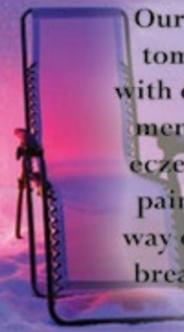


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The Eight Principles: Interior and Exterior

...continued from page 15

in deciphering the root cause of a pattern of disharmony.

Exterior conditions will almost always be caused by an External Pathogenic Factor. These factors include excess exposure to Wind, Cold, Heat, Damp, etc. An Exterior condition will not have an internal cause for a pattern of disharmony.

Interior conditions may be caused by either an Internal Pathogenic Fac-

tor (IPF) or an External Pathogenic Factor (EPF). Internal Pathogenic Factors are caused by improper diet, overwork, emotional stress, or an imbalance between organ systems. Exterior Pathogenic Factors are those that can cause Exterior conditions. An External Pathogenic Factor that goes untreated may result in the pathogen entering the interior of the body, thereby affecting the organs. This transition from the

Exterior to the Interior can be determined by the onset of disliking a warm environment (aversion to heat) and the loss of disliking a cool environment (aversion to cold).

The concepts of Interior and Exterior are utilized in many traditions and philosophies of Chinese medical thought. Diagnosing the location of a pattern of disharmony is vital for preparing an accurate plan of treatment. Just as Yin and Yang were one duality pair of the Eight Principle, Interior and Exterior represent another duality pair. While Interior and Exterior are used to determine the location of a pathogen, this

pair must be used in conjunction with the other pairs Eight Principles and other evaluation tools.

Adam Miramon, L.Ac., Dipl.Ac., is a licensed acupuncturist in the State of Maryland and the District of Columbia. He holds his Diplomate of Acupuncture through the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). Adam is founder and owner of Ixchel Wellness (www.ixchelwellness.com), an acupuncture practice based in Washington, DC.

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ENERGETIC LITERACY

Mission: Empath Possible...And Why It Matters
 ...continued from page 21

Skilled Empaths often receive an all-around upgrade in life. Might that be useful for you as a Happiness-Seeking Reader?

come way more effective than non-Empaths—better as a friend, yummi-er as a lover, and with improved career prospects. Skilled Empaths often receive an all-around upgrade in life. Might that be useful for you as a Happiness-Seeking Reader?

In honor of that, let's finish with more specifics about how Empath skills can help you be happier. Following is a list of 10 problems that are common today. Of course, non-Empaths can have them, too. But an unskilled Empath can really get slammed. By contrast, any Skilled Empath has a definite advantage at overcoming, surviving, and thriving. Happiness-Seeking Reader, would you like help for any of the problems that follow?

Life Quiz for an Empath

Answer True or False: Do the following problems limit your happiness? Note: None of the problems listed below would seem directly connected with being an unskilled Empath. Yet you may discover quite a reprieve after acknowledging you are an Empath and then developing effective Empath skills. Because, I assure you, Imported STUFF can contribute to every single one of these problems.

1. Weird, Random Health Problems. Physical Oneness can contribute to this, but so can *any* Empath gift since it results in Imported STUFF. I have helped Empaths who spent time in hospitals or "just" suffered constantly

in everyday life, and after developing Empath skills, that kind of problem simply stopped. As a Skilled Empath it is possible that you, also, will enjoy better physical health.

2. The Emotional Rollercoaster. Emotional Oneness can contribute to this, but so can *any* Empath gift since it results in Imported STUFF. I have helped Empaths who thought they were crazy, yet they were mostly talented and not-yet-skilled. As a Skilled Empath you may gain much greater emotional stability.

3. Too Much Whatevering. In everyday conversations, can it be hard to know what you really think or feel? I call this pattern, "My Personal Opinion? You Tell Me." It sure can be caused or exacerbated by Imported STUFF. As a Skilled Empath you may enjoy a lot more clarity of mind.

4. Who Am I? Mostly Confused. Figuring out who you are and what you want to do when you grow up is a big problem for many thoughtful people living today. But unskilled Empaths can really get clobbered. As a Skilled Empath you may find it much easier to know yourself and accept yourself.

continued on page 130

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ENERGETIC LITERACY

Mission: Empath Possible...And Why It Matters ...continued from page 129

5. **The Allure of Substances.** Is marijuana looking pretty good to you right now? Is alcohol often used to ease your pain? Many a talented Empath, lacking skills, finds life pretty unbearable. As a Skilled Empath you may find it easier to do occasional social drinking only, and to never, ever take recreational drugs for self-medication.

6. **Trust People? As If!** Maybe it seems ironic, but really it's not. Knowing that much, subconsciously, about random other people can make an Empath consciously avoid trusting people. Why get to know even more about them? Why belong to a religion or political party? Why go any deeper than Facebook and Twitter? Well, as a Skilled Empath, your social life can improve enormously.

7. **Can't Commit to a Love Relationship.** Marriage rates in America are now at an all-time low. Even including same-sex couples, our marriage rate is at a 93-year low. According to census data, 20% of Americans have never married. Economic reasons are often cited to explain why. For us Empaths, though, there can be an extra reason. Unskilled Empaths already get so close subconsciously, so confused conscious-

ly, so choked up with Imported STUFF! The very idea of committing to marriage or partnering can seem like the final blow to any meaningful, personal sense of self. Well, becoming a Skilled Empath strengthens that sense of self as nothing else can.

8. **Negotiation.** What happens to you when you must resolve a conflict or make a tough choice? Sometimes spiritually minded Empaths take a spiritual bypass, outsourcing their decisions to either a spiritual authority figure or an astral guide. With all due respect, that can slow down spiritual evolution to a crawl. As a Skilled Empath, you may find it way easier to think for yourself, decide for yourself, speak for yourself.

9. **No Amount of Reaching out is Ever Enough.** How many hours a day do you spend connected, checking texts or following on Twitter? When your sense of self is strong, you will reach out for a purpose, not requiring many hours each day. For a Skilled Empath, Imported STUFF no longer distorts your sense of self or behavior. That can make quite the difference for your sense of balance amid all of today's electronic distractions.

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- Somatic Experiencing therapy is available to help clients heal traumatic experiences by working with small bits of trauma in a safe, resourced manner that allows the body's own inner wisdom to return the self to an empowered, relaxed, and balanced state.



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ENERGETIC LITERACY

10. **Overwhelmed by Life.** Living on earth has never been more complicated than it is today. Obviously, that's true for everyone, not just us Empaths. Yet Imported STUFF adds so much extra complication to life. Do you really need that? Failure to launch is just one example of the overwhelm. All that lessens for a Skilled Empath. Some Empaths are able to stop blaming helicopter parents and insist on acting as adults. Other Empaths can finally stop helicoptering the kids—easier when no longer doing those daily unskilled Empath merges.

Even one True and you might find it worthwhile to learn more about gaining Empath Empowerment. Once

skilled, all of us Empaths have a big role to play, in our own lives and also to help the world. Happiness Seeking Reader, more on that next time.

Rose Rosetree is a pioneer at aura healing, energetic literacy, and Empath coaching, with 364,000 copies of her books in print. She offers personal sessions and a Mentoring Program in Rosetree Energy Spirituality. Info at www.rose-rosetree.com. Feel free to comment about any of the ideas expressed in this column. Interact at her blog, "Deeper Perception Made Practical" at www.rose-rosetree.com/blog/2015/01/24/Empath-pathways-magazine-energetic-literacy/. See also her ad on page 121.



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ACCESSING YOUR INTUITION

Chakra Healing with Tarot Archetypes

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good match for this chakra. The light the figure holds represents the Divine light, the Divine Mind being expressed as light. This chakra is key for awakening consciousness and attaining enlightenment through the integration of the self into the one universal form of intelligence.

The Third Eye Chakra:

The *Third Eye Chakra* is associated with intuition and psychic ability, and therefore, the **High Priestess** card is a good match. She is the gatekeeper to all the sacred secrets we long to know. She represents the unconscious intuitive knowledge available to all.

The Throat Chakra:

The *Throat Chakra* is associated with communication and speech. A good choice here might be the **Magician**. The Magician uses focus, intention and communication to master his world, communicating thoughts and ideas clearly.

The Heart Chakra:

The fourth chakra, the *Heart Chakra* is associated with love and emotions, enabling us to cleanse any blocks to unconditional love and compassion. For this you could use the **Lovers** card, which shows us how to love on both the human level as well as the spiritual level.

The Solar Plexus Chakra:

The *Solar Plexus Chakra* is found in the chest area and is associated with one's personal power. For this you could use the **Strength** card or the **Chariot** card, depending on how you define your personal power. Strength conveys personal power through compassion and acceptance. The Chariot conveys personal power by taking a proactive approach to life with the emphasis on personal responsibility.

The Sacral Chakra:

The *Sacral Chakra* is next and represents sexual energy, reproduction, creativity and vitality. The **Empress** card is a good choice here because she represents the creative spark made manifest. She is the Mother of all creation.

The Base Chakra (also called Root Chakra):

The *Base Chakra* represents our connection to the material world and our material existence. It relates to our basic human instinct for survival, security and stability. For this, we can use the **Emperor** card. The Emperor is the symbolic head of the earthly world and represents stability and manifestation in the material realm.

Chakra Points in Hands:

There are also chakra points in our hands. Thus, we can use those chakra

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ACCESSING YOUR INTUITION

points to demonstrate certain archetypal energies as well. To explore an individual's ability to give and receive, we can use the **Ace of Cups** on the left side to represent receptive aspects, and the **Ace of Wands** on the right side to represent active giving.

If we were to lay this configuration out as a diagram or map, it might look like this:

raise your chakra vibration to the energy portrayed on the card. This is a subtle visual way to align your chakras.

Once you have placed the corresponding Tarot cards in a configuration that resembles the location of the seven chakras and the hand chakras, you can take this exercise to an even deeper level by speaking or writing out affirmations that develop and enhance these energies even further. The power

Tarot Archetypes and Chakra Correlations



Crown Chakra: Hermit



Third Eye Chakra: High Priestess



Throat Chakra: Magician



Ace of Cups: Receiving



Heart Chakra: Lovers



Ace of Wands: Giving



Solar Plexus Chakra: Strength



Sacral Chakra: Empress



Root Chakra: Emperor

It is possible to use this configuration to help enhance our understanding of each chakra from the meaning of the card as well as expand our understanding of the Tarot card from the meaning of the chakra. The pure essence of the Tarot archetype can work on your unconscious mind and help

of affirmations is one of the more direct and effective ways to balance our chakras. Our thoughts and words contribute to the reality we are creating in each moment. By practicing positive chakra balancing affirmations on a

continued on page 134



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Chakra Healing with Tarot Archetypes

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regular basis, we can achieve major results and transformation in our lives.

I recommend that you seat yourself in a quiet place, in a meditative environment and focus on the location of each chakra. As you lay each card in its corresponding chakra point on the diagram, speak the affirmation, or silently meditate on each affirmation, and on each Tarot card. Allow the image on the Tarot card to infuse your mind with its meaning and allow the affirmation to enhance the meaning of the Tarot archetype.

Crown Chakra: As you imagine the healing light of the Hermit, you can know that this is the spot that connects you to God or Spirit, however you conceive it. Know that the light of Spirit radiates to you and through you.

The Hermit affirmation: I am complete and one with the Divine energy. The world is my teacher and all my life experiences show me the Divinity within me.

Third Eye Chakra: The Third Eye is at the center of your forehead. This is the center of your intuitive ability. The High Priestess will show you how to access your own intuitive abilities, the vast power within you that allows you to hear

the inner voice that knows all you need to know.

The Third Eye Affirmation: I am tuned into the Divine Universal Wisdom and always understand the true meaning of life situations. I gratefully receive the wisdom within.

Throat Chakra: The Throat Chakra is the place where communication is found. The Magician represents your ability for clear communication.

The Magician's affirmation: My thoughts are positive, and I communicate effectively. I speak with clarity, power, and wisdom. I create magic with my thoughts and words.

Heart Chakra The Heart Chakra is where you allow love to come in to your life. It is also where you allow yourself to love others. Allow the angel of love depicted in the Lovers Card to come into your heart and know you are greatly loved by those angelic, supernatural forces around you.

The Lover's affirmation: Love is the answer to everything in life, and I give and receive love effortlessly and unconditionally. I am open and receptive to giving and receiving love.

Solar Plexus Chakra: The solar plexus

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area is at your breast bone. This is the center of your personal power. The Strength card is a symbol of your capacity for personal strength, through gentle compassion and forgiveness. Allow the power of the lion and the compassion of its master to enfold you in their gifts.

The Strength card affirmation: With love and gentleness, I embrace all parts of myself. It is through unconditional love that I am able to claim my personal power now.



Sacral Chakra: The sacral area represents the seat of your sexual energy and your creative power. The Empress is here so she can show you the abundance of the universe for accessing your creative and sexual power. She is the source of fertile and abundant ideas.

The Empress affirmation: Creative energy flows through me at all times. I

easily translate my creative ideas into reality for spectacular results. My word is law in the universe.



Base Chakra: The Base Chakra is where you ground yourself and this is your connection to the material world. The Emperor is the symbol of your ability to live in the world, to generate money, health and material success.

The Emperor affirmation: I am confident, balanced and centered. I bring order into chaos.

Left Hand Chakra: The Ace of Cups is about our ability to give love and aids in expanding our ability to receive love, friendship and money. Yes, you deserve these things and the open cup shows you how to open yourself to the many gifts that await you now.



The Ace of Cups affirmation: My heart is open as I willingly embrace the good the universe has for me.

Right Hand Chakra: The Ace of Wands is on the right side and is the hand of action. This card demonstrates your ability to act in clear and proactive ways, demonstrating your sense of causation in this world.

The Ace of Wands affirmation: As I generously give love and energy to others, the Universe replenishes me.

Exploring your chakra system with the Tarot system in this way can be very exciting and illuminating. When used alone, the Tarot and chakra systems are each wonderful mechanisms for exploring the unconscious ener-

getic processes underlying our well-being. But when used together, the power and effect of each tool is amplified. Insights and transformations may occur on many levels. The placing of the individual Tarot cards on the chakra point diagram, along with the corresponding affirmation, can be profoundly uplifting and healing. This is because the vibrational quality of each card, along with its corresponding affirmation, creates a healing resonance in the body, mind and spirit.

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Chakra Healing with Tarot Archetypes ...continued from page 135

As you allow the energies of the cards to be activated in your chakras, the process of aligning and balancing your chakras will happen with ease. Be prepared for some insights and transformations in each chakra area. Many

blessings and healing to all.

Reverend Geraldine Amaral is the author of Tarot Celebrations: Honoring the Inner Voice, creator of "Tarot 1-2-3," an instructional video and has been writing for Pathways for over 20 years. She fell in love with the Tarot about 30 years ago when she had her first reading and has been using, studying and writing about the Tarot ever since. She utilizes Jungian/archetypal psychology and Divine Metaphysics in her work and is a respected/gifted intuitive counselor and nationally-known teacher. She focuses her work on how to apply the Tarot's esoteric principles in pragmatic ways as well as for insights and personal transformation. Her classes provide a unique blend of spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She is an ordained minister in the United Metaphysical Churches. She can be reached at 202-441-0415 or geraldine@thespiritual-tarot.com. Visit her website www.thespiritualtarot.com. See also her ad on pages 95 and 97.



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ASTROLOGICAL INSIGHTS

Which Direction Now? The Past or the Future?

...continued from page 23

to understand just how to implement long-term plans. At the same time, any plans you tried to implement without understanding potential end results could cause you difficulty. So, in some ways, this retrograde period could help you adjust your plans and make life easier. You may feel frustrated because some of your plans didn't work out, but it's actually better for you that they didn't. The long-term costs would have been too high.

On March 16th, Uranus forms its final square to Pluto. This square has been operating in the world and in people's lives since April 2012 when it came in with a bang as the world tried to change. The first time the square occurred various factions in the world were fighting for leadership. People were trying to change the world by ousting old political leaders. However, in those cases where they were successful, they didn't have a game plan and situations fell apart before any new order could be installed. Instead, the old leadership regained control and, in some cases, the very conservative causes that were being rallied against became even stronger.

Now with this final square a lot of what's occurred in the world will be-

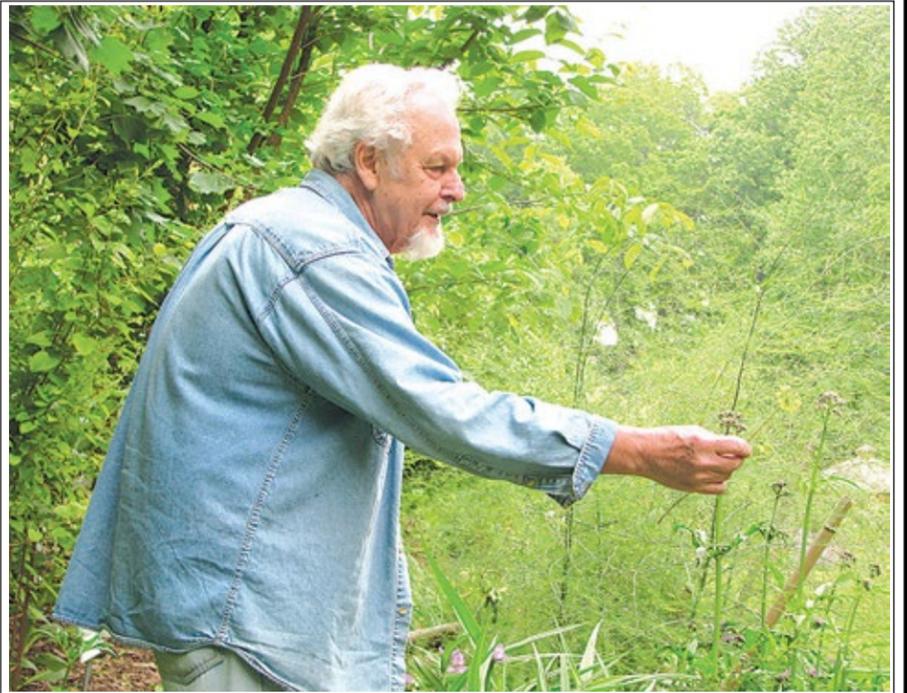
come entrenched. Old world orders will stay in place. New world orders will continue to try and revolt, but go underground at this point. What you'll see is a more conservative world with people wanting to hold on to the old rules.

You may still feel tension in your own life as you try to understand the difference between breaking away from old structures because they no longer work and holding on to past rules for fear of not knowing what the new rules need to be. If you feel too much is changing too fast, try to slow down. If you feel not enough is changing, try to see why you're hanging on. Perhaps you need to take time to learn new approaches to situations; or perhaps you just need to relax and meditate on your life.

The first eclipse of 2015 occurs on March 20th and is a total solar eclipse, which occurs during a new Moon. Both the Sun and Moon will be in Pisces and at 29° 27", meaning that after the eclipse ends the Moon will go void-of-course for a brief time period before entering the sign of Aries.

Eclipses tend to obscure matters, as

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ASTROLOGICAL INSIGHTS

Which Direction Now? The Past or the Future?

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does the sign of Pisces. Eclipses with a Moon that goes void-of-course after it occurs means you often fall into magical thinking and start implementing new concepts in your life that are based on dreams rather than reality. However, if you understand your dreams are very strong today, you'll be able to use that as an impetus to think about your plans and determine new goals that can bring you spiritual fulfillment.

As the Sun enters the sign of Aries on March 20th, the spring equinox occurs in the Northern Hemisphere and the new astrological year begins. Understanding your goals is very important as you prepare to start new projects in life. During the next several months, you'll find the need to focus on relationships and health matters, perhaps a combination of both. You'll want to stay true to the person you are. At the same time you'll want to share more of your life with someone special. If you follow your spiritual needs, you'll find you can surround yourself with loving and supportive individuals.

As the month of April begins, Ceres enters the sign of Aquarius on April 3rd and you feel you need to understand what other people are doing and how

they impact your life. You want to discuss matters. At the same time, you may have difficulty feeling compassion for other people's problems because you expect they will be able to resolve them if they just discuss those problems. You also don't want other people to interfere in your life. You want to be able to do what needs to be done. If other people are too emotionally involved with you, you find yourself pulling back and separating from them.

The second eclipse of the year occurs on April 4th. This is a Total Lunar Eclipse with Sun in Aries and Moon in Libra. This eclipse is important because it is part of a tetrad eclipse series that began in April 15, 2014. A tetrad is when there are four consecutive total lunar eclipses that occur at approximately six-month intervals. The second eclipse occurred on October 8, 2014; and the final eclipse in this tetrad will occur on September 28, 2015. When there is a total lunar eclipse, the Moon first turns a bright red about one hour before the eclipse occurs and earns the name "Blood Moon." All or parts of this eclipse will be seen in the United States.

Historically tetrad lunar eclipses are

connected with major historic events, particularly those that occur in Israel. In March 2014, about one month before the eclipse first occurred, the first case of the Ebola virus outbreak was reported. In April 2014, peace talks between Israel and Palestine failed. Attempts to establish peace in Ukraine also failed. In October 2014, Hong Kong experienced protests over China's decision to limit the candidates who could run in the 2017 elections for Chief Executive. A lot of these events were actually similar in nature to the events that occurred when Jupiter first made both the quincunx to Pluto and the trine to Uranus in September 2014.

The problems in Ukraine and Vladimir Putin's desire to create a strong Eurasian Economic Union to rival the European Union will continue to make the news when this total lunar eclipse occurs. Hong Kong will once again enter the news stream with more information regarding the upcoming election and its economic impact. There could be more violent struggles between various leaders and their populations, especially in the Middle East region of the world. While the Ebola crisis may be settling down, there will be other medical crisis related to viral outbreaks.

While you may not be able to control what's occurring on a global level, you can control what's going on in your own life. During this eclipse it's

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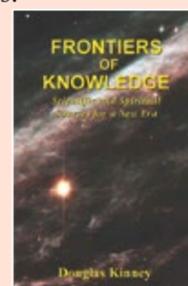
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ASTROLOGICAL INSIGHTS

What you need to believe in is your ability to try to achieve what you want. What you need to believe in is the foundation that supports your choices so you can do the best you can.

important you take time to find solutions for any problems in your life. This is a good time to understand that lessons learned are just as important as future experiences. There needs to be a connection between the old and the new. There also needs to be a way to relate to other people so you can find mutual support and common ground. Be very careful not to fall into paranoid feelings. Also, check all the facts before you proceed with anything new in your life.

On April 8th, Jupiter turns stationary direct. It had turned stationary retrograde on December 8, 2014. When Jupiter was retrograde, it was a great time period to think about your long-term goals and their connection between your spiritual and material needs. Now that Jupiter is direct, especially in Leo, you need to implement some of your long-term goals. At the same time, you need to consider the potential risks involved with those goals. There is a tendency when Jupiter is in Leo to think that you can achieve anything just because you believe in it. While having confidence in your ability to do things, you still need to temper that confidence with reality. So, don't fall into a case of magical thinking. Just because you believe something doesn't mean you can achieve it. What you need to believe in is your ability to try to achieve what you want. What you need to believe in is the foundation that supports your choices so you can do the best you can.

As the new Moon, with Sun and Moon in Aries, occurs on April 18th, you may feel a lot can happen, but it really doesn't. Both the Sun and Moon are at 28° 25" and will go void-of-course for a short time period after the new Moon occurs. So, it's really going to be one of those days where there is a lot of promise but not much accomplished. If possible, try to go slow and don't make too many commitments you might regret later.

As the month of May begins, the full Moon occurs on May 3rd with Sun in Taurus and Moon in Scorpio. This full Moon forms a square to Jupiter indicating you may feel as if other people are trying to push you into doing things before you're ready. The square that is formed is a fixed T-square. Also, the energy of a mutable T-square created by Mercury, Saturn retrograde, and Neptune is very active in this chart indicating you feel changes need to occur. You just don't know what to do or where to begin.

With a fixed T-square you just want

to sit where you are and not move. You don't want to be pushed into decisions until you know you're ready. On the other hand, with a mutable T-square you want to take action right away. You're tired of the status quo and want changes now. The best way to use this energy is to see where you want changes and to meditate on those areas of your life. Don't rush into those changes right now. If you try to make changes, it'll be like driving a car with the brakes on. You'll only burn out your energy and not achieve anything.

The new Moon occurs very early on May 18th—just a little after midnight (12:13 am EST). During the evening hours, Mercury in Gemini will turn stationary retrograde. So, while Mercury is not technically retrograde at the time of the new Moon, you will feel the retrograde effects in this new Moon.

The new Moon has both the Sun and Moon in Taurus. Normally you want to consider what's important in your life and take action. But with Mercury about to turn retrograde, you're better off listing what's important in your life, along with the action you want to take, and waiting until Mercury turns direct on June 11, 2015. If you do this, you'll find that actions you take in June will have more success and bring more prosperity into your life.

With Mercury retrograde in Gemini you need to be very careful when you communicate with other people. Words may not come out right. Paperwork may go missing, or you may have to redo any contracts that had to be signed during this time period. The best way to use this energy is to meditate on your possibilities and make a note of them. Once Mercury goes direct you'll be able to move forward with your life.

The energy that started out this month seems to come full circle on May 21st when Jupiter forms a quincunx to Pluto retrograde. Just as Jupiter did in September 2014 and again in February and March 2015, Jupiter will move from the quincunx to Pluto retrograde and form a trine to Uranus on June 22, 2015. Unfortunately problems of a global nature will continue at this time with little you can do to stop them. But at the same time, you can take what you've learned from the past and apply this knowledge to your future growth. When Jupiter forms that quincunx to Pluto on May 21st, you'll be able to dig deep into your very being and bring up matters that help you understand who you are a lot better than before. When Jupiter forms that trine to Uranus in June 2015, you'll be able to take all the knowledge you have and use it in a way that enables you to grow. You'll know how to use your skills to move forward with life. You'll understand how important it is to have those loving relationships in your life.

Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See also her ad on page 62.

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