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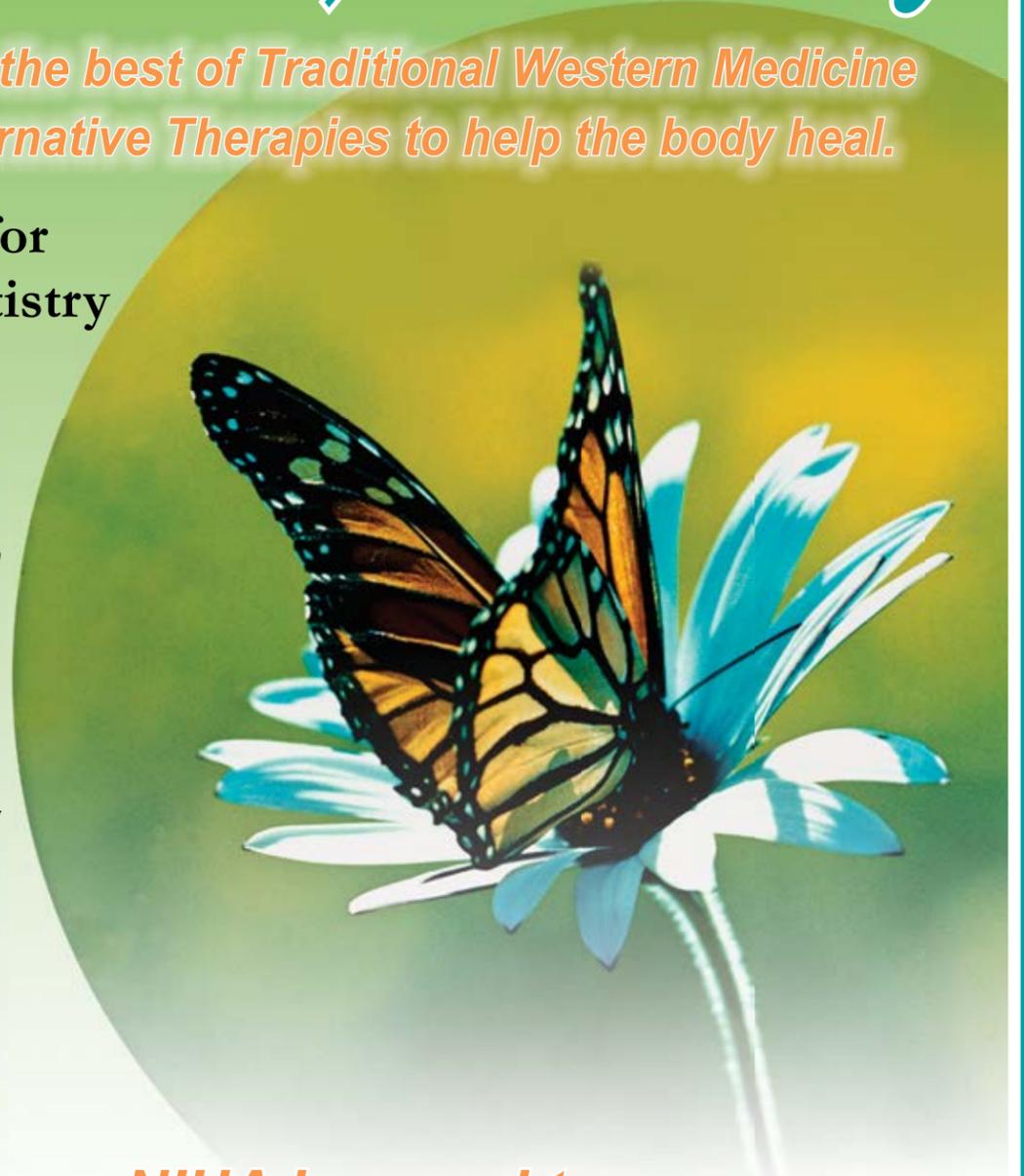
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WHAT WE'RE ABOUT

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

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

—R. Buckminster Fuller

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

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

MAKING CONNECTIONS

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

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

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

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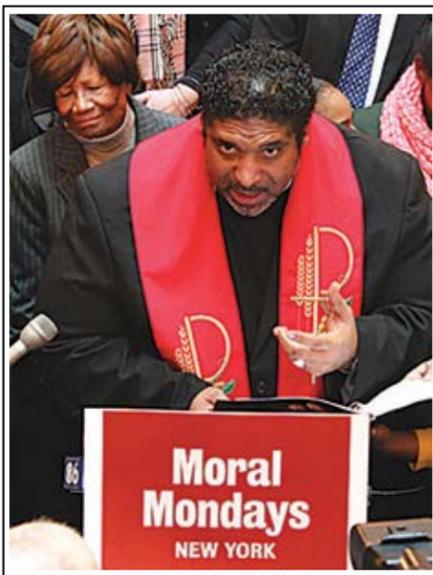
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Soy Foods, Dietary Transformation and the Speed of Change

INTERVIEW BY DANIEL REDWOOD

Seth Tibbott's journey—from growing up in suburban Bethesda, Maryland, in the 1950s and early 1960s, to living in a treehouse for several years in rural Oregon and Washington, to eventually becoming the head of a successful soy food company—has, to say the least, included some unlikely twists and turns.

Becoming a businessman was the farthest thing from the young Seth Tibbott's mind. He started out as an environmentalist and outdoor educator, working to share with young people his deep appreciation of the natural world. Along the way, he fell in love with soy foods—tempeh and later tofu. In what he understatedly describes as a slow growth business model, he worked for many years as a one-man operation, on a sub-shoestring budget, making his own tempeh products in a series of trial-and-error versions, serving simultaneously as product developer, research director, chief chef, packager, label printer, delivery service and advertising agency.

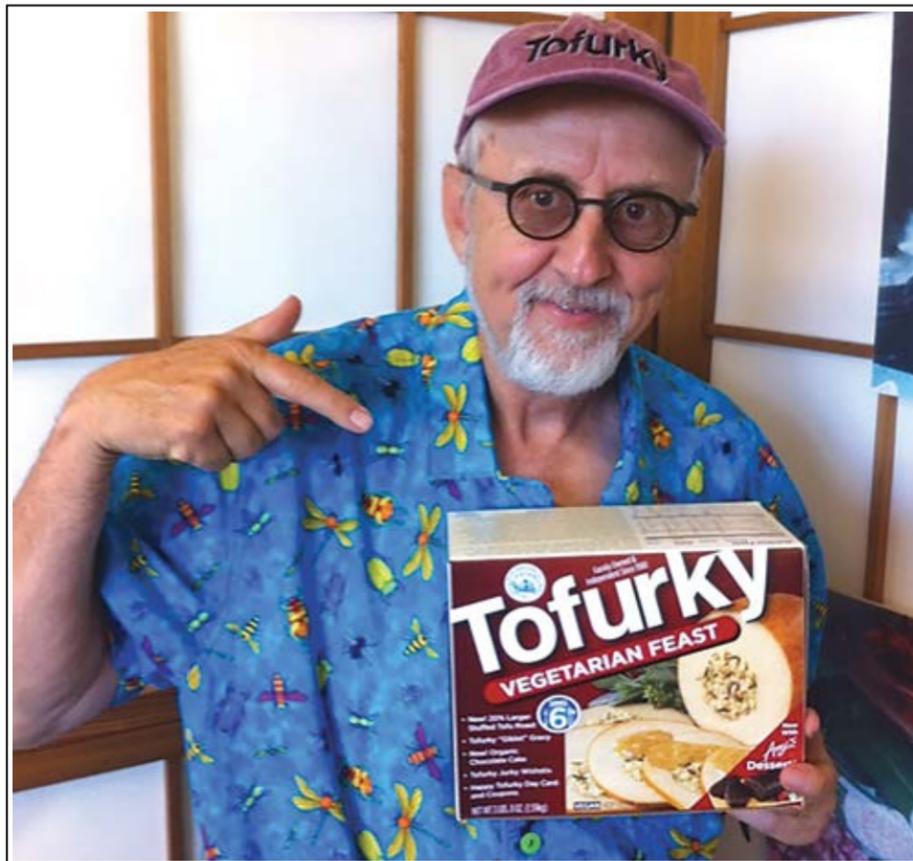
In this interview with Daniel Redwood, Tibbott tells his unlikely story, with self-deprecating humor and no small dose of accumulated wisdom. Bring your values with you into the workplace, he tells us, along with a healthy dose of patience, and find ways to serve the greater good. That's what we're here for.

You've had a fascinating life. You grew up in the Washington, DC, suburbs, worked as a naturalist and outdoor educator in the Midwest, and then became fascinated with foods made from soybeans. Eventually, you settled in Oregon and founded a food company that started out slowly and is now international in its reach. I'd like to ask you about the nature and the speed of change, as demonstrated in your own experience.

Sometimes we think change is never going to come or that it seems to be moving too slowly, but I want people to know just how fast attitudes can change. It is very possible that movement toward a plant-based diet will become the world protein paradigm within 100 years.

Think of it this way. 1863 was when my grandmother was born. So this hand [holds up his right hand] has touched the hand of somebody born during the Civil War. She was born one month after the Battle of Gettysburg, when it was considered normal to own another human being, because of their skin color.

The product of the day was Granula, which was the first breakfast cereal marketed in America. Here's an ad for



Interview with Seth Tibbott, Founder of Tofurky

Tibbott tells his unlikely story, with self-deprecating humor and no small dose of accumulated wisdom. Bring your values with you into the workplace, he tells us, along with a healthy dose of patience, and find ways to serve the greater good.

That's what we're here for.

it that says, "Granula, the cereal you have to soak overnight." I'm not a marketing genius but you may not really want to lead with that as one of your product attributes. [In a circus barker's voice] "Not only does it taste bad, but it's inconvenient, too! Get some granula, folks!" This was part of the Kellogg story, too.

Then, in the late 1890s or early 1900s, when my dad was born, he saw the Wright Brothers fly, not at Kitty Hawk but at Ft. Myer, Virginia. So again, this hand has touched the hand of a man that saw the Wright Brothers fly. Protose and Nutose were products of the day, from Kellogg's.

Here's a photo of my dad at a Thanksgiving. I'm the little shrimp over there. Now I didn't like turkey. I never liked turkey. We'd go down to my Uncle Ned and Aunt Glen's and my mom would pack peanut butter and jelly for me. My Aunt Glen was always like [imitates her voice], "The best gift you can ever give a cook is eat everything on your plate." I hated going to Aunt Glen's house because she couldn't accept my accidental veganism.

This was the era in the 1950s when everybody smoked. You'd see all these people dying of lung cancer and people would say, "Oh, that's too bad, I wonder what happened to him." The fact that he smoked a pack of cigarettes a day didn't really hit home. Now you can't find anybody that doesn't know that message. Are there still people smoking cigarettes? Yes. But is cigarette smoking really down? It sure is.

So commonly held beliefs can actually change, along with people's actions.

Yes, they can. In the 1960s and 1970s, the only place you could buy granola in my college town was at the head shop. Here's a photo of me in the Sixties and Seventies [shows photo with beard and long hair]. That's when I read *Diet for a Small Planet*, studied environmental education and worked as a naturalist in the Ohio schools.

Back then, you made your own granola, you didn't buy it. You made your own yogurt, you made your own soy burgers. I became a vegetarian in 1972 after reading that book. And then

connecting the dots was easy for me because of the environmental connection. I was making soy burgers much like the soy grits that I showed you earlier today when I started a new batch of tempeh. I'd make them into patties and fry them, because my mom was always, [in mother's voice] "Where are you going to get your protein?" And I'd say, "Don't worry mom, I'm eating soybeans." And she'd say, "Well okay, maybe you'll have a chance to live."

So your mom's responsible for Tofurky?

Yes. Before there was tempeh, before there was Tofurky, there were soy burgers.

Starting Small

Right now, you're showing me a slide presentation of the history of what eventually became the Tofurky company, from 150 years ago when your grandmother was born, until now. The slide we're looking at says, "My first job paid \$25 a week plus room and board. Eventually I worked my way up to \$200 a week plus room and board." Even back then, that was a lot less than the typical American was earning and spending.

Definitely. I get these mailings from Social Security that tell you how much money you made every year of your life, and says that when you're 65, this is how much Social Security you'll get. My first year in business, in 1981, I earned \$27. I don't know how I lived; I just ate a lot of tempeh and had a bit of money saved up. The story of this company is very different than, say, the way that Hampton Creek or Beyond Meat, or a lot of other companies (but not all of them) do it these days. It's like you have the sudden school and the gradual school of Buddhist enlightenment, and this is the gradual school. *Very gradual.* When you say "slow business development," people think, "Well, I'll try it for two or three years and if it doesn't work, I'll try something else." I was trying it much longer than that.

You were committed to following it through.

I was, mainly because I didn't have a Plan B. I had no other option. It was like, "This better work." In 1968, I visited The Farm in Summertown, Tennessee, which was 1600 acres, 1200 hippies, all vegan. They grew a lot of soybeans. They were doing tofu. And they sent Alexander Lyon, who ended up working here at Tofurky, out to the NIH laboratory to find out what people do with soybeans. He was a microbiologist. And so he went and he saw tempeh.

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O Say, Can You See? The Way Forward After Baltimore

BY REV. DR. WILLIAM J. BARBER AND
JONATHAN WILSON-HARTGROVE
COLUMN EDITED BY CAM MACQUEEN

When Freddie Gray died in the custody of Baltimore police, the uprising that has been rumbling across our land came home to the DC Metro area. Yes, people were crying out for Freddie Gray. But they were also crying for Mike Brown and Eric Garner, for Tamir Rice and Walter Scott, for Tanesha Anderson and Miriam Carey, who was shot dead without question by Capitol Police in 2013.

“Black Lives Matter!” was again the cry when news came that Freddie Gray was dead. The police came with their face shields. Young people and the police lined up, ready to do battle, like the two armies in the Hindu sacred book *Bhagavad Gita*. It seemed too late for talk. Too late to seek truth, then trust. All that was left were two fearful armies, fated to act out the script of distrust.

Yes, Freddie Gray was dead. But trust was also dead.

I saw it in Ferguson last fall, when I met with Mike Brown’s friends and neighbors. They were not simply mourning the loss of a friend. They were grieving conditions in which they are born suspect, live under surveillance, and are constantly subject to the whim of officers they do not know.

I have seen it in Goldsboro, North Carolina, in the neighborhood where I’ve pastored for the past 25 years. Mothers call their children into the house when they see a police car; fathers show their sons, even if they cannot bear to tell them, how to look away when they see a cop. In some places, trust has been dead for years.

As people of color were abandoned in America’s urban ghettos, their neighborhoods became targets for the “War on Drugs.” Our prison population grew more than five fold between 1980 and 2010, taking a generation of mothers and fathers away from these places. Those who were left struggled to survive, learning one lesson clearly: they could not trust America’s criminal justice system.

If for many trust died years ago, Baltimore’s uprising may still go down in history as trust’s public memorial service. I shall not soon forget watching fires spring up near the Baltimore Harbor. I thought of Francis Scott Key, watching fires in the same harbor during the battle between the new U.S. Navy and what had been the omnipotent British fleet. Seeing this same scene in another era, he wrote his most famous words, “O say can you see by the dawn’s early light...”



Rev. Dr. William J. Barber, II is the of Pastor Greenleaf Christian Church, Architect of the Forward Together Moral Monday Movement and President of the NC NAACP.

We must agree on a transformative strategy, not just for Baltimore, but our nation, because what is happening in Baltimore is not an isolated problem.

Despite America’s present darkness, can we begin to see by the dawn’s early light? Can we—the forces of love and justice—unify around a comprehensive strategy to get people talking, seeking the common truth of reality, and repairing the breach of trust? It’s too late to create trust when the police are wearing face shields.

Our response must be comprehensive. It is not enough to indict the system and the officers that killed Freddie Gray. We must also indict the economic and social systems that led to these conditions. And we must repair the breach in our society with long-term, anti-poverty, economic and human development investments. We must agree on a transformative strategy, not just for Baltimore, but our nation, because what is happening in Baltimore is not an isolated problem. Baltimore—like Ferguson, Staten Island, Sanford, Charlotte, North Charleston, and others—is a metaphor. People in every city must understand this.

Our young people—black, white, and Latino—have nightmares of heavily armed white cops killing unarmed black and Latino men. Most of our kids have not been taught the historic role of well-armed white men, empowered by white slave holders, corporation owners, and urban landlords to protect their property—slaves, women, stores, and banks. Because we don’t

understand how the racist system was built, we often don’t realize that the occasional overt display of rage is the result of daily ongoing traumatic syndrome—DOTS. This rage is produced by years of insults to our dignity. The exposure of the constant killing of black men by officers of the law triggers the rage.

We now watch communities that have long been under siege with no strategy to build trust. Television and Internet images keep the DOTS on the front burner, and the killing of one of your neighbors with no immediate response causes the pot to boil over. The hyper police violence that seems to be getting worse is connected to a white backlash that, U.S. historians remind us, always accompanies the fear of power shifts in America.

Leaders like W.E.B. Du Bois, Ida B. Wells, and George White understood this about lynching. We are living through a similar power shift today.

Many believe police brutality and violence against unarmed blacks is a perverted political act. Such acts have been condoned and rationalized by a dual system of justice. It is wrong to think of them as an isolated, individual act of violence. State terror is the proper term for acts that “put a community in its place.” We must, therefore, deal with the system’s sickness.

Such a comprehensive response in-

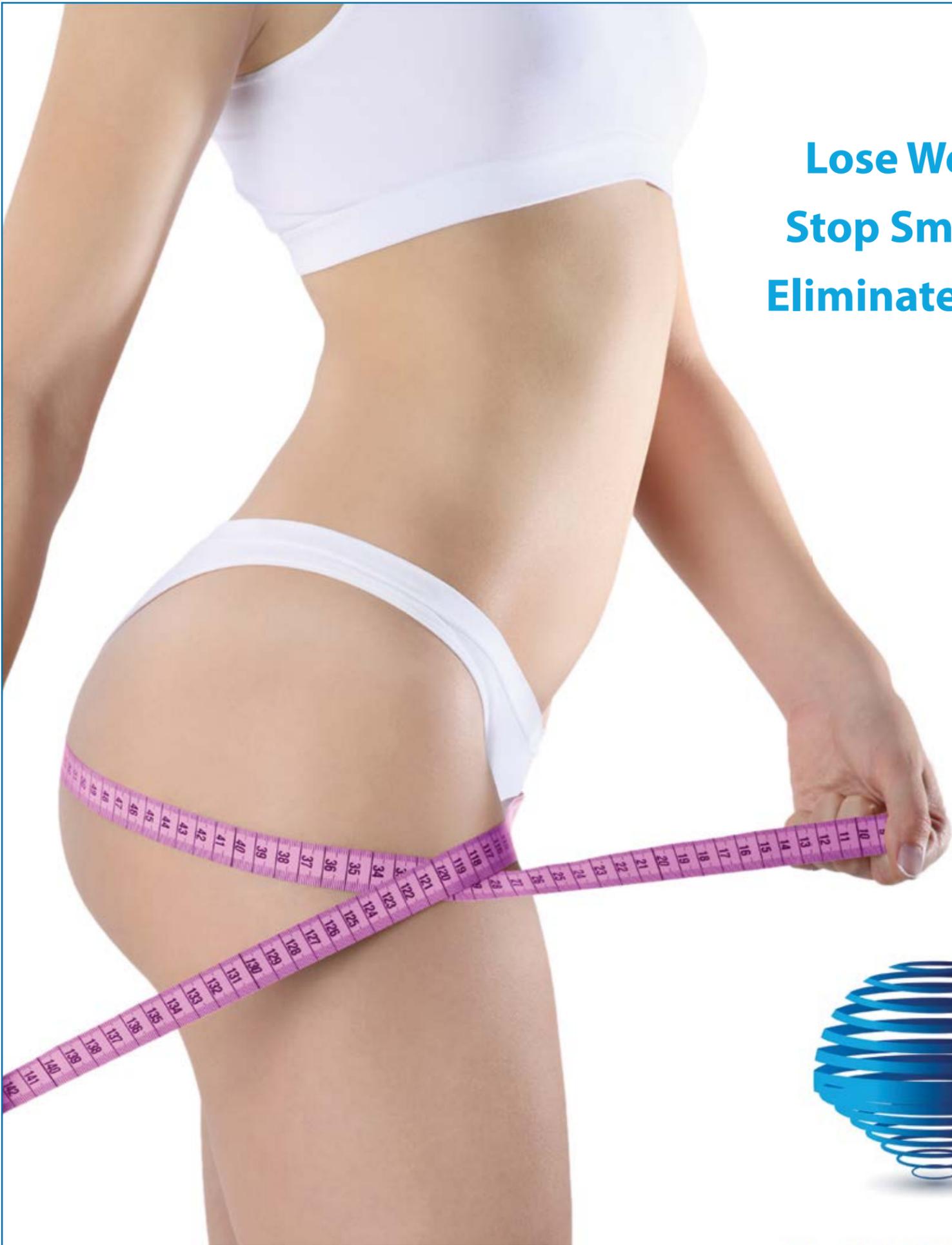
cludes trials of police who wrongfully kill and cover-up the killings. It includes transparency of information—immediate sharing of information with the family and neighbors of the victim of the white backlash. It includes training for officers, to unpack racist stereotypes, using young people from the streets as trainers in creating authentic community protecting and serving, as opposed to driving by and occupying. It includes tracking of police brutality with data reporting and community review boards that include legitimate representatives from the “hood” with real subpoena power. It includes taping interactions with body cameras, cell phone cameras, inside and outside vehicle cameras. It includes a transformation of the discriminatory practices in our “justice” system in arrests, investigations, indictments, trials, sentencing, and prisons.

Without these, we cannot resurrect trust.

But basic trust is only the beginning of the Third Reconstruction that our current crisis demands. After the South burned in 1865, we saw a brief experiment in Reconstruction, during which our nation began to experiment for the first time with a multiethnic democracy. That Reconstruction was officially abandoned in 1877, making way for white supremacy governments throughout the South. With the public funeral of Emmet Till in 1955, America again realized that trust was dead. The Civil Rights Movement—a Second Reconstruction—rose up among the masses of people who knew they could not trust the governing authorities. While this Second Reconstruction won federal legislation to protect civil rights (1964), voting rights (1965), and fair housing (1968), it was again officially abandoned with the end of Johnson’s “War on Poverty” and a turn to “law and order.” The divide-and-conquer strategy of those determined to destroy our Second Reconstruction has created a new Jim Crow not confined to the South. Our criminal caste system in which 70 million Americans are legally marked as second-class citizens has gone national with bipartisan support of “tough on crime” policies.

The only hope for a Third Reconstruction to challenge this systemic injustice is a Moral Movement, rooted in our deepest religious and Constitutional values. We have seen in North Carolina over the past nine years that a Moral Movement has the capacity to build fusion coalitions across the dividing lines that politicians have exploited. Black, white, and brown, gay and straight, male and female, employed and unemployed, labor and

continued on page 118



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10 Most Frequently Asked Herbal Questions

BY TOM WOLFE, R.H. (REGISTERED HERBALIST, AMERICAN HERBALISTS GUILD)

Editor's Note: As the summer growing season starts and so many of us get out into our gardens, we started thinking about herbs. We are also saddened by the end of a cultural era as the legendary late night talk show host David Letterman brings his run to a close. In honor of both of these events, we asked Tom Wolfe, owner of Smile Herb Shop and the long-time Pathways "Herb Corner" contributor, to come up with his own "Top Ten List." The result is a list for our education and enjoyment of the most often asked questions he gets about herbs.

1. What is an herbalist?

Simply put, an herbalist is someone who studies the medicinal use of plants. Usually, an herbalist is a person who grows medicinal (and usually edible, too!) plants, studies them, harvests, prepares and extracts them, and helps others learn the same things. Most herbalists *love* what they do and are eager to share this love of herbs with others. Herbalists may teach, coach, write, blog, or lecture as a way of sharing what they love best! Lots of herbalists are interested in other aspects of healing as well, such as diet, exercise, meditation, and energetic medicine.

Some herbalists have formal training, while others do not. It's only very recently that any sort of formal training existed for herbalists, so lots of the herbalists you meet today have learned directly from someone who is practicing; this is usually referred to as "apprenticeship." Some have studied with various teachers, some with only one or two. Lots of beginning herbalists start out just learning from books and then go on to take classes or seminars, and then progress to a serious study. There are plenty of people out there who love herbs and herbal medicine but have only learned a little bit. They might call themselves herbalists or they might not. But an Herbalist with a capital "H" should have considerable experience using a variety of herbs, and should have studied with at least one professional herb teacher.

2. Are herbs safe?

Herbs are serious medicine, which means some of them can have a very strong action, and some of them can interact with other substances. Remember, until very recently, nearly *all* drugs were extracted from plants! What this means is some plants will be safe for you to use, and others need to be used with caution, or may not be right for you at all. There are some herbs that are safe for everyone (as long as they're not allergic!). Most mints, for example, including Peppermint, Spearmint, Lemon Balm and Catnip, are safe for pretty much anyone. Chamomile is safe for anyone who is not allergic to ragweed. Stinging Nettles, once pre-



Herbs are serious medicine, which means some of them can have a very strong action, and some of them can interact with other substances.

pared properly, are as safe as kale or lettuce!

Some common herbs, however, are not recommended under certain conditions. Black Cohosh and Willow Bark both contain significant amounts of salicylic acid, and therefore can't be taken with blood thinners, or by people allergic to aspirin. St. John's Wort, commonly known as a treatment for mild depression, shouldn't be taken with MAOI drugs. And there are a number of herbs that are perfectly fine most of the time but shouldn't be taken by pregnant women, small children, or people who are in a weakened condition. A reputable introductory herb book will have a list of plants and common formulas and under what conditions they should be used. A beginning herb class will give you the same information.

3. What herbs are good for coughs and colds?

There are three major groups of herbs to take for coughs and colds: herbs that act as anti-virals, fighting off the cold or flu virus itself (many of these are preventative as well); herbs that act to fight off bacterial infection or that stimulate the immune system into action; and herbs that treat particular symptoms such as aches and pains, fever, runny nose, cough, or sore throat.

Anti-viral herbs:

- Elderberries (*Sambucus nigra*) is a favorite with kids and grown-up alike! Tasty and effective, Elder can be taken all through the cold and flu season as a preventative as well as treatment.
- Lemon Balm (*Melissa officinalis*) is also delicious and a powerful ally against viral infection. In a super-concentrated form it is even used topically to treat cold sores.

Anti-bacterial herbs and immune stimulating herbs:

- Echinacea, both *purpurea* and *angustifolia*, are medicinally potent. This is perhaps the most famous of the immune herbs. Echinacea stimulates the immune system into action, and has some anti-bacterial properties.
- Oregon Grape Root (*Mahonia aquifolium*) is an antibiotic herb very similar in action to the much more famous Golden Seal. It is immensely valuable for stubborn sinus infections and bronchitis.
- Garlic (*Allium sativum*) is the first thing to reach for (especially since it's probably already in your kitchen) when you feel a cold coming on. A strong dose of garlic can stop many colds in their tracks.
- Oregano (*Oreganum vulgare*) has been studied as a possible treatment for MRSA! Long known as a powerful anti-microbial, common Oregano is a faithful ally against respiratory infections.

Herbs for aches and pains:

- Ginger (*Zingiber officinalis*) is most commonly known for its use treating digestion, but it also has anti-microbial, anti-inflammatory, and pain-relieving properties.
- Willow Bark (*Salix alba*) is a well-known herb for pain. It contains salicylic acid, the same ingredient in aspirin.
- Valerian (*Valerian officinalis*) is a lovely woodland plant that has muscle relaxant and gentle sedative properties. It can be a huge help getting to sleep any time, but especially when cold symptoms are keeping you awake!

Herbs for excess mucus:

- Bayberry (*Myrica cerifera*) is a strongly astringent herb, meaning it dries stuff up! It can be used for runny nose

or wet cough to relieve the constant drip, drip, drip.

- Trikatu formula (black pepper, Indian long pepper, and ginger) is an Ayurvedic blend that is used to reduce mucus in the respiratory system and in the digestive system. Gentle and effective, it is especially helpful for post-nasal drip.

Herbs for cough:

- Yarrow (*Achillea millefolium*) is a strong astringent. Yarrow reduces mucus and helps make coughs more productive, allowing the body to detoxify and heal more quickly.
- Elecampagne (*Inula helenium*) is warming and soothing for a dry cough, making this lovely plant a great help with both cough and sore throat.
- Osha (*Ligusticum porteri*) is strong—strong acting, strong tasting. It is warming, stimulating, anti-microbial, and an excellent choice for a deep, lingering cough or a tight, dry chest.

These are only a few of the many, many herbs useful for the miseries of colds and flus. Peppermint, Basil, and Eucalyptus have soothing menthol to help stuffiness, and the ever-faithful Lavender can help with tension headaches and difficulty sleeping, and there are so many more!

4. What's the best way to take herbs? Does tea work as well as pills?

The absolute best way to take herbs is fresh from the garden, as food or in strong tea, but we all know that just isn't practical for many of us! There are a few different ways to take herbs; each is effective, and much of your decision can be based on personal preference, but there are a few things to consider.

First off, tea is great—we love tea—but it can take a *lot* of tea to get a medicinal dose. A minimum of a quart a day, that's four cups, is required to get full effect of most herbs, and double that amount is recommended for some. So if you don't like to drink tea, or your lifestyle just doesn't make it practical, consider tinctures or pills.

Secondly, high quality herb capsules work just fine, and for herbs you take every day, are an easy way to take them. Most are best taken with food, so they're digested well, but a few should be taken on an empty stomach.

Lastly, tinctures are the most concentrated way you can get your herbs, and they are the fastest acting. For herbs that need to work quickly, like those for pain or nausea, tinctures might be the way to go. Certainly their compact nature and the small amount needed for proper dosing is a bonus, too!

5. How do you know herbs work?

There are basically three answers to this question: 1) personal experience; 2) published research; and 3) comparing stories with the herbal community. Let us start with the best way to learn

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10 Most Frequently Asked Herbal Questions
...continued from page 11

about herbs, which is the personal experience of using herbs, being in an herbal garden, and taking your own herb classes from professional herbalists. Nothing beats experiencing for yourself how herbs work to heal your own digestive system and other aspects of life. A solid daily regimen of great tasting teas is the beginning of knowing herbs work. The gentle application of healing herbal substances to our digestive tract is the beginning of herbal experience and wisdom. Knowing how to use herbs to keep a baseline of health energy, then maintaining that energy while facing the tests and stresses of life, is the greatest way to know herbs work. Comparing personal energy levels with and without herbs inevitably leads one to the clear conclusion that herbs work.

Secondly, the published research on herbs is overwhelmingly clear concluding that hundreds of herbs work to keep this incredible body we enjoy functioning well and "all systems go" in balance. A good example is the *Commission E Monographs* from Germany, which Mark Blumenthal, the director of the American Botanical Council and I got published in 1997. Commission E represents 6,600 studies on herbs of

which two thirds were deemed effective by the German government. Every German physician has to study herbal medicine for 6 months in order to get an M.D. degree.

Finally the community of herbalists represented by the American Herbal-

Nothing beats experiencing for yourself how herbs work to heal your own digestive system and other aspects of life. A solid daily regimen of great tasting teas is the beginning of knowing herbs work. The gentle application of healing herbal substances to our digestive tract is the beginning of herbal experience and wisdom.

ists Guild is constantly comparing notes as to what herbal treatments are working and which not so much. I would encourage all *Pathways* readers' interested in herbalism to join the Guild (see www.americanherbalistsguild.com/become-ahg-member). Membership is \$60 annually and includes a subscription to the journal of the Guild, which

is the most current information about what herbs the professional herbalists say are working.

So these three ways of knowing herbs work are easily available locally. Just remember—this herbalist says nothing beats personal experience in your own body and personal experience in a developed herbal garden.

6. What are the best herbs for diabetes?

Type 2 Diabetes is the fastest growing epidemic the United States has ever seen. Currently, 10% of our people has Type 2 Diabetes, and the Center for Disease Control is predicting that in only 15 years (2030) 33% of our people will be Type 2 diabetic. The easiest-to-find and use herbs that work are Bar-

ley, Goats Rue, Gymnema, Cinnamon, Holy Basil, and Peach Leaves.

7. What are the best herbs for blood pressure?

High Blood Pressure is also epidemic in the United States and has been shown to be a lifestyle-derived condition. In 1956 when Edward Freis at Johns Hopkins linked High Blood Pressure to salt intake, he also found 9 different cultures in which High Blood Pressure did not exist at all. Contrast that with the USA where 25% of our eighteen year olds "should be" on anti-hypertension drugs. This percentage increase until over half of our people "should be" on anti-hypertension drugs at the age of 60. The easiest herbs to find and use that are proven effective for High Blood Pressure are Hawthorn, Garlic, Linden, Viburnum opulus, and Yarrow.

8. Do you grow all these herbs (sold in the store) yourself? Are they easy to grow?

It would take a huge farm to grow all the herbs we sell in the store. Those of us familiar with the one third of an acre of herb gardens at the store have to smile at this question. Just the Peppermint alone we sell annually would take the entire third of an acre to grow.

Herbs are very easy to grow if you

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The Classic Yoga Sun Salute

BY CLAUDIA NEUMAN

From ancient times to present day people from all walks of life and cultures have praised the sun for its life giving and illuminating properties. The Vedic texts of ancient India speak eloquently about the power of the sun and light; in these texts the sun is a supreme deity with divine power residing in heaven. Because we can see signs of the sun god in the element of fire, the occurrence of lightening, as well as the beauty of plants growing when the sun is strong—the ancients held this god in even higher esteem. There is evidence everywhere of this benevolent deity reminding us that light overcomes darkness within and without.

There are many names and forms for the sun god in the Vedic texts, each representing a quality of illumination. For example: Savitri is the aspect of transforming the will; Mitra is the known as the divine friend; Pushan nourishes all that lives and is considered a seer and a guide; Vishnu pervades and holds the wisdom of all that is; and Surya, which means sun, has the qualities of revolving and expanding.

Vedic rituals, chants and prayers to the sun are numerous. The Vedic text

says that we are all children of the sun born onto this earth to carry forward the divine light of truth through our daily lives. Just as the sun offers us the measurement of each day by rising and setting, so is each day an opportunity for the seeker of inner light to make an offering to the sun through ritual and practice.

The Vedic mantras are said to dwell in the rays of the sun and number 432,000, which is 360 (as in days of the year) x 1200. In addition, the Vedas contain an entire group of twelve Sun Gods called *Adityas*. With so many numbers divisible by 12, it is no wonder when the series of poses that make up the classic sun salute are measured, they also come out as a set of 12 moves linked to breath.

In Richard Rosen's 2007 article for *Yoga Journal*, "Here Comes the Sun," he states, "There's some disagreement among authorities over the origins of Sun Salutation. Traditionalists contend that the sequence is at least 2,500 years old (perhaps even several hundred years older), that it originated during Vedic times as a ritual prostration to the dawn, replete with mantras, offerings of flowers and rice, and libations of water. Skeptics of this dating main-

tain that Sun Salutation was invented by the raja of Aundh (a former state in India, now part of Maharashtra state) in the early 20th century, then disseminated to the West in the 1920s or 1930s."

According to yoga scholar Mark Singleton, our modern day sun salute was probably brought to us in the 1930's from Krishnamacharya, the teacher of the great teachers Iyengar and Pattabhi Jois. In his work *Yoga Body: The Origins of Modern Posture Practice*, Singleton states that the current day sun salute is "a mixture of yoga as medical gymnastics and body-conditioning on the one hand, and state of the art dumbbell work and freehand European body-building techniques on the other."

In *The New Yorker* article, "Iyengar and the Invention of Yoga" by Michelle Goldberg (August 23, 2014), the author refers to Singleton's work as well and states:

"The system that Krishnamacharya created (there) drew on hatha yoga, as well as traditional Indian wrestling and gymnastics, British Army calisthenics and, according to the scholar Mark Singleton, the Danish educator Niels Bukh's 'primitive gymnastics.' It included sun salutations and stand-

ing postures, such as the triangle pose, that don't appear in any ancient yogic text. In his 2010 book, *Yoga Body: The Origins of Modern Posture Practice*, Singleton concludes that Krishnamacharya's method was 'a synthesis of several methods of physical training that (prior to this period) would have fallen well outside any definition of yoga.'"

In most yoga classes today the sun salute is called Surya (Sun) Namaskara (to Bow) A & B. These include jumping back from a forward bend into the pose Chaturanga (yoga push up), and also jumping from Adho Mukha Svanasana (downward dog) back into a forward bend. Surya Namaskara B includes Uttatasana (chair pose) and the standing pose Virabhadrasana I (warrior pose). There are many ways that these sequences are creatively interpreted and practiced. These are very physically demanding, quickly rendering the practitioner undertaking them much strength and endurance.

I will always hold a special place in my heart for what is called "The Classic Sun Salute," which was the very first thing I learned about yoga as an 8-year-old child. This version is sur-

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Classic Sun Salutation Sequence

prisingly unknown to many yogis because they have only ever heard of and practiced Surya Namaskara A & B.

As I accompanied my Mother to her weekly yoga classes in the park, I looked forward to the sun salutes the most. A yoga class usually started with some breathing techniques, then sun salutes, some forward bends, twists, back bends (different types) and Shavasana (deep resting). There was usually a period of meditation once Shavasana was over. I do not recall standing poses, jumping or yoga push-ups being taught in these classes.

I was taught the sun salute is linked to all cycles of time, in particular, each move and breath corresponds to a month of the year. I was also taught the sun salute delivers a balanced flow of spinal fluid through the spine because it organically moves the spine in every direction it can go in. The lunges that are included in this sequence detailed here also provide additional opening to the hips and the front of the thighs. But maybe, in addition to all this physical stuff, this classic sun salute has some underpinnings in the ancient texts. Where this came from, and who invented it, is still unknown.

Whoever invented it, wherever it came from, it is still a beautiful practice that for me holds a bit of auspiciousness and sentiment. Try this sequence this summer. Sing praises to the light within you and without you, and take it into your bones and your soul by performing these movements every morning.

Claudia Neuman, MSW, E-RYT 500, is a certified Anusara® Yoga instructor and has been teaching for three decades. Please visit: www.alignwithgrace.com, or www.yogafiveo.com for information about Claudia Neuman. See her ad on page 83.



1. Inhale, lifting arms (January)



2. Exhale into prayer position (February)



3. Inhale arms up over head, Urdhva Hastasana (March)



4. Exhale standing forward bend, Uttanasana (April)



5. Inhale right leg back into low lunge, Anjaneyasana (May)

Hold your breath in as you move to plank, Kumbhakasana



6. Exhale into knees, chest and chin pose, Ashtanga Namaskara (June)



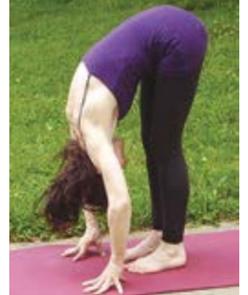
7. Inhale into cobra, Bhujangasana (July)



8. Exhale into downward facing dog, Adho Mukha Svanasana (August)



9. Inhale the right leg forward into low lunge, Anjaneyasana (September)



10. Exhale the left leg up to meet the right, creating standing forward bend, Uttanasana (October)



11. Inhale, upward salute, Urdhva Hastasana (November)



12. Exhale arms by your side in Tadasana (December)



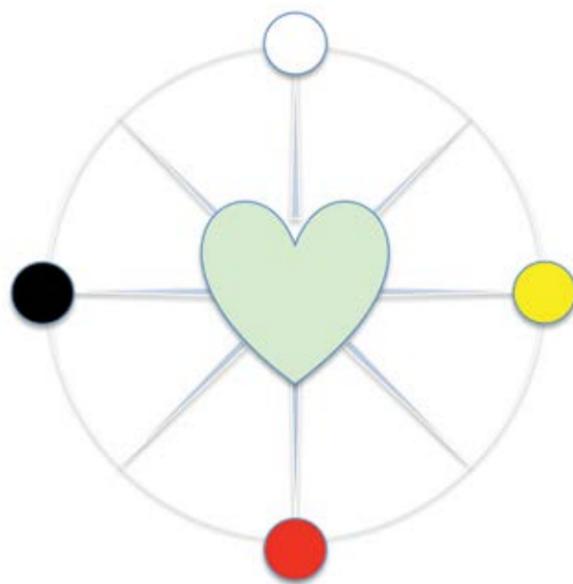
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From The Green Farmacy Garden



Prebiotic Pathway

Bacterial imbalances (dysbioses) caused by antibiotics can be corrected by probiotics—actual beneficial bacteria from live cultures as in certain yoghurt—or by prebiotics—foods that improve the ratio of good bacteria to bad bacteria. I hope to convince you that prebiotics can be the pathway to better colon health and immunities.

BY JAMES A. DUKE AND
HELEN LOWE METZMAN

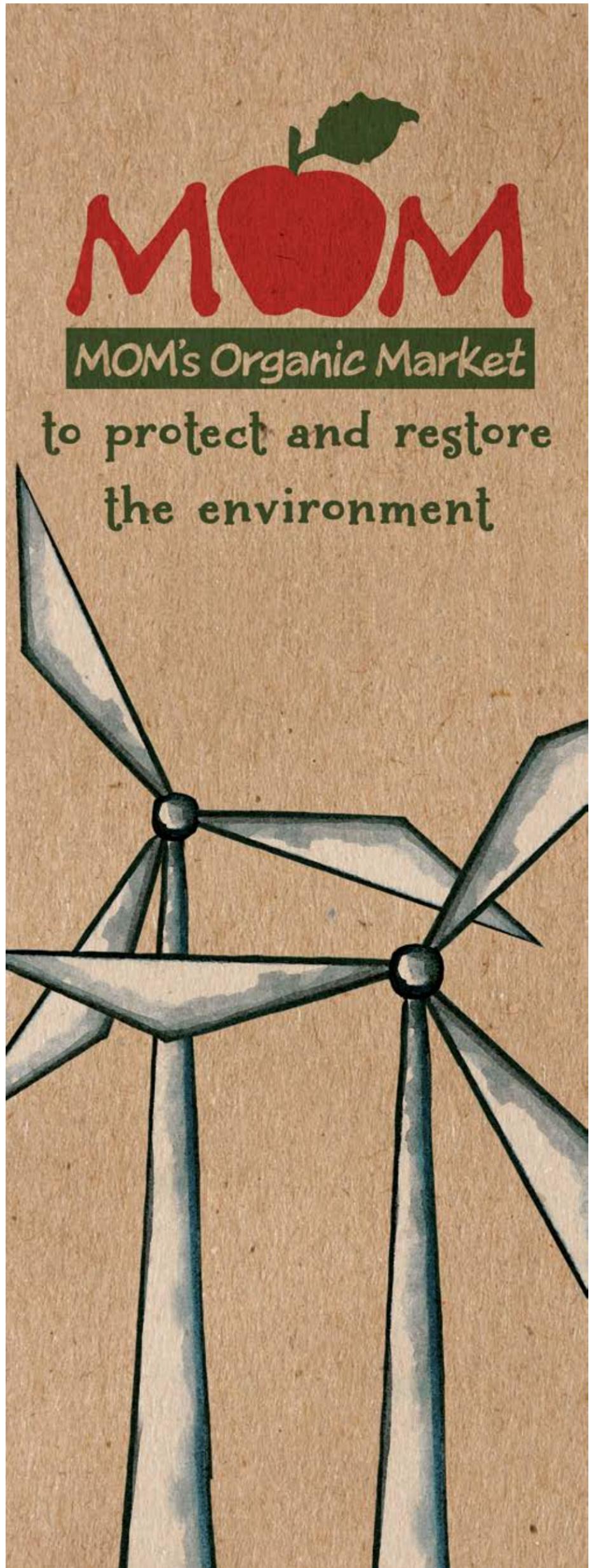
Most of us by now have a pretty good idea about what an antibiotic is. It's a germ killer, often killing good and bad bacteria indiscriminately. After taking a course of antibiotics, many of us will suffer stomach distress, sometimes called *dysbiosis*. There are many definitions of *dysbiosis* (see Wikipedia), but for my *Pathways* readers, I'll tend to call it a mix of too many bad bacteria, or the bad guys (harmful bacteria), and too few good guys (beneficial bacteria). Very often these imbalances result from prolonged use of antibiotics. Bacterial imbalances (dysbioses) caused by antibiotics can be corrected by probiotics—actual beneficial bacteria from live cultures as in certain yoghurt—or by prebiotics—foods that improve the ratio of good bacteria to bad bacteria. I hope to convince you that prebiot-

ics can be the pathway to better colon health and immunities.

If you were to do a Google search to define prebiotics, you'd find a great deal more information, such as, "In diet, prebiotics are typically non-digestible fiber compounds that pass undigested through the upper part of the gastrointestinal tract and stimulate the growth and/or activity of advantageous bacteria that colonize the large bowel by acting as substrate for them." Translating that means fibrous compounds that are undigested in the stomach pass through to the lower gastrointestinal (GI) tract where they, in a sense, feed the "good guys"—not you, but the beneficial bacteria like *Bifidobacteria* and *Lactobacillus*.

In the *Journal of Nutrition* (March 2007), Dr. Marcel Roberfroid, a specialist in prebiotics, said a prebiotic is "a selectively fermented ingredient that allows specific changes, both in

continued on page 120



HEALING AS NATURE INTENDED

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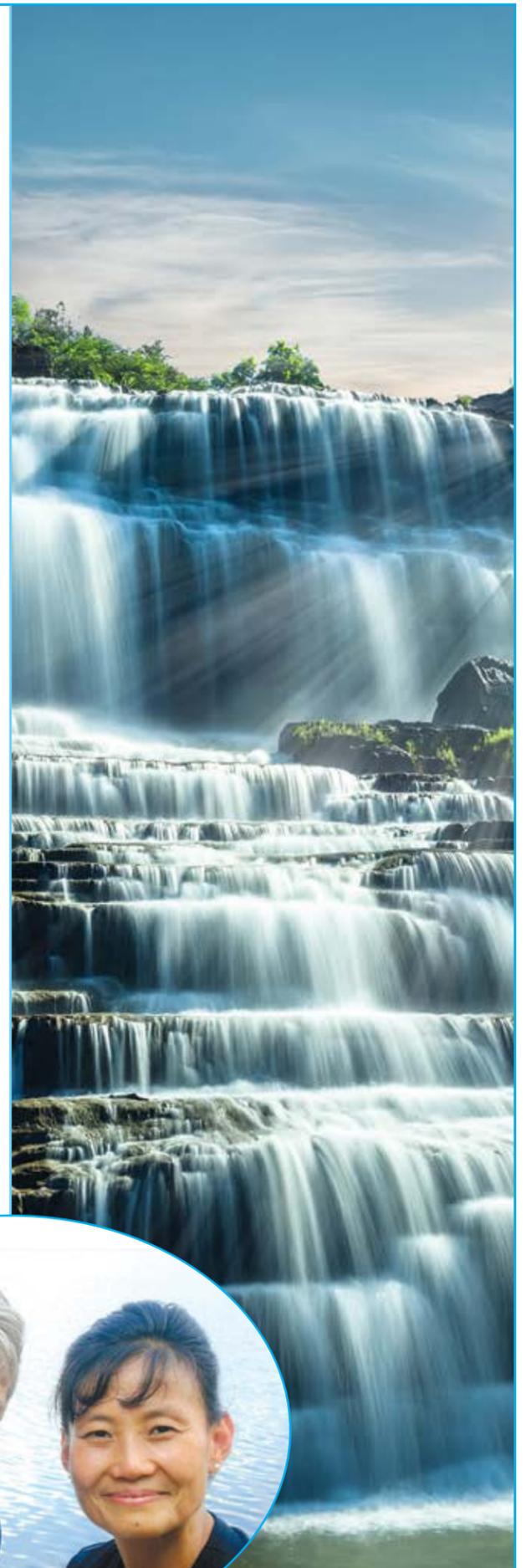
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“As I see it, every day you do one of two things: build health or produce disease in yourself.” — Adelle Davis



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The Eight Principles: Excess and Deficiency

BY ADAM MIRAMON, M.O.M., L.A.C., DIPL.AC.

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

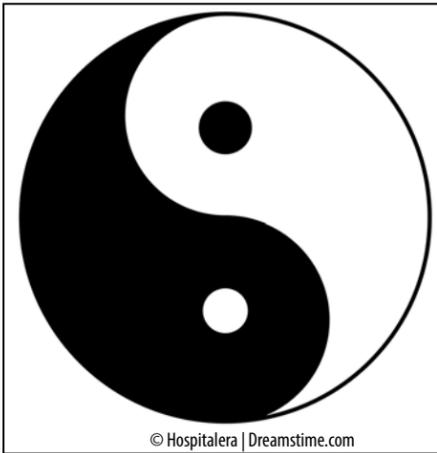
a basic understanding of the foundations of Chinese medicine by dissecting one conceptual pair at a time. The last two articles in the series examined Yin - Yang and Interior - Exterior. In this article, we will explore Excess and Deficiency. The Eight Principles are meant to be interpreted together as a whole, and this creates a difficulty in attempting to explain parts separately.

It is important to understand that the purpose of this series of articles is to empower the reader with the knowledge to understand terminology being used by your acupuncturist or Chinese medical professional. The symptoms, diagnoses and examples presented in these articles are in no way a replacement for the expertise of a professional Chinese medical practitioner.

Excess and Deficiency

While Interior and Exterior referred

to the location of a disorder in Chinese medicine, Excess and Deficiency are indicators of the nature of the condition. A condition can be Excess, Deficient, or a combination of both Excess and Deficiency.



In order to understand Excess and Deficiency, we must first define two terms: *Zheng Qi* (pronounced chung chee) and *Xie Qi* (pronounced shie chee). *Zheng Qi* includes all forms of Qi and Blood, and it is used to defend the body against pathogenic influences. *Xie Qi* refers to pathogenic factors that may attack the body or *Zheng Qi*. Therefore, *Xie Qi* and *Zheng Qi* are considered to be opposing forces that interact with one another.

An Excess condition is one in which *Xie Qi* (a pathogenic factor) is present in an individual's system, and the individual's *Zheng Qi* is considered undamaged and intact. The pathogenic factor can be internal or external, but

there is always one present in an Excess condition. In Chinese medicine, this condition is labeled *shi*. Severe or intense symptoms are manifestations of Excess conditions, and this type of condition can be either acute or chronic. One example of an acute, Exterior, Excess condition would be a head cold with sinus congestion, and one example of an acute, Interior, Excess condition would be a migraine headache.

A Deficiency condition does not have the presence of a pathogenic factor (*Xie Qi*), but rather is a weakness in the individual's *Zheng Qi*. Deficiency conditions do not have the presence of a pathogenic factor, but rather is a description of an individual's constitution. Deficiency conditions are labeled *xu* in Chinese medicine. The symptoms of a Deficiency condition are not as severe as those of an Excess condition. Deficiency conditions can be either acute or chronic; however, most Deficiency conditions tend to be chronic and develop over time. An example of a chronic, Interior, Deficiency condition is one in which an individual suffers fatigue due to years of irregular eating. An example of an acute, Interior, Deficiency condition would be se-

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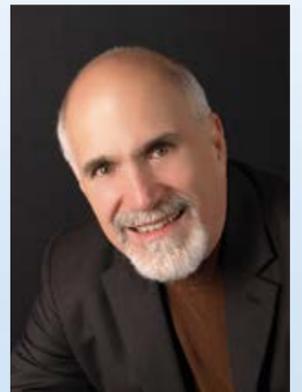
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Meet Dr. Tom

Dr. Tom is a leader in integrative natural healthcare incorporating chiropractic, acupuncture and nutrition to maximize an individual's vitality and health. Since 1977, he has refined his protocols and has successfully treated thousands of patients where other treatment options have failed. His sound and natural approach has given many the tools to take control over their personal health and wellness! He is a clinic director of a large integrated practice in Northern Virginia, author, educator and sought after lecturer.



His work has been featured in television specials to include, **MTV – I'm Allergic to Everything**. In 2012, PBS produced a twice Emmy™ nominated documentary – **Ageless Health – The TV Special** following six individual patients of the Roselle Center for Healing in their journey to wellness. He is also the radio host to **Dr. Tom Roselle – LIVE!** on WMAL 105.9FM/630AM, Sundays at noon.

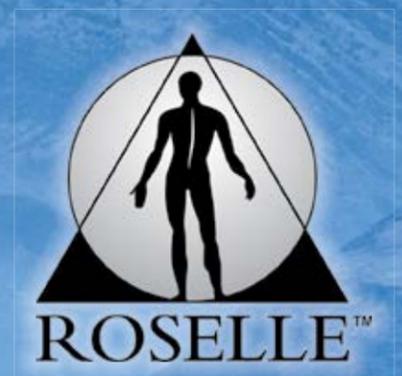
When not treating or lecturing, Dr. Tom enjoys time with his family and friends. He can often be found on weekends flying small aircraft or scuba diving in clear waters – a Body in Motion!

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— Cindy Y, Maryland



Moving On With Your Life

BY MISTY KUCERIS



Throughout this summer quarter of 2015, you may feel as if the energies move from holding back to reflection and finally moving forward with your life. This will be a great time to review important aspects of your life, improve family relations, and find ways to implement your dreams.

As the summer quarter 2015 begins, Mercury in Gemini, which went retrograde on May 18th, is still in retrograde motion when the full Moon occurs on June 2nd. This full Moon not only emphasizes the lessons of Mercury retrograde but also the lessons of a mutable T-square. This mutable T-square is created as the Sun in Gemini separates from an opposition to Saturn retrograde and a square to Neptune, and the Moon in Sagittarius separates from a conjunction to Saturn retrograde and a square to Neptune.

When you have so much mutable energy, you want to rush into new situations expecting that the old structures no longer support your endeavors. You want to take on new projects, but you don't have all the facts. With Mercury still in retrograde motion, it's important to slow down, think about the projects, and even make notes of the various possibilities. Once Mercury goes direct on June 11th, you'll have all the facts you need to make the right decisions.

When Mercury turns stationary direct on June 11th, you'll feel a sense of relief. Now is the time to move forward with your ideas. You'll be able to explain your concepts to other people in such a way that you'll find you have a lot of support for your new ventures.

On June 14th, Saturn, in retrograde motion, leaves the sign of Sagittarius and returns to the sign of Scorpio for

a few months before it finally turns direct and re-enters the sign of Sagittarius on September 17, 2015. This is very important because the cycle of Saturn occurs every 28 to 29 years and Saturn stays in a sign for approximately 2.5 years. During the time period that Saturn changes signs, shifts occur in the world and your personal life that deal with authority figures and internal structures you need to have in place in order to succeed in the world.

Saturn initially entered the sign of Sagittarius on December 23, 2014. During the time period that Saturn was in Sagittarius, you got a hint of what to expect. The world started getting more conservative. People wanted to be accepted by society. Fiscal policies started to matter as more governments had to curb their spending habits. Yet the underlying spiritual message of Saturn in Sagittarius is: Don't let the fears of the unknown stop you from moving forward with your future. And don't let the fears of other people prevent you from expressing your true nature.

With Saturn returning to the sign of Scorpio for a few months, you have an opportunity to correct some of the problems that occurred during the past 2.5 years so you can free yourself to experience the underlying spiritual message of Saturn in Sagittarius.

On a global level: Economic and political matters that were in the news resurface, such as the Euro crisis, especially in Greece; or the Ukrainian crisis. During the early days of Saturn returning to Scorpio, you will see upheaval in the world.

On a personal level: You need to pay attention to financial situations in your life, especially as they relate to loans and other monies you may owe others. You also need to re-establish your boundaries and increase your personal sense of privacy. Perhaps you overspent your money and now you need to review your budget and get your financial security back on track. Or perhaps you let other people control your life and now it's time for you to set boundaries so other people can't use you. You may feel that situations in life are preventing you from achieving what you want. If that's the case, you need to re-evaluate how you let that happen. Perhaps you felt insecure and allowed other people to take control. If that occurred, it's now time to regain control over your own life.

With the new Moon separating from a conjunction to Mars on June 16th, you need to take action that's preventing you from succeeding in life. While this is a new beginning and you want to communicate your needs to other people, you still need to be careful. If you pay attention to your needs, you'll find

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REVIEWS BY ALYCE ORTUZAR

ZUGUNRUHE The Inner Migration To Profound Environmental Change

By Jason F. McLennan with Mary Adam Thomas, ECOTone Publishing, Bainbridge Island (WA), 2011; 351 pages; \$21.95 (PB) ISBN 978-0-9749033-2-3

Author website:

<http://living-future.org/zugunruhe>

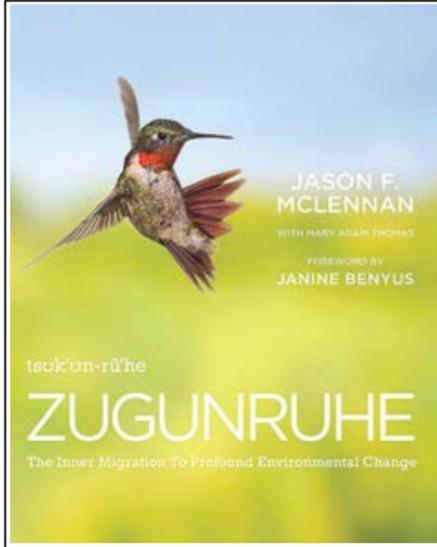
Saving the planet is not something you can outsource.

~ Janine Benyus, excerpted from ZUGUNRUHE

An award-winning architect, Jason McLennan traces his restlessness with and migration through the green building movement in the United States. His journey explores LEED criteria, zero energy homes and community designs, advocacy efforts to consciously and unconsciously communicate the importance of ending wasteful and unnecessarily high levels of consumption, and how to provide the information so people know what they can

do to support and adopt “truly sustainable” buildings and infrastructure that constitute our communities. “Guilt and despair are very poor motivators for long-term change,” and they can inadvertently generate internal barriers that thwart the ability of individuals to more easily access and select better lifestyle choices.

Of the numerous examples of individual journeys, insights from a physician are particularly important and merit more thought and attention. After working on what was considered “incredibly important cancer research, he believed it was the state of the environment that was the root cause” and what he should be concentrating on. Readers who are interested in the science that corroborates these environmental links and



concerns should read the writings of Dr. Sandra Steingraber (*Raising Elijah: Protecting Children in an Age of Environmental Crisis; Living Downstream*); Dr. Samuel Epstein (*The Politics of Cancer*); Dr. Barbara Joseph (*My Healing from Breast Cancer*); and Terry Tempest Williams (*Refuge: An Unnatural History of Family and Place; Finding Beauty in a Broken World*).

Whether people are ready or not, “change is coming” and people are sensing it. McLennan has channeled his restlessness so more people will guide this change toward a “society that reconciles its relationship with the natural world.” He maintains that it is possible for every community to reduce energy use “by 60 to 80 percent within our lifetime with off-the-shelf technologies and knowledge that

exists today.” He enthusiastically describes the Juneau (Alaska) 2008 transition after an increase of 500 percent in local energy bills. Clothespins, compact fluorescents, home energy monitors, unplugged appliances, and more vigilance in turning off lights reduced energy demand by 35 percent in two weeks, with more conservation choices still readily available.

The root of the word “eco” is the Greek word for house or dwelling (oikos), and an internal transformation (starting in our homes and backyards) is the focus of ZUGUNRUHE. McLennan guides readers to resources that enable individuals to identify and nurture the tools, resources, communication, and collaboration so important for profound external changes. This book focuses on the equally important internal transformation. Self-improvement can “lower our environmental footprint while enriching our lives,” as can learning from bad examples (DDT and lead in gasoline and other consumer products) and mistakes (reversing the emphasis on specialists back to generalists who are diversified and can see and think in terms of the whole

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Thursdays 7:00 pm

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Healing 10:30 am
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Healing 7:00 pm
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Special Guest on Fathers Day June 21

Rev. Jon Mundy Ph.D.

Executive Director, All Faiths Seminary International,
NYC, Teacher, Author, Editor, Humorist
and is the Editor of *Miracles Magazine*
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Rev. Jon Mundy, Ph.D. has been an active
student/teacher of the Course since 1975. Jon has
authored 7 books including his most recent and
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Rev. Mundy will speak at the morning service
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He is specifically devoted to the simple original
teachings of Jesus, their practice for daily living and
the manifestation of love, peace, Joy and harmony
in our world today. An accomplished author, he
has written several books including "Let There Be
Light, The Seven Keys", "And There Was Light" and
"Setting a Trap for God" as well as The Aramaic Light
series of commentaries for every book of The Bible.
He has been a contributing writer for Science of
Mind magazine for many years.

Doctor Errico holds a Doctorate in Philosophy
from the School of Christianity in Los Angeles, a
Doctorate in Divinity from St. Ephraim's Institute
in Sweden, A Doctorate in Sacred Theology from
the School of Christianity in Los Angeles and has
served as a minister for more than fifty years. He is
Head of the Aramaic Bible Institute dedicated to the
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BOOK REVIEWS

ZUGUNRUHE

The Inner Migration To Profound Environmental Change
...continued from page 23

picture)—“a person of great and varied learning” (a polymath).

To achieve the necessary transitions, we must return to education that shining examples such as the Waldorf Schools have never abandoned for the dumbed-down mindlessness of standardized tests and computers in place of a wide array of wonderful fiction and nonfiction books, in addition to other publications incorporating critical and analytical thinking; and using our hands and our minds in creative activities—a continuum of “reading, writing, analyzing great works and studying the masters across a variety of fields.” Other lessons include “find opportunities to codify environmental improvements. Reexamine standard procedures, rules of thumb and corporate policies. Institutionalized restoration can work as easily as institutionalized degradation. Challenge and question. Redefine.”

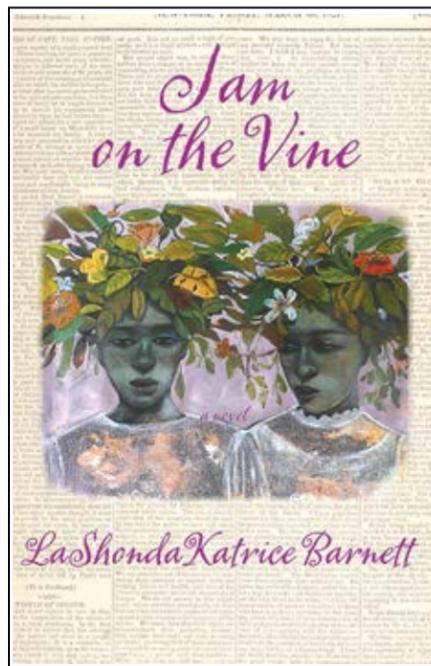
This book is replete with wonderful resources people can turn to and benefits they can reap and sow for their families, communities, and the next seven generations.

Jam on the Vine

By LaShonda Katrice Barnett
Grove Press: New York
2015; 323 pages; \$24.00
ISBN 978-0-8021-2334-3
Author website: www.lashondabarnett.com

**“Then no schooling for me today?”
“Not in the schoolhouse. Plenty of
schooling all around you in nature.”**
~ From *Jam on the Vine*

This deliciously written book takes place between 1897 and 1911 under Reconstruction in an impoverished and segregated area in Central East Texas, and from 1911 to 1925 in segregated Kansas City, Missouri. The vividly developed characters and endearing close family relationships are fictional, but their personal accomplishments and astute folk knowledge despite so many government constraints and injustices are based on real people, real events, and what life was like in this country for blacks well into the 1970s in terms of economic and employment options, particularly the lack of opportunities. Readers live these experiences with the characters.



With so few resources and even fewer economic options, blacks achieved successes in segregated schools that relatively well-funded public schools today consistently fail to demonstrate. “After May-Belle, Papa, and them, Ivoe loved books best. Books were a friend to anyone who opened them.” Even Texas figured out how to judge a teacher’s competence and successes by the abilities of the students to write essays, participate in dramatic poetry

readings, and memorize and recite poetry and geographic locations (such as naming all forty-five U.S. states).

Overall, life for this family was meaningful and relatively pleasant. Despite the poor quality of the land, it was possible with their passed-down wisdom to raise chickens and grow fruits such as figs, plus vegetables and many medicinal herbs (for burns, injuries, soreness, and many other ailments and practical daily uses). But unfortunate yet all-too-common inequities caught up with them and destroyed their self-sufficient and relatively placid daily existence. Events that follow highlight acts of bravery in a more overt struggle emerging for equality; and an end to the brutality and lawlessness of lynchings and mass incarceration that compared to today, is not the “new Jim Crow,” but a continuation of Jim Crow legal injustices and brute force that just never really ended. Maryland, for example, has a law on the books that prohibits police from being questioned for ten days following injuries to or the death of a suspect while in police custody. Imagine having your house broken into only to have the police say they cannot question any possible witnesses for ten days!

The Author’s Notes are very useful for matching the real events to those portrayed in the narrative. And her

continued on page 27



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Do You Have Hidden Food Allergies?

Are these your symptoms?

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Memory Loss

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Psoriasis

Respiratory Problems

Sex Problems

Infertility

Muscle pains

Digestive Disorders

Depression

Headache

Joint Pains

Learning Problems



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

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

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

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

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

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

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

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

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

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

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

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Jam on the Vine

...continued from page 25

Acknowledgments are historically informative and poignant. A discussion on democracy at a Pan African Congress the author inserts at the very end also echoes threats facing our country today. That the existence of newspapers is threatened when they bring the constitutional violations of blacks in America to the public's attention should be no surprise. But the fears expressed at the very end of this story by black journalists and editors of being accused of crimes under the Espionage Act are too close for comfort.

CIA whistleblower Jeffrey Sterling was just sentenced to four years in jail under the Espionage Act for revealing to *New York Times* Reporter James Risen incompetence in a CIA exchange with Iranians regarding their nuclear plants. Risen was also under a serious threat of imprisonment for refusing to reveal his source, but the Obama Justice Department managed to trace it to Sperling. Edward Snowden can probably tell us what illegal means the government used. This case is a violation of the Espionage Act only if enough Americans believe that we the people are the enemy.

The brutalities described in this book perpetrated by whites make it less of a

mystery as to why so many Americans today seem unconcerned about losing our moral high ground and our sense of decency amidst revelations of tortured Iraqi and Afghanistan prisoners also deprived of any due process. The public servants who fulfilled their allegiance to the Constitution by becoming whistleblowers when no one in Congress or in the military-industrial complex would put an end to these illegal atrocities continue to go to jail under Obama, who has a long and disgraceful list of constitutional and political betrayals that surpass those of George Bush and Dick Cheney, and are also an indictment of Congress.

The real perpetrators of crimes remain free amidst the use of prison to silence government workers and, to a somewhat lesser extent, the press. However, NPR (National Public Radio) and PBS news programs have failed to conduct a thorough and honest discussion of these cases and their dire implications for our already fragile democracy. Bradley Manning should also not be in jail for adhering to the Nuremberg rules the United States wrote and signed in 1945. The perpetrators of the war crimes Manning revealed in videos of U.S. soldiers gunning down un-

armed Iraqi civilians from a helicopter should be in jail. So should the CIA perpetrators of torture that another whistleblower went to jail for publicly revealing after the same congressional and military hierarchy refused to take any actions. These misguided policies are also contrary to what we know about deterrence, but not enough people seem to care.

The press/broadcast media also missed the militarization of local police with excess military armaments representing expenditures that could probably provide a pre-K through college education for every American for decades to come, to say nothing of the costs of these illegal and unprovoked wars in Iraq and Afghanistan. Evidence reportedly in the sections of the 9/11 report still withheld from the public indicates that the perpetrators were funded by Saudi Arabia among other Arab states (see *Dark Democracy* by F.A.O. Schwartz). To hold people with around a 90 percent illiteracy rate, as is the case in Afghanistan, responsible for such sophisticated strategies is just not plausible. The CIA and FBI also bungled the evidence that could and should have prevented 9/11, the Boston bombings, and the Ft. Hood shootings. Congress has also become complicit in our aggressively militarized foreign policy that directly threatens our democracy and our economy. Research shows that for ev-

ery job created with military spending, that same amount of money can create at least nine jobs in the domestic economy, with additional tertiary economic spinoffs and benefits.

LaShonda Katrice Barnett wrote this excellent book in the spirit of journalist Ida B. Wells: "The people must know before they can act, and there is no educator compared to the press."

Johnny and the Dead

By Terry Pratchett
Harper Collins Edition; New York
2006; 213 pages
ISBN 13: 978-0-06-054188-0

You notice things when you are terrified. Little things grow bigger.

~ Terry Pratchett, *Johnny and the Dead*

When Terry Pratchett died recently at the age of 67, sorrow and accolades from around the world filled the airwaves. He has written acclaimed books for many ages in numerous genres. *Johnny and the Dead* is an entertaining introduction to Pratchett's irreverent humor and perceptive societal insights. As part of the Johnny Maxwell trilogy, this engaging book takes place mainly in a cemetery; but the subtle moral messages are all about the living.

continued on page 79

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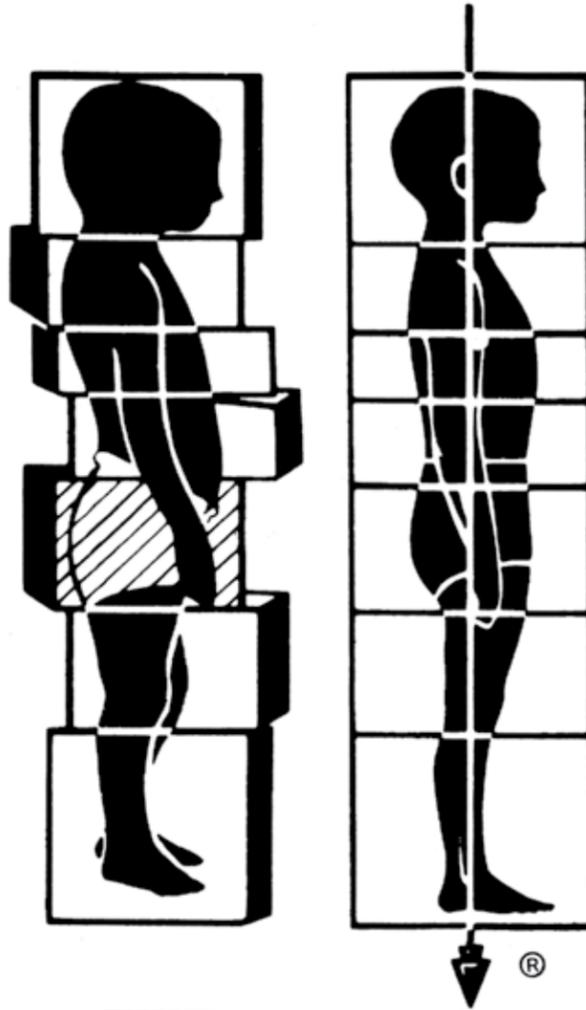
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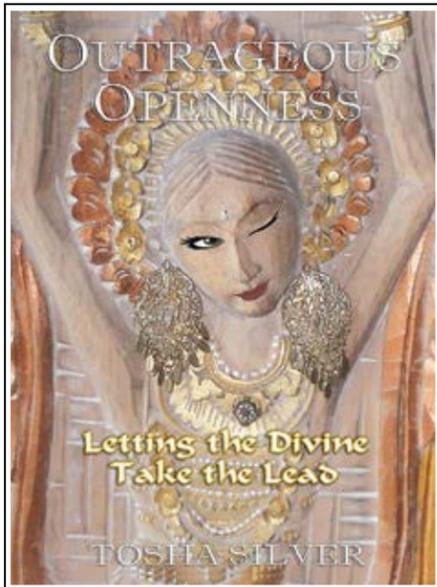


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METAPHYSICAL BOOK REVIEWS



REVIEWS BY NICOLE ORTEGA

Outrageous Openness: Letting the Divine Take the Lead

By Tosha Silver
Atria Books; New York, NY
2014: 240 pp. (HB)
ISBN-13: 978-1476789743
Author website: <http://toshasilver.com>

I read a lot of books. Like, a looot. So when I come across something that truly blows my mind, it's a pretty big

deal. Tosha Silver's *Outrageous Openness* is a big deal.

I stumbled across the affectionately nicknamed "OO" earlier this year. It was published in the summer of 2014, and after reading the first few chapters I found myself hugging the book to my chest thinking, "Why didn't I find you sooner!?" Seriously, this book is that good.

These days, I approach spiritual teachers with much more discernment than I used to. So after reading a few chapters I popped online to stalk said author. You know, just to make sure the book wasn't a fluke or anything. To my pleasant surprise, Tosha's website, her book, her whole presence, is completely consistent across the board. She's the real deal, not just a hologram of some spiritual teacher waxing poetically to charm the masses and make a quick buck.

Outrageous Openness is about spirituality in general, and surrender in particular. Now, spirituality is one of those frustratingly vague words to define. As of this writing, Wikipedia reports that "there is no single, widely-agreed upon definition for the concept, and the term may be applied to a wide variety of practices." It's no wonder then that those of us on a conscious spiritual path have so many different ways of approaching our own personal journeys. We can't even nail down the definition of the word.

So take the vagueness of spirituality, mix it with a bunch of recovering Christians (or Muslims, Pagans, etc.—insert your religious fancy here), add a healthy dose of The American Dream, and you basically have a recipe for a disaster—a new dogma (New Age Thought) born from a broken ideology that's hell-bent on spreading damaging ideas with misplaced intentions... "You can be anything you want!" "Always be positive!" "Thoughts are things!"

What's largely missing from the modern spiritual paradigm is the understanding that when you try to take a wounded ego and dress it up in a spiritual costume, the results aren't going to be any better than when it sat in a religious container. The American Dream is that wounded ego. It isn't working; it hasn't been for a long time, and yet we all still think we can be, do and have whatever we want when this is clearly not the case. If you watch any reality TV, you'll recognize the truth of these words.

Now, if you're going, "Wait, so you mean I can't be the first woman president, even if I manifest really, really hard?" I honestly have no idea. I mean, sure, it's possible; but I'd like to invite you to ask yourself a different question rather than ponder how to get that thing you most want. What if your higher self/God/Spirit/hewhomust-notbenamed actually had a better plan

for you—one that would break your brain if you tried to put it into place?

What if instead of learning how to be a master at manifesting and creating vision boards, you began to entertain the idea of getting into alignment and flow? What if you did some mental renovating and entertained the possibility that you didn't have to do the heavy lifting—that you have support constantly available to you, and all you had to do was ask for it and stop trying to attract relationships, money, and all those other things you think will fill you up? And most importantly, as Tosha says, "What if the highest expression of the personal Divine is You, precisely as You are in this very moment, in all your full, authentic, and wounded glory? Just wonderin'."

These principles and more are the basic foundation of OO—the main premise being that "the perfect solution to any problem is already selected if you allow yourself to be guided; Divine Source says there is a natural Universal Abundance that knows how to meet every need. Harmonizing with this Force of Love—call it the Shakti, God, Goddess, One Mind, whatever you will—is the golden key to everything." Harmonizing, not forcing. "It is a state of radical openness, acceptance, and attention held."

This may go against everything

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Converting the Fossil-Fuel Fundamentalists

BY EMILY SCHWARTZ GRECO

Pope Francis is redefining the ongoing transition to greener energy as a moral and spiritual obligation.

Kicking humanity's addiction to oil, gas, and coal before those industries render the planet uninhabitable may take a miracle. So it's a good thing that the climate movement found a patron saint.

I'm talking about Pope Francis, of course. Before an upcoming encyclical makes the Vatican's stance official, he's already spreading the gospel of a fossil-free future.

In case, like me, you're not Catholic: An encyclical is a basically a memo the church sends its 1.2 billion believ-



• Photo Credit: 350.org/Flickr

ers—one out of six people alive in a community that includes 30 percent of Congress. Here's looking at you, John Boehner, Marco Rubio, Jeb Bush, and Ted Cruz.

Two years into what he says will be

a brief tenure, the pope's putting climate skeptics on the defensive.

Fretting about the fate of the Earth is part of his broader condemnation of the global status quo, which Francis considers to be a "throwaway culture."

And it explains why he and some of his top aides came to call for a transition to greener energy.

"The ever-accelerating burning of fossil fuels that powers our economic engine is disrupting the Earth's delicate ecological balance on an almost unfathomable scale," warned Cardinal Peter Turkson, the Ghanaian cardinal who is taking a leading role in drafting the climate encyclical. "Corporations and financial investors must learn to put long-term sustainability over short-term profit."

Turkson spoke at a recent Vatican climate summit of religious and secular leaders.

The group, which included Francis, UN Secretary-General Ban Ki-moon, the presidents of Italy and Ecuador, Nobel laureates, and leading scientists, released a statement urging a quick "transformation to a world powered by renewable and other low-carbon energy."

Some Catholics believe that modern life requires the burning of every drop of oil and every last hunk of coal. Increasingly, this fossil-fuel fundamentalism leaves them at odds with their church.

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GREEN NEWS & VIEWS

With the recent news about Antarctica thawing out, there's no time to lose. So it's reassuring that Turkson, widely seen as a papal contender himself, speaks so eloquently about the urgency of climate action.

"God has given all of us this planet as a gift, to provide for our needs," he declared. "And the correct response to receiving such a magnificent gift is surely one of gratitude, love, and respect."

Once the Holy See officially condemns worship at the altar of dirty energy, those fundamentalists may need to choose between what their church demands and what the oil, gas, and coal industries dictate. Boehner and other conservative Catholic lawmakers will surely squirm in their seats when Francis addresses Congress in September.

And who could be a stronger spokesman for bringing the power of religion to fuel this change?

Even Ban, who refuses to divulge whether he adheres to a specific faith

tradition, can now connect with the pious. "Science and religion are not at odds on climate change. Indeed, they are fully aligned," he declared at the Vatican's climate summit. "It is a moral issue. It is an issue of social justice, human rights, and fundamental ethics."

Vatican City has already shrunk its carbon footprint. Pope Benedict XVI installed solar panels on the roof of a big building next door to St. Peter's Cathedral and ordered a hybrid pope-mobile.

Francis, however, will take things

much further if his encyclical drives all Catholic-run outfits—including schools, hospitals, churches, and retirement homes—to take action.

Plus, he could divest from fossil fuels. Francis is the sole shareholder in the Vatican Bank, a financial institution with \$8 billion in assets that previously lacked adequate oversight. He's already shaken things up there by shutting down accounts belonging to money launderers, mobsters, drug-runners, and corrupt politicians. Barring its investments in oil, gas, and coal could be next.

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Columnist Emily Schwartz Greco is the managing editor of OtherWords, a non-profit national editorial service run by the Institute for Policy Studies. www.OtherWords.org.



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GREEN NEWS & VIEWS

NRDC “Sneezing and Wheezing” Report Spotlights Climate Change Links to Asthma and Allergies

Double-whammy health threat from unhealthy ozone smog and ragweed pollen puts 109 million Americans at risk, bolstering federal curbs on carbon pollution that worsens smog and causes climate change.

WASHINGTON (May 13, 2015) – One-in-three Americans lives in the “sneeziest and wheeziest” cities and regions where they are exposed to both ragweed pollen and ozone smog pollution that can worsen respiratory allergies and asthma, a new Natural Resources Defense Council report shows.

As a consequence, these 109 million Americans—living mainly in cities from Richmond, VA, to Atlanta, Philadelphia to Chicago, Oklahoma City to Phoenix and Los Angeles—are more likely to suffer itchy eyes, runny noses and sneezing, and may find it hard to breathe, the report released today finds. And they become more ill than those exposed to only ragweed or ozone pollution.

The report, “*Sneezing and Wheezing: How Climate Change Could Increase Ragweed Allergies, Air Pollution and Asthma*,” is among the first to map the intersection of ragweed prevalence and high ozone smog, which can magnify respiratory allergies and asthma.

It carries a dire warning for policymakers and the nation’s leaders: As climate change warms our planet, millions more Americans could become ill with potentially severe respiratory allergies and asthma.

That underscores the need for the U.S. Environmental Protection Agency to finalize standards to strengthen the health standard for ozone pollution and to slash carbon pollution from the nation’s power plants, which helps create ground-level ozone and fuels climate change. The pollutants that form health-harming ozone smog are emitted from the same fossil fuel burning that produces heat-trapping carbon pollution.

“Americans deserve to breathe clean air, but today millions of us are sneezing and wheezing from allergies and asthma worsened by climate change-fueled ragweed pollen and ozone smog pollution,” said Juan DeClet-Barreto, the primary author of the NRDC report. “This double-whammy health threat will only intensify, and affect more people, if we don’t take steps to reduce climate change now. For our health and future, the EPA

should strengthen the health standard for ozone pollution and set strong limits on power plant carbon pollution.”

“As a pediatrician, I care for the group most vulnerable to the health consequences of climate change—our children, said Dr. Samantha Ahdoot of Alexandria, VA. “Children today are already experiencing worsening respiratory and allergic disease due to impacts on air quality and plant pollen production. These impacts are expected to increase as carbon dioxide concentrations and global temperature continue to rise. That’s why we need to take action now to curb harmful pollution so we can have healthier air – reducing allergies and asthma, and ultimately saving lives.”

NRDC’s report finds that 35 major cities where people are exposed to both ragweed pollen and ozone smog. The most vulnerable regions are the Los Angeles Basin, the St. Louis area, the Great Lakes Region, the Mid-Atlantic and the Northeast, the NRDC report shows.

Allergies and asthma symptoms associated with ragweed pollen and ozone smog, scientific studies project, are expected to rise if carbon dioxide concentrations keep rising and climate change is unchecked.

With the exception of 1998, the 10 warmest years in the instrumental record (dating to 1880) have all occurred since 2000, according to the National Aeronautics and Space Administration and the National Oceanic and Atmospheric Administration. The scientific consensus is that climate change, caused by carbon pollution, is pushing temperatures upward.

This is a health problem because warmer temperatures enhance the reactions that form ozone pollution. Ozone exposures irritate the lungs and can lead to lung inflammation, diminished lung function and worsen asthma symptoms.

With more carbon pollution in the air, ragweed produces more pollen in late summer and fall. In addition, other pollen-producing plants such as birch, oak and pine trees tend to produce pollen earlier in spring and for a longer time, studies show.

An estimated 50 million Americans today have some type of nasal allergy, the NRDC report notes. In 2012, an estimated 7.5 percent of adults and 9.0 percent of children were diagnosed with seasonal allergic rhinitis (or hay fever), whose symptoms include inflammation and irritation of the nose, sinuses, throat, eyes, and ears as well as sneezing, runny nose, and itchy eyes.

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Making Friends With Your Shadow With the Tarot Devil Card

BY REVEREND GERALDINE AMARAL

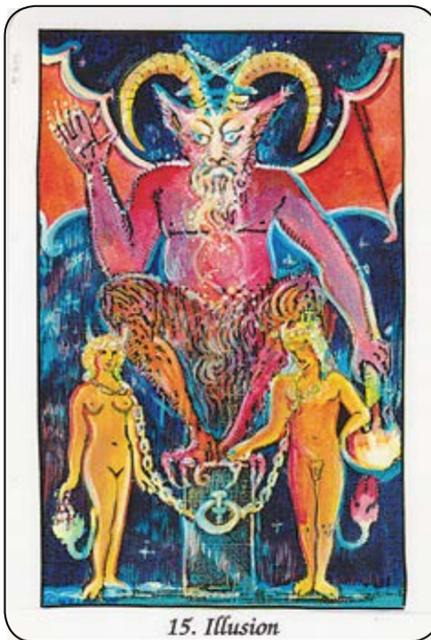
We are healed of a suffering only by experiencing it to the full.

~Marcel Proust

Our shadow is a divine map that reconnects us to the life we were meant to live and the people we were meant to be. ~Debbie Ford

Who do you dislike? What qualities in another person repel you? What people in your life do you avoid or dread spending time with? Your answer to these questions may lead you to certain qualities hidden within yourself, in the part of the psyche we call the “shadow.” In the Tarot deck, key number 15 is the Devil card and it personifies this shadow concept. There is a lot of misconception about the Devil card. For example, when the Devil card appears in your Tarot reading it does *not* mean Satanic or evil forces are manipulating your life, or someone has placed a jinx on you, or someone is practicing black magic on you. It *does* suggest, however, that you may have some unresolved *inner* issues that are projecting outward in a negative or destructive way.

When psychiatrist Carl G. Jung, founder of analytical psychology, developed the concept of the shadow, he may not have had the Tarot’s Devil card in mind, but the Devil card is the ideal *visual* expression of the shadow’s energies. According to Jung, the shadow is a destructive capacity within each of us that is made up of our darkest impulses, fears, inferiority, low self-esteem, shame, selfishness, self-degradation, jealousy, self-sabotaging behaviors, criticism, and various negative thoughts. The fears might spring from childhood traumas, repressed memories of rejection, abuse, or past injuries. It expresses destructive or negative patterns that may keep repeating themselves over and over. The shadow may even be negativity projected by



our culture—from the bombardment of violent images we encounter each day. Further, we are usually unaware of its contents; and as we deny the shadow’s contents within ourselves, we may *project* it onto others. Thus the chains we see in the imagery of this card show the bondage the shadow holds for all of us *because we cannot see its contents* and we often think the problem is “out there.”

So we think of the shadow as part of our inner life,

which has not been expressed. It involves repressed energies we express *unconsciously*. These “demons” come out through our dreams, Freudian slips, phobias, and the acting out of our fears. The shadow is the receptacle of this unexpressed life; it holds qualities we have denied or rejected. Thus,

persons whose behavior annoys us may actually be the recipients of our projected shadow. For example, we disown our own feelings of jealousy by seeing this quality in someone else. Herman Hesse said it best, “*If you hate a person, you hate something in him that is part of yourself. What isn’t part of ourselves doesn’t disturb us.*”

Jung felt that the exploration of the shadow is a vital aspect of the healing process. Therefore, using the Devil card as the personification of the shadow may provide you with an opportunity to discover the “chains” (see Devil card imagery) and illusions you hold about *yourself*, with the ultimate goal being the integration of these rejected aspects of your personality. There are numerous methods that would allow you to explore your shadow using the Devil card, including meditating on the card, hanging it on your bathroom mirror, or even putting it under your pillow at night (or any strategic place where your psyche will be receptive). By using the Devil card in such ways, you demonstrate your commitment to the *observation, uncovering* and *integration* of your own darker side. By consciously choosing any of these methods, you

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ACCESSING YOUR INTUITION

Making Friends With Your Shadow With the Tarot Devil Card

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signal the unconscious mind that you seek to know this piece of yourself.

Acting as the shadow, the Devil provides a way for you to become aware of your weakest parts. It is possible to strengthen or even transform your fears, but first you must know you have them and then you must observe how they impact your life. The *unacknowledged* shadow insures that you remain stuck in old behaviors—enslaved by old thoughts and patterns. The process of freeing yourself from the “shackles” placed upon you by your own thoughts (like the symbolic shackles depicted in the Devil card) is part of the process that Jung called *individuation*. Individuation is the developmental process each of us takes through life and, in part, consists of recognizing and integrating these denied aspects that comprise the shadow. Jung’s philosophy was simple and straightforward: he promoted the integration of all the different parts of the mind, with special emphasis on integrating the shadow. Jung believed we need to accept and learn the value of weakness in order to find strength, of darkness in order to find light. The goal of shadow work, then,

is to bring these inner “demons” into the light of consciousness.

In fact, Jung said, “One does not become enlightened by imagining figures of light, but by making the darkness visible.” We need the darkness to become whole. Jung further believed that abnormal behaviors are expressions of the unconscious mind—ways in which the contents of the shadow seek to reveal itself. The shadow part of ourselves wants to be healed and will keep making itself known to us.

That all sounds great, except for the fact that it requires courage to journey into those dark places within yourself, to explore aspects of yourself you would rather not admit you have. Whether you chose to uncover the shadow through Tarot Cards and other occult tools, or prayer and meditation, or through more traditional methods, such as psychotherapy, journaling or hypnosis, the likely result will be both *inner* transformation and change in your *external* life. You may realize that the shadow is a piece *inside* you, even though you have tried to *project* it onto those around you by being critical, negative or judgmental. Robin Robert-



11. Strength

son, author of *The Beginner’s Guide to Jungian Psychology*, suggests that the first step in integrating the shadow is to “stop condemning those around us, withdraw our projections from those we condemn, and accept that the problem lies within us. And then, we have to stop condemning ourselves as well.” This is the challenge—to interrupt those automatic critical thoughts

that are directed towards the self or others.

Our culture does not value the examination of inner, hidden fears. Perhaps that is a contributing factor to the violence in our society. Jung suggested that exactly the reverse approach is necessary. It is only by making friends with the shadow that you can “tame” it. The **Strength** card, key # 8 in the Tarot, captures the idea of taming or embracing the shadow quite well. As the woman gently strokes and caresses the lion (the lion represents the shadow), she is symbolically showing us how to love ourselves. Jung’s position would suggest that the more you avoid an idea and the more you repress an idea, the more it runs you and the more it controls you. The more you hate something and the more you run away from it, the more you are bound to it. *What we resist does indeed persist!* A crucial step, therefore, in the individuation process (or any form of inner healing) is to face the shadow. In the complete spectrum of life’s experiences, there is both light and dark. That seems right, for how else would we evolve and grow? As the Tibetan prayer says, “Grant me that I may be given appropriate difficulties and sufferings on this journey so that my heart may be truly awakened and my practice of liberation and universal compassion may be truly fulfilled.”

The willingness to look at and accept
continued on page 83



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.

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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?

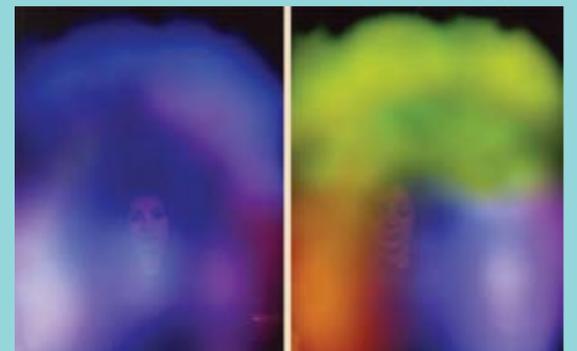
Upon completion of a three-day Basic Theta Healing Seminar with Rebecca Norris, attendees are certified as a ThetaHealing Practitioner and registered with Vianna Stibal’s Nature’s Path, the founder of ThetaHealing.

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.



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How to Be a Happy Empath

BY ROSE ROSETREE

Once upon a time there was an empath, "JOE," who didn't know it. Then Joe heard the wonderful news. Yes, he is an empath. Actually, Joe happens to have several lifelong gifts as an empath. Knowing this, he can live happily ever after.

Unfortunately, being happy as an empath isn't quite that automatic. Learning that you are an empath is just the start of *becoming* happy as an empath.

In Part 1 of our 4-Part Series for Empaths, you learned that even calling yourself an empath has got loads more to it than most people know. As for the happily ever after part, that depends on getting yourself skills to support your natural talent. Today we have the resource of Part 2 in the series, which I hope can help fictional Joe—and very real you—take the next step towards developing those much-needed skills.

Worldwide, where folks read magazines like *Popular Mechanics*, only 1 in 20 people qualifies as an empath. For *Pathways* readers, though, I suspect it's more like 19 in 20. Talented empaths suffer every day. To live happily, we need to support inborn talent with skill

that stops problems before they start. I can help you do this because I have developed Empath Empowerment®, a trademarked system (the only one in America, so far) that helps empaths use their full potential, including potential for happiness, effectiveness, and energetic stability. It is a distinctive form of personal development because it helps empaths to stop suffering through better habits for positioning consciousness. The skill set can be learned in a month, taking about 12 minutes per day. Although I can't give it to you in one or two magazine articles, at least I can give you some help that is column sized.

In that pursuit, I'll be calling you "Happiness Seeking Reader." And my first recommendation to you is, "Prepare to read something shocking. Helpful but shocking."

Understanding STUFF is Essential for Empath Happiness

Prepare for a peek at what happens, many times a day, to every single born empath, right from birth, and every single day until effective empath skills are developed. What I'm about to describe has been happening behind the

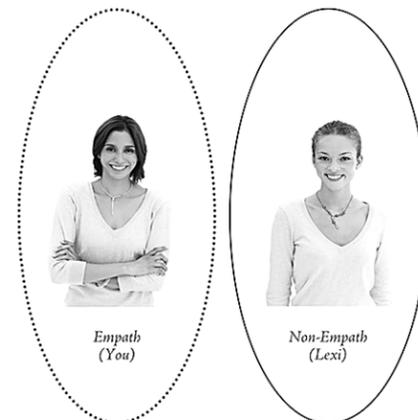
scenes—not in conscious awareness, but at the level of your aura, the astral component of your energy field. This hidden process occurs *subconsciously*, so our conscious minds have no clue until we start suffering in very conscious, human ways. Even then we won't notice the real cause unless we have developed energetic literacy—our ultimate goal!

Using those skills to help my clients over the decades, I have discovered 15 different types of STUFF that can compromise quality of life for a person. STUFF is my technical term for all the short- and long-term patterns that can clog up an aura. It means energetic junk at the astral level within the human energy field. Every type of STUFF messes with our personal energies and subconscious functioning, so it compromises our human-level happiness.

Only one of the 15 different types happens exclusively to empaths. It is most useful to learn about what that is, where it comes from, why it's a problem, and how it can be overcome. Let's begin our research with diagrams of two people and their energy fields.

At first glance, these two people—Lexi and "You"—might look pretty

The High-Vibe Aura of an Empath



normal, except for having captions beneath them. But can you spot what is different, and important, between Lexi and "You"? The gal on the left is the empath. Those dotted lines in her box represent having an extra refined, super-porous energy field, while the gal on the right has an energy field that is just as awesome, only it's not refined in this particular way.

One of my favorite discoveries af-

continued on page 39

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I practice general and cosmetic holistically oriented dentistry in a home-office on the corner of Connecticut Ave. and East-West Hwy. I received basic cranio-sacral training and am a Reiki practitioner. Literature is available free on fillings, mercury detoxification, TMJ, gum-disease, mouth odors, cosmetic dentistry, snoring, office safety and sterilization, root canal treatment, and more. Just call, or click on my website, it's all there just a click away!

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How to Be a Happy Empath

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ter decades of working with auras is that they reveal two different types of information. There will be a GIFT of your soul, a way you naturally do something beautifully in life. A gift like that cannot be destroyed, no more than you can mess up your fingerprints.

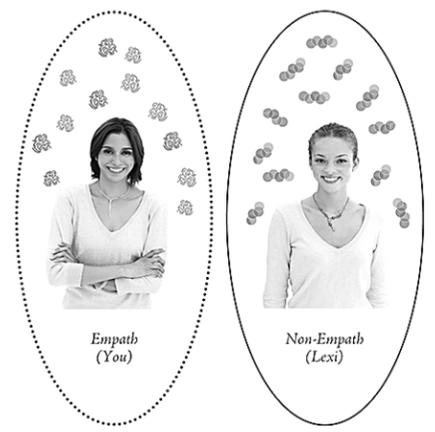
Sadly, for most of us, most of the time, an aura will also show problems, such as:

- Old traumas left over from childhood, a.k.a. "Frozen Blocks of Energy."
- New traumas, brought to you by the tooth fairy...or your ex, or your boss, or any tough relationship. More Frozen Blocks!
- Bad feelings about yourself from the so-called slings and arrows of outrageous fortune, as so poetically described by William Shakespeare. Yet these problems don't feel so poetic when stuck in one's aura. This type of STUFF is called "Negative Thought Forms."
- Cords of attachment, i.e., energetic structures between your aura and the auras of all your significant others—structures that replay old patterns of pain 24/7 like a nightmare MP3 file run amok.

You get the idea. At any given time,

a person's aura will contain a combination of gifts and STUFF. Our second illustration is even more thrillingly realistic as we watch these gals become even more fascinating. We adjust our diagram so various squiggles now symbolically represent stored up STUFF in each gal's aura.

STUFF in Auras

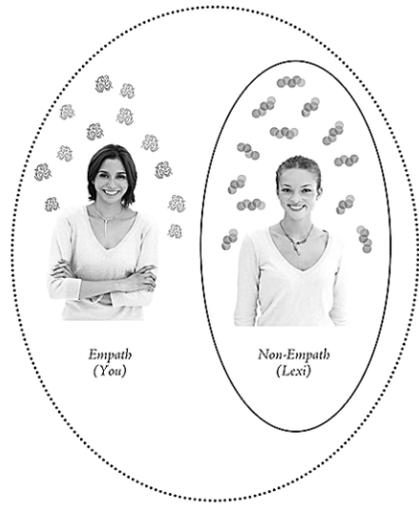


Perils of an Unskilled Empath Merge

When you, a born empath, hang out with another person, you initiate a kind of reflex action energetically. Your

aura gives a kind of hug to the other person's aura, moving around it—nurturing, supporting, extending friendship or love, seeking understanding.

During an Unskilled Empath Merge



In this illustration, maybe you're observing a sweet spiritual connection in the making. Well, yes, in a way. At a subconscious level you're using whichever gift(s) you have as an empath. (Happiness-Seeking Reader, here I'm referring to the 15 different empath gifts discussed in Part 1 of this article series. It is definitely not true that all empaths "feel other people's feelings.") But how helpful is this super-

quick, subconscious information to you as a person? It is about as helpful as if you were to have a super-quick, subconscious orgasm, lasting 1/5,000th of a second. This energetic encounter would be considered as equally unsatisfying.

If that wasn't bad enough, unskilled empath merges are worse than simply a meaningless, super-quick tickle to the subconscious mind. Depending upon your empath gift(s), you will take some of that person's STUFF back into your own aura after one of these unskilled energy quickies is over. Once this has entered your field, the technical name for this is Imported STUFF.

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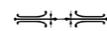
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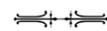
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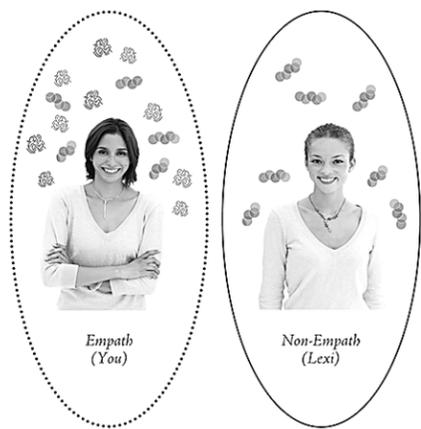
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ENERGETIC LITERACY

How to Be a Happy Empath

...continued from page 39

After an Unskilled Empath Merge



Now, Happiness-Seeking Reader, maybe you're wondering why you haven't noticed this happening. That's a question worth asking, especially since every unskilled empath suffers from this same energy dynamic. Since it happens to all of us, and it happens so often each day, how come none of this is common knowledge?

Unskilled Empath Merge isn't conscious. It happens automatically, like a subconscious habit, and it happens very quickly, approximately 1/5,000th of a second. So, if you have underdeveloped energetic literacy, how can you tell what the heck is going on? All that shows are surface-level, annoying problems and maybe an underlying sense of anxiety, which is why many an empath is working to clean up his aura with crystals or muttering affirmations like mad. As if that would fix the problem of Imported STUFF!

Overcoming Imported STUFF

What is beautiful, and what is decidedly not? Theoretically, doing unskilled empath merge might seem like a very sweet form of service to others. However, by now you can understand why taking on another's astral garbage isn't so gorgeous.

What can be beautiful? If an empath gets skills and learns how to do the skilled kind of empath merge, then the results are beautiful. Consciously you learn fascinating info, plus you stay safe. Personally, I believe this is the purpose of being wired as an empath in the first place.

Here's a comparison. What else can be beautiful? Your fingernails. Aren't they a marvel? Five for each hand, and they grow all by themselves. No shopping required! Fingernail growth is all-natural, yet I have a hunch you don't simply let them grow because they can. Occasionally there might be a trim, or maybe even a manicure. Truth is, grooming for those beautiful fingernails is your business. Don't blame God for not throwing that into the bargain.

Like rampant fingernail growth, unskilled empath merges happen like a reflex. This problem is more serious than hands looking unkempt. Until you learn this bit of energy grooming,

you're going to do unskilled empath merges over and over again, every day of your life. Sadly, there won't be any lasting benefit to the other person like Lexi. That other person's STUFF will be replaced within a couple of hours.

Why? It's mysterious. Best as I understand this right now, permanent healing in the Age of Aquarius needs to be sticky in a human way. An unskilled merge teaches nothing to someone like Lexi. All the action was subconscious, with no *put in* at that energetic level, and no conscious learning. Consequently, Lexi, or whoever, has only received a temporary kind of clearing, not a legitimate permanent healing, which requires skill.

Theoretically you, the empath, have done a good deed with that unskilled empath merge. That's debatable. What's definitely not is the *main effect* of each unskilled empath merge when, once again, you have clogged yourself up with Imported STUFF that will cause you to suffer in life.

Happiness-Seeking Reader, you alone are responsible for seeking and finding the best help for yourself. You can learn skills that work to prevent Imported STUFF. It's important to choose a type of help that will be effective for you. I don't pretend to have all the answers—or even to know every empath coach out there today—because the field has grown exponentially since I published the first book in English for empaths. What I can do is to give you advice as a consumer.

Make it your business to learn an effective way to prevent Imported STUFF, because you really can. For instance, you might ask a prospective empath coach: Do you know about Imported STUFF? What do you do to prevent it? Until you stop doing those involuntary, super-quick empath merges, there's a big mess at the level of auras.

Today you have learned you can become so much happier, just by learning to vanquish Imported STUFF, and I do hope that is inspiring. When unskilled, so many of my students have felt like a hot mess, hopelessly neurotic, etc. I sure did. This changes after gaining easy, natural skills that are effective.

Reassuring though that prospect is, it's so common for empaths to wonder, "What's the point? Why did I incarnate with lifelong talent as an empath? Is it a blessing? Because sometimes it sure feels like a curse." That same ability to do an unskilled empath merge can be harnessed, once you have gained basic skills. You can definitely learn how to do a Skilled Empath Merge. This will give you the deepest form of energetic literacy. Plus, a dependable technique for doing this will completely protect you from Imported STUFF.

Once you stop doing the unskilled type of merges, you can learn from a variety of techniques that deliver really practical insights about what makes people tick. For instance:

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Erma Caldwell

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

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NRDC "Sneezing and Wheezing" Report Spotlights Climate Change Links to Asthma and Allergies

...continued from page 34

At the same time, more Americans have asthma, 26 million in 2010, compared to 20 million in 2000.

NRDC's report identifies the following cities now faced with both ragweed pollen and ozone pollution, and the associated threats to respiratory health:

- 1 Richmond, VA
- 2 Memphis, TN
- 3 Oklahoma City, OK
- 4 Philadelphia, PA
- 5 Chattanooga, TN
- 6 Chicago, IL
- 7 Detroit, MI
- 8 New Haven, CT
- 9 Allentown, PA
- 10 Atlanta, GA
- 11 Pittsburgh, PA
- 12 Louisville, KY
- 13 Springfield, MA
- 14 Milwaukee, WI
- 15 Dayton, OH
- 16 Cleveland, OH
- 17 Toledo, OH
- 18 Little Rock, AR
- 19 Bridgeport, CT
- 20 Akron, OH
- 21 Indianapolis, IN
- 22 Providence, RI
- 23 Cincinnati, OH
- 24 Wichita, KS
- 25 Harrisburg, PA
- 26 Nashville, TN
- 27 Hartford, CT
- 28 Phoenix, AZ
- 29 Knoxville, TN
- 30 Jackson, MS
- 31 Dallas, TX
- 32 Los Angeles, CA
- 33 Youngstown, OH
- 34 Columbus, OH
- 35 Orlando, FL

There are both large and individual steps that can be taken, the report shows, to better safeguard the air we breathe and protect our health:

• **Strengthen the carbon pollution standards:** The EPA should finalize its Clean Power Plan and establish strong national standards to limit carbon pollution from power plants, the nation's largest source, and curb climate change. The agency is on schedule to do so this summer.

• **Strengthen the unprotective ozone health standard:** The EPA should strengthen the health standard for ozone pollution to better protect public health, including vulnerable groups like children, the elderly, and people suffering from asthma. It's currently set at 75 parts per billion, but EPA has proposed to strengthen the standard to somewhere between 65 and 70 parts per billion. NRDC believes medical science justifies strengthening the standard to 60 parts per billion.

• **Develop better pollen data collection:** The U.S. government should improve the extent and frequency of ragweed (and other allergenic plant) pollen data collection. This could be accomplished through developing a cross-agency comprehensive reporting and tracking system, and by establishing a network of daily pollen collection sites.

• **Add more ozone monitors:** The EPA should locate more ozone monitoring stations in many areas of the country where none now exist in order to track local ozone smog conditions.

• **Provide more information to the public:** Updated and timely data on airborne pollen concentrations should be made publicly available through the recently launched Climate Data Initiative, part of the President's Climate Action Plan.

Protecting Your Family from Pollen and Ozone

NRDC's report also offers tips to avoid overexposure to ragweed pollen and ozone smog during summer and fall days with high pollen counts or high ozone levels, especially if you or family members have allergies or asthma.

• Keep track of pollen counts in your area by following newspaper, radio, or television reports or checking online at www.aaaai.org/nab

• On especially high pollen or ozone days during allergy season, put car and home air conditioners on recirculate, and keep doors and windows closed.

• After working or playing outdoors, take a shower and wash your hair (or towel off with a damp cloth) to remove pollen, and change your clothes.

• Try to save your most strenuous outdoor activities for days with relatively low ozone smog levels, or do them in the morning, when ozone levels are lower. Check online resources like www.airnow.gov for forecasts of local ozone conditions.

• If you have allergies or asthma, see a medical professional. Take appropriate medication and precautions; consider wearing a filter mask before doing outdoor chores.

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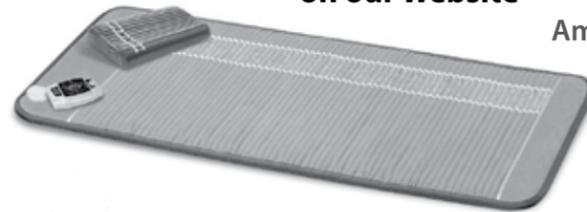
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Allyson De Matteo is a shamanic practitioner and full mesa carrier in the Qero tradition. Her goal is to facilitate healing and personal wellness through the use of ceremony. Allyson is honored to guide others on their individual healing paths.

Allyson@shamanic-healing.org



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

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GREEN NEWS & VIEWS

NRDC "Sneezing and Wheezing" Report Spotlights Climate Change Links to Asthma and Allergies

...continued from page 43

To Learn More

For the 2015 "Sneezing and Wheezing" report:
<http://www.nrdc.org/globalwarming/sneezing/contents.asp>

For a link to a map showing the intersection of ragweed and ozone hot spots:
http://docs.nrdc.org/globalwarming/files/glo_15051301a.pdf

For a blog by the report lead author, Juan Declet-Barreto:
http://switchboard.nrdc.org/blogs/jdeclet-barreto/more_carbon_more_ozone_more_ra.html

For an audio recording of the May 13 telephone press conference on the report with the author and two leading pediatricians:
www.hastingsgroupmedia.com/NRDC/051315SneezeWheezereport.mp3

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Popular Massage Techniques

BY ANNADABOO

There are many different kinds of massage, each with a different goal ranging from relaxation to the healing of injury. The following are some of the ten most popular massage techniques. While each is beneficial in its own way, they are all very unique. Use these informative descriptions to find the massage technique that is right for you!

Swedish Massage

Swedish massage is the most common type of massage therapy. Its purpose is pure relaxation. It soothes the nervous system and relieves stress effectively using long, firm, "effleurage" strokes. Effleurage is a type of basic massage stroke, which focuses on moving blood and lymph through the system, but doesn't use deep pressure or kneading of muscles. Instead, it consists of smooth, even strokes which soothe and relax, gently easing tension and knots out of the body. Swedish massage focuses on the whole body, and doesn't usually specialize in one specific part of the body. You will feel refreshed, well-rested, and pampered with this most basic type of massage.

The goal of Swedish massage is to leave you with a full-body sensation of warmth and comfort.

Deep Tissue Massage

The goal of deep tissue massage is ultimately to correct structural deviations. All of us have patterns of hold-

ing our muscles and bodies, which are created when we perform repetitious actions or form habits of sitting or standing in an awkward position. Over time, pain can result in this unnatural holding of muscle, tendons, and bones. Deep tissue massage greatly relieves chronic pain by bringing the body back

into proper alignment. It is especially useful when used in combination with chiropractic work or balancing exercises such as yoga. When done properly, deep tissue massage concentrates on one area of the body at a time, with as deep a stroke as possible.

Sports Massage

Sports massage is a vigorous type of massage used after physical activity. It is typically done within four hours of an intense workout. When you are physically active, your body creates cellular byproducts like lactic acid, which build up in your tissue. Sports massage flushes all these toxins out of the muscles and into the bloodstream to prevent soreness, injury, and inflammation, which can result from muscles cooling incorrectly. Sports massage has a compartmentalized view of the body in order to properly move cellular waste through the system in a natural way. For example, a therapist will move blood from the forearm to the upper arm, then the upper arm toward the shoulder, and finally shoulder toward the heart so that the muscles will



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Popular Massage Techniques

...continued from page 45

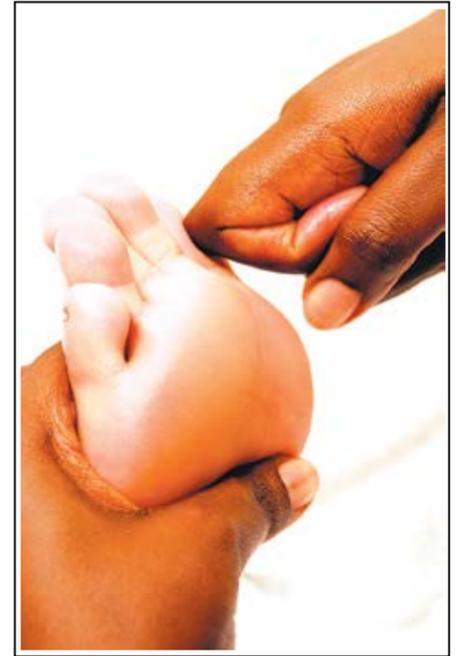
flush properly. Often this type of massage includes stretching to improve range of motion and facilitate recovery. This massage is a relatively quick massage, tending to stimulate you and give you some much needed energy.

Indian Head Massage

Indian head massage is an Eastern type of massage, which focuses on clearing blocked or negative energy from the system. Certain energy channels, particularly those that relate to the chakras, are worked to help clear and ease ailments that can occur when energy is weak. Indian head massage is a very relaxing massage, dealing specifically with uniting the physical health of muscles with your spiritual energy. The goal of Indian head massage is to clear the mind and strengthen the spirit. It can also be used to ease the kinds of disorders that can occur when your energy is blocked, such as anxiety or hypertension. You will feel refreshed and energetic after this type of massage.

Reflexology

Reflexology is an energy-based type of massage, which originates in Eastern tradition. It specifically incorpo-



rates traditional Chinese medicine into massage. It is only used on hands and feet, but focuses more on feet. In reflexology the foot is seen as a kind of road map or guide to the rest of the physical body, which is in turn closely tied to your spiritual and mental energies. Ev-

Remnants of Magic

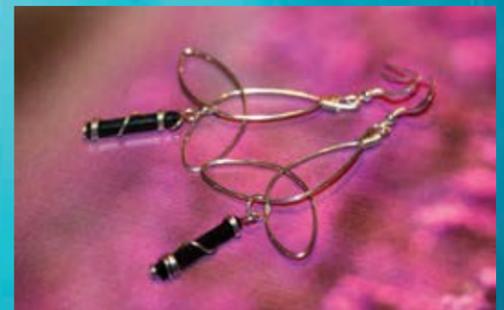
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ery part of the body including internal organs are represented by an area of the foot. This type of massage is generally performed without lotion and can be worked either on skin or over socks. Reflexology can either be light or deep in pressure, but is most commonly a very deep style of massage. Viewed more as a medical treatment than a relaxing massage, reflexology can address every ailment from gall bladder problems to diabetes.

Hot Stone Massage

Hot stone massage incorporates the use of heat and cold to facilitate Swedish massage. Stones are usually heated to a very warm temperature and then placed on certain tension points in the body to bring blood to the surface, loosen soft tissue, and allow for a more detailed type of Swedish massage. The stones make the muscles very soft and relaxed, so that the therapist can easily soothe away the knots. Cold stones can also be used to relieve stress, placed over the eyes to soothe them, or on the hands. Lotion or oil is applied during this type of massage. The goal of hot stone massage is to leave you with a feeling of having taken a slow, relaxing, and luxurious hot bath which has relaxed all your muscles and left you comforted and soothed.

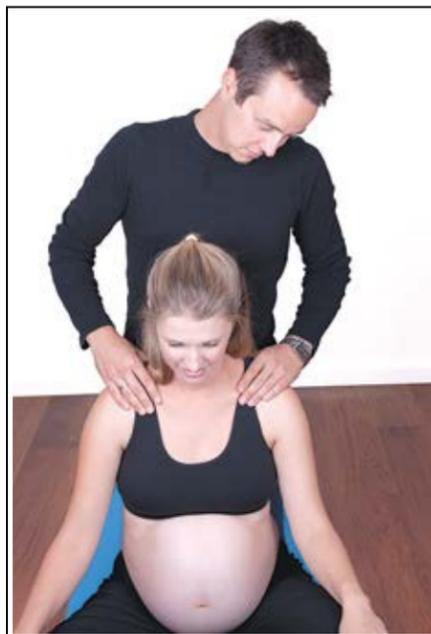
Shiatsu Massage

Shiatsu is a Japanese type of massage, which literally means “finger pressure.” It is performed while you lie on the ground with clothes on, making it a good alternative for people who are more shy. Shiatsu massage therapists will use fingers, feet, elbows, and so forth to follow energy meridians that run down pathways on the body. This creates a better flow of energy with the goal of healing the chi, or ki, the body’s life force. This type of massage brings the body back to a center, or a better balanced place for healing and wellness. Shiatsu is most well known for being able to cure insomnia and other sleep disorders. Rather than a smooth gliding motion, a therapist uses a more staccato rhythm of taps or pushes to move your energy along your body.

Neuromuscular Massage

Neuromuscular massage focuses on specific problematic areas in the body. This can be a very deep and sometimes uncomfortable type of massage, but provides great relief to those who have “trigger points,” or areas of deep tension and damage. The goal is to find which muscle group or organ is the source of your tension and muscle pain, and then work out that area so that the pain is permanently dealt with. When the therapist finds a prob-

lematic knot, he or she will push very hard for up to 30 seconds before releasing quickly to let blood flow back into that area and rejuvenate it. This is an excellent type of massage for those who suffer from injuries or chronic pain.



Pregnancy Massage

Pregnancy massage can incorporate any other type of massage, but uses body placement to make sure that you and your baby are safe while typical is-

issues of pregnancy are addressed. You lie on your side so that you are comfortable without endangering the baby, and the therapist works with very careful draping and strokes to relax and calm you. Sometimes special tables or chairs will be used so that you can relax completely. Areas such as the feet, neck, upper shoulders, and lower back are specifically worked to ease the pain and tension of carrying a child. The goal of pregnancy massage is to relieve stress in the most comfortable and safest way possible.

Aromatherapy Massage

Aromatherapy massage incorporates scents to help you address specific concerns such as stress, insomnia, or appetite. Different kinds of scents will have a different effect on the body and mind. For example, someone who suffers from headaches or migraines might respond very well to the scent of green apple, which has been known to ease head pain. Often the scent is put into the lotion itself, and the massage follows a basic Swedish massage. The scent should not be overpowering, but should still affect the emotions and nervous system. Aromatherapy massage therapists are experts on which scents can help you with certain problems, although of course your personal preference is also important.

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Healers: The Next Gen

BY RENATA MANIACI
AND RICHAEAL FAITHFUL

How would you feel if you encountered on the street a shaman wearing a hoodie? Or if you arrived at an energy intuitive session to find a barefoot twenty-something wearing healing stones around her neck? What if the person sitting next to you on the Metro, appearing to be high school-aged, channeled a message to you from a spirit?

Some of us would be surprised by these experiences, while others would not. Age may play a big role in our reactions, and similarly, age may play a role in our decisions about to whom we look for healing support. The reality is that the current allopathic health care model in this country is not just failing the “old” and the “sick”—it’s failing all of us. This increasingly self-evident truth may explain why some millennials are moving toward integrative and complementary healing—not only for their own wellness, but for their professional work, too.

Coming out as a healer is fairly safe in this metropolitan area these days—even fun—compared to other

places and times during which people who practiced certain kinds of spiritual power faced threats of violence by the masses or religious authorities, and were forced underground to practice. While most people know very little about energy healing nowadays, many people are genuinely interested and open to learning more about it. Growing curiosity may reflect more than dissatisfaction with allopathic medicine; it may show changing ideas about how we maintain our health and well-being, at least within our popular imagination. Today, among many 20- and 30-somethings, healing work may be viewed as a form of service, a commitment that while not well understood, may be well respected for its caring intention.

There is a wide range of younger healers in and around the District, some of whom fall into the same “young professional” profile, with law and public health Masters degrees, for example. Some younger folks, perhaps with more freedom than ever, enliven a wider set of passions and animate a broader set of their talents, of which traditional healing is among many. When asked the inevitable question within professional circles of “What do



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you do?" younger healers may hesitate or give a complex answer, which will sound wildly different for each person to reflect the panoply of interests, work, and new opportunities.

That being said, younger healers may be less visible than our older counterparts, particularly within holistic healing communities. Healers like us may be less likely to have formal training, but rather, after being aware of our healing abilities or sensitivities for years, self-cultivated many of our skills. We may be less likely to have a location-specific or full-time healing practice given modern technologies and costs, choosing instead to rely on other mainstays for our livelihoods or opting to practice multiple places.

Younger folks may also have a more expansive definition of healing. Alongside energy workers, shamans, mediums and bodyworkers, other people like ambitious urban farmers, creative classroom teachers, vibrant yoga instructors, and visionary artists may be identified as healers as well. We, of course, are not suggesting that all young healers navigate this way, or that older healers do not share similar experiences. But we are acknowledging the ways in which new conditions have required all healers, particularly newer ones, to adapt and innovate. In fact, our own practices vary in considerable ways although we are both younger healers.

For example, Renata is 28. She believes we all have different backgrounds, abilities, and comfort levels, and as such, we are each called into service through means and ways particular to our own situation. She inherently knew that her sensing abilities were there, but her mind would not go any further until her questions about how it worked were answered. Her healing arts "gateway" was through Healing Touch, mostly because of the program's standardized classes, national accreditation and their ability to answer her questions in a logical, physics-affirming way. Since then, with her academia-influenced, research-loving perspective quenched, she has moved into healing areas and modalities she probably could not have accepted but for her robust Healing Touch education.

Renata understands we all conceptualize and articulate healing differently—amongst our clients, and within ourselves. She has, at times, felt judged by some for relating her past academic (read: non purely spiritual) experiences into her energy healing; yet it is how she is able to leap into the healing realm. She maintains her academic inclination because she knows that others also need similar bridges before they can cross into other healing realms, too. She believes, as healers, we strive to meet people where they are, and that doing so is a key element to appealing to, and eventually shifting our society into one in which the healing arts and modern medicine work together seamlessly to prevent and address the health catastrophes that befall us.

Richael, as another example, recently turned 30. She firmly believes we each

are keepers of our own healing and that an essential role of a modern healer is to teach others how to reconnect to their indigeneity for healing. She calls this way of remembering "everyday majik." Similar to Renata, she was long sensitive to high frequencies and subtle vibrations. She entered a meditation community after college, was introduced to reiki, and shortly after the second-level, began to move voluntarily during treatments. She explored her body dowsing with automatic writing and pendulum for nearly seven years.

As Richael left full-time legal practice, she found a home for her energy healing and intuitive gifts in the shamanic tradition. She practices new-style conjure—also known as the Black folk tradition from the US South—with energy healing as her "center." In honor of our multitudes she integrates her shamanic practice into art and politics, putting her gifts toward healing racism, colonization, and dominion over the natural world. Her passion is for adapting traditional practices for modern city-life, seeing healing in places and communities where others project powerlessness, and taking advantage of conjure's eclectic-ness by combining seemingly different traditions and modalities as spirit leads her.

Although we are only examples, we are aware that younger healers may be establishing a new norm by which an "essence of healing" will become most paramount. Old attitudes reinforcing "this is better than that" or "only my method can heal this" will eventually be replaced by a mutual understanding of the connectedness of various healing arts as foundational to reaching our most powerful forces. In other words, as no single method or technique works for every person at every stage of healing, we see the plurality of healing that can and must exist for the level of depth required during these troubled times. The next generation of healers is well positioned to bring these truths to light, not only within healing communities but to popular culture, as well.

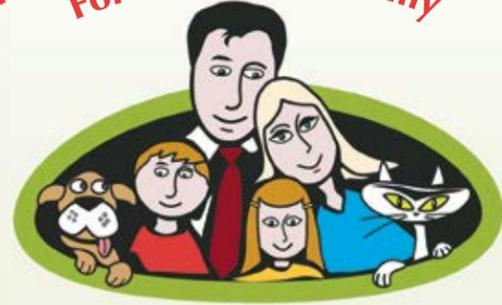
As young healers we may innovate the old ways and recognize the politics of our work—or sometimes not. At the very least we rely on the courage, fortitude, and vision of our elders, and are inspired to walk alongside them to carry on the medicine, the mojo, the meaning of healing forward into new consciousness for us all.

Renata Maniaci is a contemporary energy worker, sexual health educator, and self-care enthusiast who draws from a number of healing traditions. She firmly believes all healing is self-healing, and is committed to sharing that truth by facilitating the healing process of others. She uses Healing Touch, and other methods as guided, in her healing spaces in Woodley Park and at Freed Bodyworks in Capitol Hill.

Richael Faithful is a "street shaman," creative, and lawyer. She is founder and Voice Curator of Conjure! Freedom Collective, a healing justice group committed to healing trauma from slavery, ending racial caste, and creating a love politic in the US. Richael also serves as the Shaman-In-Residence at Freed Bodyworks in Capitol Hill.

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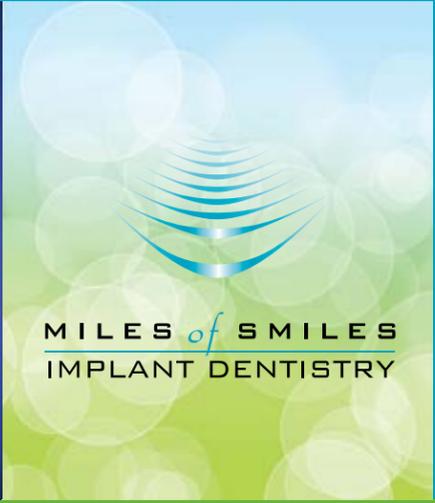
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Sammy S. Noubissi DDS, MS

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It has been scientifically demonstrated that once the metal implants corrode, they release metal ionic debris into the bloodstream which can lodge themselves in many organs such as the brain, kidneys, lymph nodes, liver, spleen and lungs. Therefore it is important to consider alternatives to metal implants and thank fully today there is a safe, natural and biological alternative.

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TO YOUR HEALTH

A Beginner's Guide to Using Essential Oils: Seven Healing Essential Oils for Summer

BY SHELLA O'BRIAN

Remember the sun-drenched dog days of summer? We often think of these golden days with great nostalgia during the dark winter months. After the excitement and colour of Christmas though, the nostalgia rapidly devolves into impatient anticipation and general annoyance as we trudge through the never-ending slush and muck of spring. Just when we are at our lowest ebb, the beautiful weather arrives with a suddenness that enchants us. Long, leisurely evenings and endless weekends are spent happily digging in the garden, working on outdoor projects or playing hard at the sports fields. To balance such a physically demanding period, a long luxuriant soak in a perfectly prepared essential oil bath is just what the therapist ordered to soothe the tired bones and strained muscles. While you're there, you may want to add a nourishing essential oil skin and hair treatment to combat the drying effects of sun, wind, and heavily chlorinated pool water.

One of the best ways to prepare a revitalizing bath is by simply releasing a beautiful fragrance into the water. This is as easy as shaking 5 to 10 drops of a good quality essential oil directly from the bottle into the filled tub. Use just one fragrance, or combine them creatively for a sensory treat. For those wishing to add a dry skin treatment, swirling a silky handmade bath oil into your bath has the potential to awaken the senses, as well as sooth and energize the body, depending on the nature of the fragrance used. To make the bath oil, mix your chosen essential oil with a carrier oil such as sweet almond or jojoba at a ratio of 18 drops of essential oil per ounce (equal to 2 tablespoons or 30 ml) of the carrier oil (making a 2% solution). This same formula can be worked into your hair and scalp for a deep conditioning treatment or used directly onto the skin in problem areas as a massage oil. Premixed and stored in a pretty opaque bottle, this preparation also makes a welcome gift.

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TO YOUR HEALTH

what bewildering array available takes a bit of research, and care should be taken to ensure that the properties of the chosen oil are appropriate to the intended result. Some essential oils, for example, can be irritating to the skin and therefore should not be used. With that in mind, let's begin the exploration with a brief introduction to seven well-known and readily available essential oils that are likely to be applicable when treating common summer complaints.

1. **Chamomile.** You may already know about the aroma and soothing abilities of a cup of Chamomile tea. When the essential oil is added to a hot bath or rubbed on ailing skin and scalp (after being mixed with a carrier oil) these same qualities are released as a vapour and are inhaled as you simply lie back and enjoy. Chamomile as an essential oil also has anti-inflammatory and antibacterial properties which promotes healing of most troublesome skin conditions, particularly when combined with lavender. This oil is particularly well suited for children.

2. **Grapefruit.** Made from the skins of both the white and ruby varieties of grapefruit, this oil has a tangy sweet citrus scent. Grapefruit essential oil is an astringent that combats oily skin and acne problems. It promotes hair



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growth when used as a deep conditioner on the scalp. In the bath it not only relieves muscle fatigue and stiffness, but treats headaches and performance stress as well.

3. **Jasmine.** This scent is used extensively in personal care items and people love it. In the bath, jasmine essential oil is good for muscle cramps and sprains and treats dry, irritated skin. As a hair conditioner it treats a dry, itchy

scalp and finishes with a lovely gloss on the hair. Generally, the scent is uplifting and said to promote feelings of optimism, confidence and euphoria. Pour it on and get happy!

4. **Lavender.** Traditionally this familiar scent was used in storage drawers and wardrobes to repel insects while imparting a very agreeable fragrance. Lavender essential oil is widely recognized as the most versatile of

the essential oils in a therapeutic sense. In the bath it treats all manner of skin problems, including (but definitely not limited to) such diverse summertime afflictions as athlete's foot, bruises, insect bites, and sunburn. It also treats various muscular aches and pains and relieves nervous tension. The basic bath oil recipe given above can be safely used as a bug repellent.

5. **Patchouli.** Renowned for its beautiful fragrance, this essential oil is all about disorders of the skin and scalp. It has also been used as an insect repellent and in perfumery it is considered a base note. Use it alone, or experiment with blending it with a drop or two of another essential oil to make your own personal scent.

6. **Peppermint.** It's largely the high menthol component that gives peppermint its cooling and stimulating effect. Make a refreshing summer spray mist by adding 20 to 30 drops of essential oil to 100 ml of spring water. Let the mixture sit for a day or two away from the light and then filter through an unbleached coffee filter and pour into a small spray bottle and use to spritz yourself liberally on a hot day. The scent and properties of the oil will remain in the water after the insoluble

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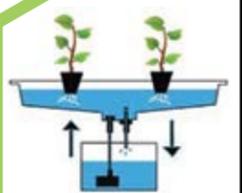


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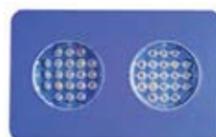
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TO YOUR HEALTH

A Beginner's Guide to Using Essential Oils: Seven Healing Essential Oils for Summer

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material has been removed. In addition, the basic bath oil recipe above, made with peppermint essential oil, works beautifully as a cooling massage oil for hot, dry feet.

7. **Rosemary.** As a bath oil, rosemary essential oil takes care of muscular aches, mental fatigue and physical tiredness. It is considered sovereign for a long list of troublesome skin conditions, successfully treats many disorders of the scalp, and gently stimulates hair growth.

The above is just a very brief introduction to only a very few of the vast array of essential oils that are available to be enjoyed. Begin by buying one or two small bottles (a little goes a long way) and trying them out. As you add to your collection, blend a drop or two of different oils together intuitively and see how you like the resulting scent. Perhaps through trial and error you will discover your signature scent that lifts your mood and gladdens the heart whenever you use it.



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Unheard Whispers: The Secret Life of Plant Songs

BY JILL MATTSON

Plants respond to music, growing better while listening to classical music, but how does sound change the physicality of the plant?

In the book *The Secret Life of Plants* researchers hooked plants to machines resembling lie detectors, which revealed their response to threatening behavior. Wow! Plants possess an awareness of their wellbeing and surroundings. Even more startling, the plants showed a response to their owner's wellbeing, even if the owners were across the country. This seems like quantum entanglement—when two energies link on the quantum level, and affect one another, even at long distances. Maybe the plants have emotions and care about their owners?

If this idea is not delightful enough, researchers display plants "singing." The plants' tiny vibrations are too soft for us to hear, but may account for why we feel uplifted in a botanical garden or calm down in nature. Unconsciously these "plant songs" lull us into harmony and a sense of wellbeing.

Artists, musicians and scientists in recent years have hooked electrodes to plants' leaves and roots, and then connected them to musical instruments,

producing fairy-like music—a new genre? A Mexican named Aerial Guzik hooked cacti to lutes and used their tiny energetic impulses to create strangely beautiful music. Another experiment at Dananhur in Italy showed plants connected to electronic instruments, producing exquisite music. You can watch to this little plant concert video on YouTube at <https://www.youtube.com/watch?v=nXhhAXjKmIU>.

Ancient stories of Atlantis suggest that highly psychic people telepathically "tuned" into the vibrations of the plants, asking the plants what they needed for optimal growth. According to legends in Central America, this "inside information" improved crop growth. The stories suggest that plants possess intelligence and consciousness.

The Kairos Institute of Sound Healing in New Mexico tested if sound vibrations enhanced crop growth. They played tuning forks and hand chimes over seedlings. The forks were tuned to the frequency made by Mars and Venus moving in their orbits and other frequencies found in space (raised octaves into hearing range). They also used planetary gongs tuned to the "three cycles of the Earth: the four seasons, the Earth spinning on her axis, and the

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Unheard Whispers: The Secret Life of Plant Songs

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Earth going through its processional cycle." Their findings, published in Joshua Leeds' book *The Power of Sound: How to be Healthy and Productive using Music and Sound*, showed that sound vibrations improved seed germination, quantity and quality of produce, longevity of production, pollination, and plant size.

plant, because the birds' choruses sing loudly at dawn. Carlson discovered that when he played local bird chirps at any time of the day, the plant acted as if it was dawn and utilized more nutrients. At least one way the plants told time was with sound. Carlson sells plant food packaged with recording of bird chirps and boasts of 100 percent

Perhaps the biggest lesson is that sounds, below our hearing range, have a significant impact on the energies of living things—body, mind and emotions.

Dan Carlson, an agro-sonic researcher and inventor of Sonic Bloom, noticed that plants' use of nutrients spikes at dawn. Plants do not benefit nearly as much when fed at other times. He wondered how the plant knew when dawn was. He experimented with bird chirps, local to the natural habitat of the

increase in plant growth (see <http://dancarlsonsonicbloom.com/>). Once again, a link appears between sound and the plants' well-being.

Joel Sternheimer, a French physicist, calculated the vibrations of the amino

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ASTROLOGICAL INSIGHTS

Moving On With Your Life

...continued from page 21



This is a period of assessment and asking the question: What's in the best interest of me and my family? While the energy is subtle, it's actually one of shifting priorities. Before you were concerned about global events; now it's time to be concerned about your personal life.

other people are willing to support you. If, however, you try to please others, they will take advantage of you.

Over the past several years when the Sun entered the sign of Cancer there was a lot of tension because the Sun formed a square to Uranus and an opposition to Pluto at the time of the Summer Solstice; but both Uranus and Pluto have moved on. This Summer Solstice, which occurs on June 21st, may be the first time you don't feel as much tension surrounding you. With the Moon void-of-course during this Solstice, you may feel a bit confused. You may want to go out and start new projects, but you're not really sure which projects to begin. Actually, this Summer Solstice represents the need for you to meditate on your needs and the needs of your family. This is a period of assessment and asking the question: What's in the best interest of me and my family? While the energy is subtle, it's actually one of shifting priorities. Before you were concerned about global events; now it's time to be concerned about your personal life.

As the month of July begins, Venus forms a conjunction to Jupiter and Mars forms a square to the Moon's Nodal Axis before the full Moon occurs on July 1st. This is actually the first of two full Moons that will occur in July.

With the Sun in Cancer and the Moon in Capricorn, as well as the aspects that Venus and Mars make, it's critical to pay attention to your environment and your family needs. Emotionally you may want to put your work ahead of your family. But if there

are problems with family matters, solving those problems needs to come first. With the Moon approaching a conjunction to Pluto and the Sun approaching an opposition to Pluto, you may feel as if external circumstances are pulling you away from solving family difficulties. However, it's a blessing that the aspects of Venus forming a conjunction to Jupiter and Mars forming a square to the Moon's Nodal Axis are still active at the time of the full Moon. With these energies, you'll be able to come up with solutions that can resolve past problems and create future solutions. You'll be able to facilitate family members and help them come up with their own solutions.

The theme of solving family problems continues at the time of the new Moon, with both Sun and Moon in Cancer, on July 15th. At the same time the new Moon occurs, both Mercury and Mars in Cancer form an opposition to Pluto retrograde in Capricorn. You may feel as if you are reliving some of the same circumstances you experienced on July 1st. You may feel the same conflict between helping your family and paying attention to a work situation. You may feel as if other people are trying to manipulate your decisions and pulling you away from resolving a family crisis. But with the new Moon separating from a square to Uranus, you'll suddenly discover some important insights that will help you resolve the family situation. The key is to view the problem from a different perspective and approach it in a different manner.

Venus enters the sign of Virgo on July 18th but it won't remain in that sign very long. It will only go up to 00°46' before it turns stationary retrograde on July 25th. It will remain retrograde until September 6, 2015. When Venus is retrograde any financial difficulties you did not address resurface. You need to take care of those problems. If you don't, they could get worse. Venus retrograde also represents hidden costs in contracts. So, if you need to sign any contracts while Venus is retrograde, try to get someone else to review the contract to see if you missed anything.

Starting a new business during a Venus retrograde period is not always the best strategy because there are hidden costs that don't surface until Venus goes direct. This is a good time to develop a financial plan for a new business. It's also a good time to develop a social media marketing campaign; but the implementation of the financial plan or the social media marketing campaign needs to wait until September 6th when Venus goes direct.

The fun aspect of a Venus retrograde involves people in your life. It's not unusual to hear from old friends or even old lovers. You're able to discuss the good times you experienced; and if there were any difficulties, you'll be able to resolve them and move on with your life.

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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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ASTROLOGICAL INSIGHTS

Moving On With Your Life

...continued from page 55

The second full Moon of the month occurs on July 31st. The first full Moon occurred on July 1st. When this full Moon occurs, with Sun in Leo and Moon in Aquarius, you'll vacillate between wanting to spend time with family and wanting to spend time with friends. You may feel as if there's a lot going on and you want to have fun. That makes a lot of sense since Venus retrograde will re-enter the sign of Leo a few hours after the full Moon occurs. While it's important to have fun in life, you want to temper your spending so you don't regret it later. Continue watching your personal finances. At the same time, enjoy time with some of your old friends or lovers who re-entered your life.

The month of August begins with Saturn turning stationary direct on August 2nd. Normally this change of motion isn't that important. You would just feel as if any heaviness in the world is coming to an end and you can finally move forward with your life. However, this time is different because once Saturn leaves the sign of Scorpio on September 17, 2015, it won't return to the sign of Scorpio for another 28 or 29 years.

During the time period that Saturn retrograde re-entered Scorpio in June 14th, you had the opportunity to repair any financial damages, especially those dealing with loans. New situations presented themselves where you could renegotiate the loans. If you didn't take those opportunities earlier, you have another chance to take advantage of correcting financial problems.

If you were involved in relationships where other people were controlling your life, you had the chance to determine what you were doing to let that happen. More importantly, you had various opportunities to change your behavior so you could regain control over your own life. If you missed those opportunities, you'll find more surfacing at this time. You may even decide it's time to end relationships that aren't healthy.

When Jupiter forms a square to Saturn on August 3rd you may feel a tension between moving forward the desire to create changes in your life and the need to hold on to the past. With Jupiter in Leo you may feel you can achieve anything and deserve to have it all. You may be willing to take risks that could get you into trouble because

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As long as you continue to live a balanced life, watching your finances and your health, you'll find that Jupiter in Virgo will put you back on the right track for living the way you want to live.

you don't fully appreciate the need for caution. With Saturn in Scorpio you want to make certain that the price of any risk is not too high and you can afford it. You don't want to do anything that will create problems in your relationships with other people. It's important to temper your belief that you can do anything immediately with the

knowledge that real change takes time. If you can do this, you'll use the energy of this square in a way that benefits you and other people in your life.

When Jupiter enters the sign of Virgo on August 11th, you'll feel a change in your willingness to take risks. You'll find you'd rather move with more caution, making sure you and your family have a secure base of operations. Jupiter not only represents a shift in attitude in how you achieve your personal goals, but Jupiter also represents a shift in how governments approach situations. Jupiter is a 12-year cycle that is active for at least 13 months. Jupiter will remain in the sign of Virgo until September 9, 2016.

As Jupiter moves into the sign of Virgo, you are more cautious with your finances and your lifestyle. You want to focus on your health, both physical and spiritual. You prefer that your day is less hectic and you have more time for personal matters. This is also an important time period to pay down loans and minimize your bills as much as possible.

You'll also find that the world is more concerned about the safety of food and other products. Because the emphasis is on health, you'll find it easier to shop for healthy foods. Perhaps not all the foods will be organic, but they will focus on local foods. You'll even find the government involved in requiring more accurate labeling of products.

Home will be very important and while the housing market may seem to slow down, you'll find it is better for the buyer than the seller. Just be careful not to get involved in some sort of mortgage program that is not sustainable. And with individuals getting older there will be more information on reverse mortgages, which could generate possible cash flow.

Human rights will be important and you'll continue to see individuals being concerned with various aspects of life, which they feel as demeaning and detrimental. There will be increased concern over sexual problems in the military and also colleges and universities. There will also be increased concern in the use of symbols that are found to be racist and not universal.

As long as you continue to live a balanced life, watching your finances and your health, you'll find that Jupiter in Virgo will put you back on the right track for living the way you want to live.

With the new Moon occurring on August 14th, both the Sun and Moon are in Leo and you may feel as if you just want to go out and play. The Moon forms a conjunction to Venus retrograde and a trine to Uranus indicating that people from your past may come back into your life. If these returning people are from a previous love relationship, be careful not to get into the drama you may have experienced

with them in the past. On the other hand, you may find yourself open to new concepts and ideas you suddenly come up with unexpected solutions to old problems.

As the month of August ends, a full Moon occurs on August 29th. The Sun in Virgo is separating from a conjunction to Jupiter while the Moon in Pisces is separating from an opposition to Jupiter and moving into a conjunction with Neptune retrograde. If you were overly optimistic about what you can achieve, you may understand that some of those plans were a bit unrealistic. You may also feel as if others really don't understand your emotional needs. Try not to be too sensitive to what others have to say. Rather, try to focus on your dreams and find realistic ways to implement them. By being realistic, you'll actually bring the lessons learned during this summer solstice full circle as you review important aspects of your life, improve family relations, and find ways to implement your dreams.

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 below.



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For more information, contact:

Misty Kuceris
PO Box 1532
Springfield, VA 22151-0532
703.354.4076
misty@EnhanceOneself.com
(please put PM in subject line)

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

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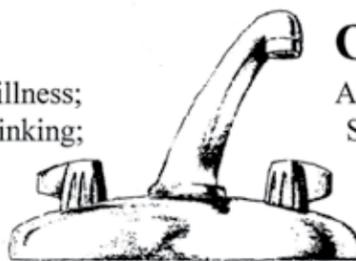
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**Unheard Whispers:
The Secret Life of Plant Songs**

...continued from page 54

acids in plants. Afterward he calculated the tones of each, and then organized the amino acids in the same way they were in the plants' protein. When he played the plant's "song" back to the plant, the plant's growth nearly doubled with resistance to drought and disease.

What do we learn from all this? Plants are far greater beings than we expected? They are also exquisite musicians? Perhaps the biggest lesson is that sounds, below our hearing range, have a significant impact on the energies of living things—body, mind and emotions. At the very least, in a romantic picture, we are bathed unconsciously in plant songs and lullabies of the stars.

Sound and music enhance the health of plants. Yet we stubbornly believe we are not influenced by sound in the same way. What would make us exempt? The science of bioacoustics, developed by Sharry Edwards, has shown we can use targeted sounds to enable the body to heal itself.

We can use the energy of sound in music in targeted positive manners. The author has devoted her life to bringing forth healing vibratory patterns in musical CDs, including star sounds and vibrational patterns found in healing nature. In the future mankind will use sound to be more in control of their body, mind and emotions, harnessing sound for benefits.

Jill Mattson is a prolific artist, musician and author, and a widely recognized expert and composer in the field of Sound Healing. She has produced seven CDs consist of intriguing, magical tracks using ancient & modern techniques, with sound energy & special healing frequencies to achieve profound benefits.

Gallery and music, including free MP3s of her Sound Healing compositions, are available at www.jillswingsoflight.com, www.musicforbeauty.com, or by emailing jillmattson@yahoo.com.

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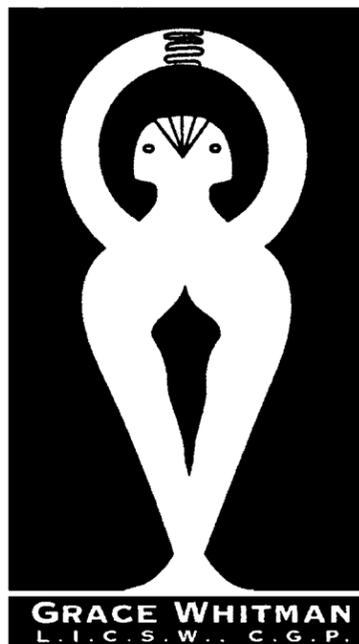
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Destined from birth to teach the ancient wisdom, ritual and practices of her ancestors, Sobonfu Somé brings the transformative light from her native land so that we might connect with something bigger ... to connect with community and spirit and to more fully align with our deep, authentic selves.

March 11-13, 2016

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Learn more about Sobonfu's books and teaching at www.sobonfu.com

**To register and for more information, contact Susan Hough:
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SUMMER CALENDAR

June

-1-

Life Empowerment- Monthly Discussion Group, 7:30pm. Inst. for Spiritual Development. DC-NW. www.isd-dc.org

-2-

The Art of Presenting A Homily, 7:30pm. Inst. for Spiritual Development. www.isd-dc.org

-4-

Death, Rebirth, and the Bardo. The current abbot of Sera Jey Monastic University Khen Rinpoche Jetsun Lob-sang Delek will give a talk on death and the intermediate state between lifetimes. Understanding what we will experience after death helps us overcome our fears. 7:30-9:30pm. Free, donations accepted. www.guhyasamaja.org to learn more.

Inspired Speaking Class, 7:30pm. Continues June 11, 18 & 25. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-6-

Mandalas: Discovering the Radiant Self with Mary Mulrow. www.blueberrygardens.org

Spa Day, 10am-4pm. Pamper yourself or give a Gift Certificate. Inst. for

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

6/6-7 Beginning Spirit Communication & Mediumship Workshop. Join Spiritualist Medium Konstanza Morning Star and open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, and learn how to nurture your gift. Silver Spring. www.silverspringoflight.com

6/16-21 Free Spirit Gathering, Ramblewood, Darlington MD. A Sacred Family-Friendly Pan-Spiritual Mid-summer Festival. Clothing optional. Stay for the week, weekend, day or evening. Visit: www.freespiritgathering.org.

-7-

Intro to Nia Dance! Curious about Nia? This is the workshop for you! You'll dance, move, laugh and shake and put pleasure into your workout! Cost: \$20; from 12:30-2pm. www.TheMindfulnessCenter.org

Wellness Expo, 1-4pm. Energy Healing: Reiki. Chakra Balancing & Cleansing. Reflexology & More. Inst. for Spiritual Development, DC-NW. www.isd-dc.org



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SUMMER CALENDAR

-13-

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-6pm. 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.

Message Circle. Connect w/ Your Spirit Guides, 7:30pm. Personal Messages of Guidance-Insight Inspiration on your life circumstances. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-14-

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-6pm. 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.

South African Shaman Rite of The

Womb Ceremony & For World Peace. 11am Church Service, Free. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

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, 6935 Laurel Ave., Suite 202, Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

-16-

De-Clutter Your Space, Self & Life Purpose, 7:30pm. Continues June 23 & 30, July 7, 18 & 25. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

6/16-21 Free Spirit Gathering, Ramblewood, Darlington MD. A Sacred Family-Friendly Pan-Spiritual Midsummer Festival. Clothing optional. Stay for the week, weekend, day or evening. Visit: www.freespiritgathering.org

-20-

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

continued on page 62



JUNE 14 - 21, 2015

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Love Your Body Yoga Festival

FREE | June 14 | Reston Town Center

LoveYourBodyYogaFestival.com

The International Day of Yoga

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July 1st-5th

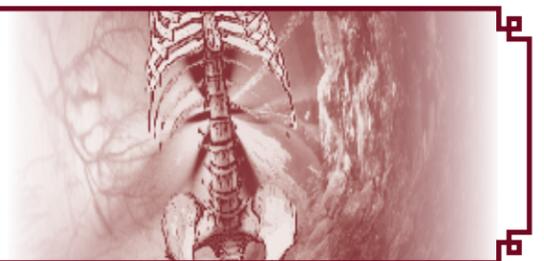
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Body Tribal is not just about outer marks like tattooing and piercing. It is also about inner marks, the ones that send us careening away from our paths, those that jolt us back to the path and those that take us to the crossroads so that we can more clearly choose our way. It is about the marks left by life and death, sorrow and joy. It is about recognizing and celebrating our inner marks, whatever they may be.



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Sept. 2nd-7th

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The Share International DC Expo

Sunday, June 21st, 2-5pm, Talk @ 2pm
The Tysons-Pimmit Regional Library

Saturday, June 27th, 12-7pm, Talk @ 2pm
The George Washington University
800 21st NW, Rm #310

Visit: www.share-international.us/ne
Or email: skourangis@gmail.com

SUMMER CALENDAR

JUNE 20, continued

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 spiritual path. Bethesda (near Friendship Heights) 10am-6pm. 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.

-21-

Father's Day Celebration Church Service, 11am. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

"How do we fix our broken world?" Join us for a free and inspiring talk and expo: 2-5pm & talk at 2pm. Tysons-Pimmit Regional Library. Visit www.share-international.us/ne or email: skourangis@gmail.com.

Mindfulness Meditation and Mindfulness-Based Stress Reduction with Rebecca Hines and Hugh Byrne. www.blueberrygardens.org

Summer Solstice Celebration. Recreation of Ancient Ceremony w/ Contemporary Spiritual Message,

7pm. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-26-

6/26-27 Weekend Meditation Retreat. This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. You will learn to process issues that may arise on this transformational journey. Cost: \$149. www.TheMindfulnessCenter.org

6/26-29 Meditation Retreat, Convenient, Affordable. Three and one half days of individual and group techniques allow participants to experience consciousness at a deeper level and develop individual potential. With Rev. Jim Wilkins. Annandale, VA, \$175, 7pm Fri.-7pm Mon. Details: j.wilkins@cox.net; 703-300-2742.

-27-

Almost FREE INTRO to YOGA Workshop with Dream Yoga Director Luann Fulbright, E-RYT 500 & Yoga Therapist. Every Body Can Do Yoga—especially Kripalu Yoga. For people of ALL ABILITY LEVELS who are brand new to yoga or new to Dream Yoga Studio and want to learn more before coming to a regular class. Learn the fundamentals of some basic yoga warm-ups & poses that will help release chronic tension, boost energy,



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SUMMER CALENDAR

enhance flexibility & develop strength in the body. Discover the therapeutic benefits of yogic breathing and relaxation/meditation practices. If new to yoga, this is the perfect opportunity to have your questions answered by a skilled instructor & learn what to expect from regular class. Just \$10 to cover handouts. 1-3pm at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at www.DreamYogaStudio.com or call 703-448-YOGA (9642).

Aura Reading, Color Reading & Auragraph Workshop. Expand your ability to perceive psychic information from the spiritual realms. This hands-on workshop focuses exclusively on perceiving the human energy field also known as aura and understanding the information it contains. Learn to perceive and create visual presentations of a person's life path and potential using color, numerology and symbolism. Silver Spring. www.silverspringoflight.com

"How do we fix our broken world?" Join us for a free and inspiring talk and expo: 12-7pm & talk at 2pm. The George Washington University, 800 21st NW, Rm #310. Visit www.share-international.ur/ne or email: skourangis@gmail.com.

-28-

Yoga Nidra Meditation. Yoga Nidra helps us to relax and to live centered lives, free of conflict, anxiety, fear and suffering. It also helps us to open to psychological, physical and spiritual healing. Cost: \$40; from 1:30-3pm. www.TheMindfulnessCenter.org

JULY

-1-

7/1-5 Drum & Splash. Swim all day, drum all night! Our celebration of the Nation's Birthday with family, friends, old & new! Join us for Drumming, Dancing, Master Classes, Yoga, Fire Spinning, Nature Walks, Qi Gong, Duckie Races, and old-fashioned Ice Cream Social, Pig-Pickin Feast and of course, Fireworks! Four Quarters InterFaith Sanctuary, Artemas, PA. 814-784-3080 / www.4qf.org.

-4-

7/4-12 International Avatar Course in Orlando, FL. Manage your life by learning how to manage your beliefs. More info at: www.hwcourses.com/avatar.

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Herb Camp for the plant enthusiast, Plant Id & Medicine Making

2015 - 2016 ~ 10 Month Weekend Programs

<p style="text-align: center; color: white;"><i>Foundations of Herbal Medicine</i></p> <table border="0" style="width: 100%; font-size: 0.8em;"> <tr><td>12 September</td><td>Intro to Actions/Phyto-chemistry</td></tr> <tr><td>10 October</td><td>Immune & Lymphatic System</td></tr> <tr><td>14 November</td><td>Respiratory System</td></tr> <tr><td>12 December</td><td>Digestive System</td></tr> <tr><td>9 January</td><td>Nervous System</td></tr> <tr><td>13 February</td><td>Reproductive & Endocrine</td></tr> <tr><td>12 March</td><td>Muscle Skeletal System</td></tr> <tr><td>9 April</td><td>Cardiovascular System</td></tr> <tr><td>14 May</td><td>Integumentary (Skin) System</td></tr> <tr><td>11 June</td><td>Urinary System</td></tr> </table>	12 September	Intro to Actions/Phyto-chemistry	10 October	Immune & Lymphatic System	14 November	Respiratory System	12 December	Digestive System	9 January	Nervous System	13 February	Reproductive & Endocrine	12 March	Muscle Skeletal System	9 April	Cardiovascular System	14 May	Integumentary (Skin) System	11 June	Urinary System	<p style="text-align: center; color: white;"><i>Herbal Apothecary</i></p> <table border="0" style="width: 100%; font-size: 0.8em;"> <tr><td>13 September</td><td>Establishing an Herbal Apothecary</td></tr> <tr><td>11 October</td><td>Tincture Making</td></tr> <tr><td>15 November</td><td>Vinegar, Glycerin & Non-Alcohol</td></tr> <tr><td>13 December</td><td>Cordials & Elixirs</td></tr> <tr><td>10 January</td><td>Food as Medicine</td></tr> <tr><td>14 February</td><td>Lotions & Potions & Powders</td></tr> <tr><td>13 March</td><td>Holistic First Aid</td></tr> <tr><td>10 April</td><td>Wild Food Cooking</td></tr> <tr><td>15 May</td><td>Herbal Spa Day</td></tr> <tr><td>12 June</td><td>Apothecary projects</td></tr> </table>	13 September	Establishing an Herbal Apothecary	11 October	Tincture Making	15 November	Vinegar, Glycerin & Non-Alcohol	13 December	Cordials & Elixirs	10 January	Food as Medicine	14 February	Lotions & Potions & Powders	13 March	Holistic First Aid	10 April	Wild Food Cooking	15 May	Herbal Spa Day	12 June	Apothecary projects
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The mission of Green Comfort School of Herbal Medicine is to educate and empower individuals to heal themselves using herbal medicine.

www.GreenComfortHerbSchool.com

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**Announcing
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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.

SUMMER CALENDAR

JULY, continued

-6-

Life Empowerment Monthly Discussion Group, 7:30pm. Institute for Spiritual Development, NW-DC. www.isd-dc.org

-7-

Energy Healing Certification Course. Workshop/Class: Sensing & Channeling Energy, 7:30pm. Program continues July 14, 21, 25, 28 & Aug. 1. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

-8-

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

-11-

"From Spiritual Experience to Spiritual Realization," 2-3:30pm. How can we best mine the spiritual gold of past life recall, dream work and conscious Soul Travel? Please join us for a lively discussion! Free guidebook provided. Eckankar of Northern Virginia: 703-916-0515

Psychics Night Out-Psychic Fair, 7pm. Personal Reading: Palmistry-Tarot-Billets & More. Inst. for Spiritual

Development, DC-NW. www.isd-dc.org

"Unfolding into the Divine", 11am-12pm. Where are we on our journey home to God? What can we do to re-discover our nature as Soul and our purpose in Eternity? Join us for a heart-centered dialogue! Eckankar of Northern Virginia: 703-916-0515.

-14-

Energy Healing Certification Course. Workshop/Class: What Is Energy Healing & Related Ethics, 7:30pm. Program continues July 21, 25, 28 & Aug. 1. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

-18-

Mindfulness Meditation and Mindfulness-Based Stress Reduction with Rebecca Hines and Hugh Byrne. www.blueberrygardens.org

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

-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

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SUMMER CALENDAR

DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

-21-

Energy Healing Certification Course. Workshop/Class: Your Chakra Energy System, 7:30pm. Program continues July 25, 28 & Aug. 1. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

-22-

Yoga for Scoliosis with Rocky Delaplaine at Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Flr, Suite PH7, 5-6:15pm. Also held on July 29th. Open to All. \$45 for both classes or \$25 to drop-in on one.

-24-

7/24-25 Weekend Meditation Retreat. This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. You will learn to process issues that may arise on this transformational journey. Cost: \$149. www.TheMindfulnessCenter.org

7/24-26 Body Tribal. A Descent Into the Maelstrom. We focus on our perceptions with bodies and minds. Our challenge will be to go

deep within ourselves and find the one thing we think we couldn't live without, whether it be sight, hearing, speech, touch, or movement, and try living life differently, if only for just a moment. Four Quarters InterFaith Sanctuary, Artemas, PA. 814-784-3080 / www.4qf.org.

-25-

Energy Healing Certification Course. Workshop: Hands On Healing, 11am-4:30pm. Program continues July 28 & Aug. 1. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

-26-

Psychic Tolls Workshop, 12-1:30pm. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-28-

Energy Healing Certification Course. Workshop: Remote / Absent Healing, 7:30pm. Program continues Aug. 1. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

AUGUST

-1-

9th Anniversary Celebration at Sacred Circle – Alexandria, 2-4pm. www.sacredcirclebooks.com

Energy Healing Certification Course. Workshop/Class: Healing Touch Practice & Applied Kinesiology 10am-3:30pm. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

8/1-8 Heal Your Life Workshop Leader Training in Columbia, Maryland. Become a licensed teacher in Louise Hay's philosophy. Complete manuals and materials provided plus extensive follow-up. Cost (\$4,595.00) includes lodging and most meals. \$400 discount for Natural Awakenings readers. This training is approved by Louise and authorized by Hay House. Call 410-286-5591 or go to www.healyourlifetraining.com/maryland.

-2-

9th Anniversary Psychic Fair at Sacred Circle – Alexandria, 1-4pm. \$25 per 15-minute session. www.sacredcirclebooks.com

-4-

Shamanism Workshop w/ Reiki Master David Gleekel, 7:30pm. Continues Aug 11, 18, 25. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-8-

EFT: Emotional Freedom Technique, 10am-3pm. Kathy Kirsten. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

Message Circle-Connect w/ Your Spirit Guides, 7:30pm. Personal Messages of guidance-insight-inspiration. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-9-

Body-Mind-Spirit Workshop, 12 Noon. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-15-

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

Energy Healing Certification Course. Workshop: Healing Touch Practice & Applied Kinesiology, 10-3:30pm. Inst. for Spiritual Development, DC-NW. Info: www.isd-dc.org/healing-cert-course/.

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.

Nutrition & Herbs Workshop, 11am-2pm. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-16-

Body-Mind-Spirit Workshop, 12 noon. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

continued on page 66



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TENZIN WANGYAL RINPOCHE, founding director of Ligmincha Institute, is renowned for his ability to convey the ancient wisdom of Tibetan Bön Buddhism in a way that is highly relevant to Western students. He is the author of numerous books, including *Healing with Form, Energy and Light*; *Tibetan Sound Healing*; *The Tibetan Yogas of Dream and Sleep*; and *Awakening the Luminous Mind*.

JUNE 21–JULY 4, 2015

Summer Retreat: Dream Yoga

with Geshe Tenzin Wangyal Rinpoche

Train in the practice of dream yoga to deepen awareness in all aspects of your life. This powerful tool of awakening can help you recognize the true nature of mind.

Join us for one or both weeks.

OCT 21–25, 2015

**Fall Retreat: The Five Elements—
Connecting with the Living Universe**

with Geshe Tenzin Wangyal Rinpoche

Tenzin Wangyal Rinpoche will guide practices through which we can deeply connect with the five elemental essences of earth, water, fire, air and space to nourish and restore health and vitality.

FREE MONTHLY WEBCASTS ON SOUL RETRIEVAL

with Geshe Tenzin Wangyal Rinpoche

June 13 (full day): 9 a.m.–4:30 p.m. (Eastern/NY time)

July 11, Aug. 15, Sept. 12: 3–4:30 p.m. (Eastern/NY time)

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SUMMER CALENDAR

AUGUST 16, continued

The New Age of the Holy Spirit: Session 9 – “If These Should Hold their Peace” what is the significance of the day of victory of Christ within Jesus and within us? How do we prepare for that day and the challenges that will come? 1:30-3pm, The Washington DC Teaching Center, 6935 Laurel Avenue, Suite 202, Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

Energy Healing Certification Course. Workshop: Healing Touch Practice & Applied Kinesiology 10-3:30pm. Inst. for Spiritual Development DC-NW
Info: www.isd-dc.org/healing-cert-course/.

Body-Mind-Spirit Workshop, 12 noon. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

8/26-30 Sat Nam Fest East, Waynesboro, PA. Kundalini Yoga and Music Festival. For more information call 1-888-735-4800 x 712 or visit www.satnamfest.com.

-29-

DC Meditates. Meditation, mindfulness, music, food, community. Join us on the National Mall on from noon to 7pm. Whether you are a long-time meditator or are wondering what it's all about, enjoy an afternoon practicing, mingling, and learning. For more information visit: www.TheMindfulnessCenter.org.

Watercolor and Movement Workshop. www.blueberrygardens.org

-30-

Wellness Expo, 10am-4pm. Therapeutic Energy healing-Charka Cleansing-Reiki & More-Reflexology. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

SEPTEMBER

-1-

'In Harmony' Yoga Teacher Training-Shepherdstown, WV. 200-hour Classical Yoga teacher training at Harmony Healing Arts Center in beautiful, historic Shepherdstown, WV. Training is two weekends a month from September 2015- January 2016. www.harmonyhealingarts.org

-2-

9/2-7 Stones Rising. A six-day ceremonial intensive that culminates with two hundred people raising two

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SUMMER CALENDAR

Standing Stones, using ropes, rollers and a lot of hard work. Join us for a Celtic inspired complex of service, ceremony, and celebration. Every hand is needed, every task important, every breath a blessing on the Great Work for our great grandchildren, Seven Generations down the line. Four Quarters InterFaith Sanctuary, Artemas, PA. 814-784-3080 / www.4qf.org.

-3-

Spirituality, Religion & The Trans-Personal. 7:30pm. Brooke Kusseling. Continues Sept 10, 17, 24 & Oct 1. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-5-

Practical Reiki Master Certification Course, 10am. Reiki Master Alice Langholt teaches a simplistic & easily learned method to channel "Life Force Energy" to others or yourself. Three Qualifying Workshops. Institute for Spiritual Development, 5419 Sherier Pl., NW DC 20016. www.isd-dc.org

-12-

Psychics Night Out-Psychic Fair, 7pm. Personal Readings. Palmistry-Tarot- Billets & More. Inst. for Spiritual Development, DC-NW. www.isd-dc.org

-13-

The New Age of the Holy Spirit: Session 10 - "Jesus of Nazareth: The King of the Jews." The crucifixion as the highest initiation on the path of Christhood. How are the sons and daughters of God passing through persecution and the crucifixion for the sake of truth? 1:30-3pm, The Washington DC Teaching Center, 6935 Laurel Avenue, Suite 202, Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

-19-

9/19-27 Regional Avatar Course in Minneapolis, MN. Manage your life by learning how to manage your beliefs. More info at www.hwcourses.com/avatar.

-26-

Blind Billets. Psychic Rev. Jim De Biasio answers before questions are read, 7:30pm. Inst. for Spiritual Development. DC-NW. www.isd-dc.org

-27-

Pathways Magazine presents the 42nd Natural Living Expo. 108 Booths and 64 workshops. \$10 with coupon. www.NaturalLivingExpo.com

-29-

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

www.braidedwayhealingarts.com

-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.

UPCOMING

10/6 Chakra Balancing Level One, five-session course, Tuesday evenings, 6:30-9:30pm, beginning Oct. 6th with Arlyn Kline, RN, founder of Braided Way Healing Arts. Ellicott City Wellness Center. Email BraidedWay@gmail.com or call 443-690-2414. www.braidedwayhealingarts.com

10/17 A Day of Transformation! The Brain - Body Connection Ageless Health 2015. Join radio personality and author Dr. Tom Roselle and distinguished guest speakers for an educational and information pack day! Visit: www.rosellecare.com for more information and pricing.

10/18 The New Age of the Holy Spirit: Session 11 - "The Resurrection of Our Lord." Meditate on the Lord of Life, who is within each of us, for a transfer of momentum on the opening of chakras. Experience the science of the spoken word and the violet flame. 1:30-3pm, The Washington DC Teaching Center, 6935 Laurel Avenue, Suite 202, Takoma Park, MD 20912. 301-270-3312; www.washdctc.org

10/26-11/7 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.

10/31-11/8 International Avatar Course in Orlando, FL. Manage your life by learning how to manage your beliefs. More info at: www.hwcourses.com/avatar.

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.

ONGOING

A Course in Miracles, Mondays, 7-8:30pm. Rising Phoenix Holistic Center, 9028 D Prince William St., Manassas, VA. Free. Melody Krafft, facilitator; www.melodykrafftartist.com.

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.

continued on page 68

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- 4 Proven Strategies, Techniques and Tools to quiet the inner chatter and get past self-imposed limits (all supported by the latest brain studies)!
- 5 Learn stress and anxiety reducing modalities (Qi Gong, EFT, and breathing techniques) for living a healthy life
- 6 Clear your mental clutter, develop solid time management, organizational skills, etc., with a committed accountability partner

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Activities Rental Space

Energy Healing Certification Program



- What Is Energy Healing
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- Chakras Energy System
- Sensing & Using Energy
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- Absent - Remote Healing

Info: www.isd-dc.org/healing-cert/

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“Unfolding into the Divine”

**Saturday, July 11, 2015
from 11 am to 12:00 pm**

Please join us for a lively and heart-centered dialogue about our journey home to God – the divine reality that we have never truly left, but are striving to remember. Where are we on the journey? What can we do to re-discover our nature as Soul and our purpose in eternity? We look forward to seeing you there!

“From Spiritual Experience to Spiritual Realization”

Saturday, July 11, 2015 from 2 – 3:30 pm

Past life recall, dream work, and conscious Soul Travel are valuable techniques for spiritual unfoldment – but where do these experiences ultimately lead? Using the *Spiritual Experiences Guidebook* as a roadmap, we'll explore both the value of these disciplines and the clues they offer about our relationships to each other and our ultimate spiritual destiny. All guests will receive a free copy of the *Guidebook*.

Both events are free and open to the public

For more information about these events, as well as 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

Sponsored by Eckankar, the Religion of the Light and Sound of God

SUMMER CALENDAR

ONGOING EVENTS, continued

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.berkeleyspringsfarmersmarket.org

Capital Tarot Society Hobbyists and Professionals Welcome. Meets Monthly. www.capitaltarot.blogspot.com

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

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

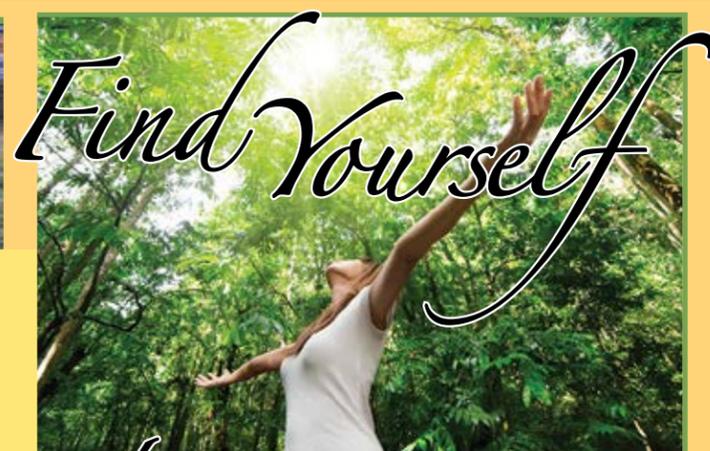
or www.alignwithgrace.com for more information about Claudia.

Community Yoga Classes at Unity Woods Yoga Centers. Every Friday, 6-7pm (except no class July 3). Open to all levels. \$8/cash drop-in fee in Bethesda at 4853 Cordell Ave. (Triangle Towers), 16th Floor, Suite PH7. In Arlington at 4001 N. 9th St. (Randolph Towers), Suite 105. Information at www.unitywoods.com or 301-656-8992.

Energy Healing Certification Course. Learn to channel energy to others or for yourself. Ideal course for those just becoming aware of their Divine intuitive gift or those seeking to develop these skills with guidance from experienced energy healers. Follow workshops on specialized healing modalities including Reiki-Reflexology-Chakra Balancing & Cleansing-Crystals. Institute for Spiritual Development, 5419 Sherier Pl., NW, DC 20016. Info: www.isd-dc.org/healing-cert-course/.

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



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The Threefold Flame

SUMMER CALENDAR

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

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

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 aware-

ness. 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.

Life, Death and the Afterlife - This class will cover the soul and its purpose, what happens during the process of dying and the afterlife. This class takes a medium's perspective on the topics. Note: There will be a demonstration of mediumship for the last hour of the class. This class is given monthly. See www.lisaboslett.com/events for dates and registration.

Life Empowerment Monthly Discussion Group. Led by Ava Barron-Shasho, Certified Life Coach & LCSW. Institute For Spiritual Development. 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.

Meditation USA Become truly happy! Meditation Centers provide guided meditation daily. Students learn simple method of subtraction to reduce anxiety, improve concentration, become free of their past, and know Nature's Flow. Arlington 703-354-8071 - Centerville 703-657-0550 - Ellicott City 410-730-6604 - Rockville 301-770-7778. MeditationUSA.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

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. (10am July-August) 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

Tarot Workshop - This is an informative, intensive workshop that will introduce you to the Tarot and show you how to read the cards both intuitively and by their literal meaning. The intent is to show you how to use Tarot as a spiritual tool. This is an intensive course that will give you a very thorough introduction. You will gain hands on experience reading for yourself and others in the class. This is beginners course, but all levels are welcome. You will receive a Rider Waite Tarot deck to take home with you. This class is given monthly. See www.lisaboslett.com/events for dates and registration.

continued on page 70

Be Blessed with Peace

Sri Karunamayi Visits DC

Sri Karunamayi is the embodiment of compassion and unconditional love, whose words and presence bestow limitless peace and spiritual illumination.

All three programs will be held at:

The Hindu Temple of Metropolitan Washington
10001 Riggs Road
Adelphi MD 20783

Individual Blessings/Saraswati Diksha

Friday, July 24 — 11:00 am-5:00 pm

A special opportunity to privately share your joys and pains with Sri Karunamayi. She will offer Sri Saraswati Mantra Diksha initiation to students ages 4 to 24.

One Day Meditation Retreat

Saturday, July 25 — 8 am - 6 pm

See information to the right of Sri Karunamayi's picture.

Homa/Sacred Fire Ceremony

Sunday, July 26 — 9:00 am-1:00 pm

Sri Karunamayi will perform a homa for world peace which will benefit all who attend.



www.karunamayi.org
WashingtonDC@karunamayi.org
240-447-3630

Realize Your True Self: A Special One-Day Meditation Retreat

Saturday, July 25

Join us for a unique opportunity to explore and deepen your own spiritual practice under the loving guidance of Sri Karunamayi. People of all spiritual backgrounds and faiths are invited to enjoy the motherly grace of one of India's most revered masters during this special day of meditation, fellowship, and song. A vegetarian lunch will be provided. For more information, or to register, call 240-447-3630.

Time: 8:00 am-6:00 pm

Place: The Hindu Temple of Metropolitan Washington
10001 Riggs Road
Adelphi MD 20783

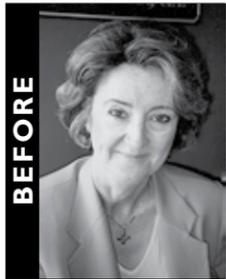
Fee: \$100 for the full day: early registration
\$120 for the full day: late registration
\$60 for half a day: early registration
\$75 for half a day: late registration

Proceeds will support Sri Karunamayi's charitable activities, including a free hospital and school in rural India.

People of all faiths invited.

All programs free except the retreat.

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SUMMER CALENDAR

ONGOING EVENTS, continued

The Paranormal - This class will cover paranormal topics such as earthbound spirits, ors, electronic voice phenomenon, Ouija boards, mediums, psychics and various other paranormal topics. This class takes a medium's perspective on the topics. Note: There will be a demonstration of mediumship for the last hour of the class. This class is given monthly. See www.lisaboslett.com/events for dates and registration.

Transmission Meditation: the most powerful meditation given to humanity for spiritual development and service to the world. Free weekly meet-

ings. 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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Seeking Persons with a Regular Meditation Practice to Participate in a Research Study



Researchers at the Johns Hopkins University are seeking individuals with a regular, long-term meditation practice to participate in a research study looking at the combined effects of meditation and psilocybin, a psychoactive substance found in sacramental mushrooms of some cultures. The study will investigate psychological and brain processes underlying such effects.

Volunteers must be between the ages of 25 and 80, have no personal or familial history of severe psychiatric illness, or recent history of alcoholism or drug abuse.

To discuss the possibility of volunteering or to learn more:

Phone: 410-550-2253 or

Email: meditation@jhmi.edu

Website: www.hopkinsmeditation.com

Confidentiality will be maintained for all applicants and participants.
Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA_00047665



Approved July 17, 2014

NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER

Beloved friends,

With love in our hearts we appreciate you, see your perfection and your innocence no matter what is happening in this precious now. As we move through these chaotic times we are changing from doing to Being, from animalistic behaviors to being fully human, and experiencing the spontaneous actualizing of the divine SELF we already are. We have an opportunity to drop old fears, confusion and greed. What could be more enlivening and inspiring!

On a personal level, and as a psychotherapist, I know how important it is to be connected to the foster child within me. Divine energy is breathing through me healing the little girl who says, "Something is wrong with me, I am not good enough to have a Mommy and Daddy." I observe this happening. The pure love within me is healing old wounds. Pockets of confused energy are being unraveled into giggles and deep Self loving. I am knowing we are all ONE. We are all Ma to ourselves and to each other. Having the eyes to see the deep truth about consciousness, creative intelligence, and knowing that everything and everybody on the Earth is serving our enlightenment. Indeed, we are blessed. Life is giving us everything we need now!

The summer months are a wonderful time for blossoming and growing. Since 1979, the Network of Light has been hosting and embracing spiritual leaders and light groups and heart-to-heart and soul-to-soul events. We are committed to enhancing the loving and caring in Washington, DC, and throughout the World. Also we celebrate Lou DeSabra, Erin, Claudia, Michelle and the others. We love Pathways and appreciate the strong positive force it is in the community.

Blessings, Love, Joy and Peace to YOU now,

Lakshmi Barbara Carpenter, MSW,
LICSW
Founder, Network of Light

Finding the Truth Within: Satsangs With Lakshmi Barbara

May we have the courage to surrender our fear, our pride, and our self will and merge into the innocence and pure love within us, in our hearts. Deep within us is the knowing, "I am the way, the truth, and the light. I am." This inner teacher becomes available to us as we drop our mind's misconceptions, distortions, and programming, which keep us from knowing the enlightened SELF we already are.

In satsang, we have an opportunity to meditate and dive deep within, let go of concepts and experience more of our true nature. We can surrender our

ego and learn to love everyone unconditionally, feel the oneness we are and radiate this love to the world. While there is no charge for satsangs, any love donations to the Network of Light are appreciated.

The satsangs will be held at 7:30pm on both Monday, July 20, and Thursday, August 6 at the Network of Light (6304 30th St., NW, Washington, DC) and led by psychotherapist Lakshmi Barbara. For more information, please contact Barbara at 202-363-9343.

The Sacred Chambers: Miracles Do Happen!

"I went to my first Sacred Chambers experience hoping to have my vision restored after losing most of my sight during a health crisis. After coming out of the Sacred Chambers I could see eagles flying in circles over the home. Driving home after it got dark I was the first one in the car to be able to read the road sign! I could see!"

"I felt truly in the presence of God. Overwhelmed in a good way by positive loving energy. Again, surrender, relief and awe. My "self" was gone, the struggle of being was gone."

"It is really very excellent, how much my life has changed ever since—so much more free and more light and soooo liberated from suffering!"

"Kathy did the Chambers last month asking to sell her house. She got 2 offers, one for \$5000 more than her asking price!"

"I am not experiencing loneliness. Totally and fully taken care of by my Divine. Often in a state of complete peace."

The Sacred Chamber Process is an opportunity for people of all faiths and spiritual paths to connect with Divine Consciousness allowing healing and transformation to take place. Participation is free and open to all.

While miracles happen in the Sacred Chambers, you do not have to be in a state of suffering to benefit from them. It is an opportunity for you to experience your Divine intimately and personally. The two most frequently used phrases used to describe the Chamber experience are "inner peace" and "gratitude."

The Sacred Chambers phenomenon started in the summer of 2013 in the homes of ordinary people in small villages and towns across India when miracles started happening spontaneously. This phenomenon is now rapidly spreading across the globe including China and Russia. There are approximately 50 Sacred Chambers in the US and Canada. For a list, please go to www.worldonenesscommunity.com. The Sacred Chambers serving the Washington, DC metropolitan area is located in Northern Virginia.

Certain Sacred Chamber Sessions are designated from time to time for such as:

continued on page 72



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NETWORK OF LIGHT NEWS

The Sacred Chambers: Miracles Do Happen!
...continued from page 71

- Participants with serious medical conditions
- Parent/Child with special needs
- Wealth consciousness
- Healing of Relationships

There are also General Purpose Sessions where people come with their own intentions. Seats are available on a first come-first served basis. However please contact xibic@msn.com if:

- You would like to receive priority consideration due to an illness or other emergency.
- You have a physical limitation that may require accommodations.
- You would like to arrange for a specific date for a group you are organizing.

The Sacred Chamber process takes 5 hours to complete in groups of 10 people. Book your reservation at <https://sacredchambersmetrodc.eventbrite.com>. More than 700 people have experienced the Sacred Chambers in Northern Virginia since it started in March 2014.



Rev. Rob Banaszak Appointed New Pastor for The Institute For Spiritual Development (ISD)

Rev. Rob Banaszak has been appointed the new Pastor for ISD, a God-centered church and learning center for metaphysical living. Rev. Rob has served in many volunteer capacities and was ordained a minister after completing the Institute's ministerial program. He is an inspiring, popular speaker and workshop instructor. His previous spiritual community was the Celebration Center of Religious Science in Albuquerque, New Mexico. Rev. Rob has extensive management experience from the communications field, including gay rights advocacy or-

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NETWORK OF LIGHT NEWS

ganizations. On his appointment, Rev. Rob commented, "I am ... steadfastly committed to making all who enter our doors feel welcome in our thriving, vibrant and inclusive spiritual community where each person's spiritual path is their own unique journey that will be lovingly accepted and supported." The Institute is located at 5410 Sherier Pl., NW, DC 20016. www.isd-dc.org.

The New Economic Paradigm of Feminine Energy for Integration, Inclusiveness and a Culture of Peace

The Network of Light is pleased to host Victor Landa in sharing his wisdom on how now the time for the ascendancy of feminine energy and for humanity to change course before the destruction of the planet and the human species takes place. The new economic paradigm proposes the radical transformation that is necessary, positing that, as foretold by ancient wisdom, it is the feminine energy that will take the lead in such a transformation.

This presentation reveals the signs that are already manifesting and proposes means to supporting the process while pointing out what needs to be corrected and why. Victor Landa is the founder of the Global Coalition for Peace and Shanti Yoga Ashram. Venue: Network of Light, 6304 30th St., NW, Washington, DC; Wednesday, June 17 at 7:00pm. Directions: 202-363-9343.



Amma, "The Hugging Saint," Returns to DC July 5-6

Sri Mata Amritanandamayi, known to her followers as "Amma," is often called the "Hugging Saint," because of the special hugs she gives each individual who comes to her for blessings. She offers a simple message of love and service to others. Amma will once again offer public programs in the D.C. area. Every summer, thousands come, seeking the warm, spiritual atmosphere around her and her individual blessing. Amma's message of love, compassion and service is a universal message that has earned her admiration by people of all faiths and nationalities.

Amma has founded spiritual centers and charitable endeavors in India and all over the world. She has established a leading university in India and many elementary, secondary and vocational schools that teach both academics and meditation. Amma's humanitarian projects address a wide range of global needs, from disaster relief to working

to protect the environment via the non-profit Green Friends.

Amma's public programs, which are free of charge, will be held July 5th and 6th in Arlington VA, with the morning program starting at 10am and an evening session starting at 7pm. The program opens with a meditation, followed by darshan (Amma's personal blessing). The evening programs also offer a satsang (spiritual discourse), devotional music, and prayers for world peace. Tokens for an individual blessing from Amma are given out at 8:30am for morning programs and 5:30pm for evening programs and may be limited by time constraints.

Location: Crystal Gateway Marriott, 1700 Jefferson Davis Highway, Arlington VA, near Crystal City metro. For information about Amma's DC visit, volunteering, or regular weekly programs, visit <http://www.ammadc.org>. For more information about Amma's tour to other cities, visit

<http://www.amma.org>.

Sri Karunamayi Visits Washington, DC, July 24 - 26

Revered by many as the embodiment of wisdom, peace and unconditional love, Sri Karunamayi will be giving discourses on the fundamental truths that support all faiths as part of her 2015 World Tour. Everyone is invited to hear her inspiring message, join with her in singing devotional songs,

and receive the blessings of her divine knowledge and love.

Friday July 24, 11am-5pm, Individual Blessings: Private audience with Sri Karunamayi and seek her guidance and blessings, as well as for offerings of diksha for students age 4-24.

Saturday July 25, 8am-6pm, Silent Meditation Retreat: The silent atmosphere allows one to be spiritually nourished with Sri Karunamayi's love and blessings via yoga, meditations and discourses. Register online for a full- or half-day retreat at: <http://karunamayi.org/events/one-day-meditation-retreat-washington>.

Sunday July 26, 9am-1pm, Homa/Sacred Fire Ceremony: A homa is a sacred ceremony in which oblations are offered through the medium of fire according to Vedic scriptures while special mantras are recited for the benefit of the world and individuals. Sri Karunamayi says fire ceremonies "purify the earth's atmosphere, uplift the community and contribute to the health and prosperity of the individual."

All programs are free, except for the retreat, and are held at the Hindu Temple of Metropolitan Washington, 10001 Riggs Road, Adelphi, MD 20783. More information on all DC programs and the American tour please go to: <http://karunamayi.org/world-tour/north-america> or call The Sri Karunamayi Satsang of Washington, DC at 240-447-3630 or 240-447-3684.



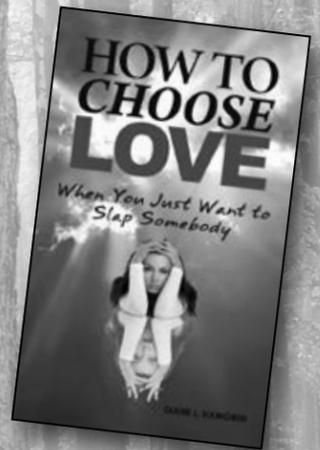
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DC NATURAL FOODS, CONT'D



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DC NATURAL FOODS



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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

CHINESE MEDICINE

The Eight Principles: Excess and Deficiency

...continued from page 19

vere fatigue due to a recent severe loss of blood.

There are conditions that are defined as having both an Excess quality as well as a Deficiency quality. These Excess/Deficiency conditions are a combination of the presence of Xie Qi (pathogenic factor) and a deficiency of the Zheng Qi. In these types of conditions, the body is either unsuccessful or incapable of fighting off the pathogenic factor. A common example of an Excess/Deficiency condition is an individual who is suffering from fatigue following a viral infection, and their system is still attempting to fight off the virus. The result is a chronic condition in which the person neither gets better nor gets worse.

Medical Application

The medical application of Excess and Deficiency is useful in determining the nature of an illness. In the most basic terms, Excess and Deficiency are used to establish whether the illness is caused by an internal or external pathogen, by a weakness of the body, or by a combination of the two.

Although it can be challenging to generalize symptoms, the following chart provides a breakdown of symptoms that are considered either Excess or Deficiency. Conditions that are both Excess and Deficiency do not have a specific set of general symptoms. However, Excess/Deficiency conditions may present with symptoms from either or both categories.

EXCESS	DEFICIENCY
Acute onset	Gradual onset
Restlessness	Tiredness
Irritability	Loose stools
Strong Voice	Weak voice
Coarse Breathing	Desire to rest
Tinnitus – high pitch	
Scanty urination	
Constipation	
Pain that worsens with pressure	

Excess conditions will always involve a pathogen and may contain additional symptoms not noted in this list. Whereas, Deficiency conditions can affect any number of body substances—Qi, Yin, Yang, or Blood. Therefore, the following categorized lists presents additional symptoms that assist in narrowing down the area of weakness within the body.

Qi Deficiency:

Slight shortness of breath
Slight sweating
Tiredness
Weak voice
Lack of appetite

Yin Deficiency:

Feeling of heat in the evening
Night sweating
Low grade fever
Dry throat at night
Thin body

Yang Deficiency:

Frequent, pale urination
Cold limbs
Feeling cold
Bright, pale face
No thirst
Desire for hot drinks
Loose stools

Blood Deficiency:

Numbness and tingling
Blurred vision
Tiredness
Dull, pale face
Pale lips
Dry hair
Poor memory
Insomnia
Scanty periods

Pathology

The pathology of Excess/Deficiency conditions fall into six different categories. The chart below breaks down how Zheng Qi and Xie Qi interact with each other, and how they are used to determine whether a condition is Excess or Deficiency.

continued on page 78



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CHINESE MEDICINE

The Eight Principles: Excess and Deficiency

...continued from page 77

<i>Xie Qi (Pathogenic Factor)</i>	<i>Zheng Qi (Qi and Blood)</i>	<i>Type of Condition</i>
No Pathogenic Factor	Normal	Healthy
No Pathogenic Factor	Deficient	Deficiency
Strong Pathogenic Factor	Strong	Excess
Strong Pathogenic Factor	Deficient	Excess/Deficiency
Weak Pathogenic Factor	Strong	Excess/Deficiency
Weak Pathogenic Factor	Deficient	Excess/Deficiency

Healthy

This condition is rarely seen in clinical practice. This is where the Zheng Qi is at a normal level and there is not an internal or external pathogenic factor (Xie Qi) present in the body. This is considered a state of "perfect health" in Chinese medicine.

Deficiency

These conditions tend to be chronic in nature and develop over a period of time. An example of a Deficiency condition is fatigue that develops from overwork or irregular diet. The symptoms for Deficiency conditions tend to be mild in nature, such as dull, achy pain.

Excess

This type of condition can be either acute or chronic. The symptoms of an Excess condition are severe in nature, such as sharp, stabbing pain. Most excess conditions are acute such as the onset of a cold with fever, nasal congestion, and a stiff neck/upper back.

Excess/Deficiency

Although the three categories of excess and deficiency are all considered "mixed" conditions, each condition is slightly different. For example, when the pathogenic factor is strong and the Zheng Qi is deficient, symptoms such as nasal congestion, stiff neck, and fever may be milder and last for a longer period of time. The stiffness could be full body and the fever could be low

grade, and the symptoms could last for a couple of weeks. The reason for the milder symptoms and the longer duration is that the body does not have enough strength or resources to fight off the invading pathogen. The key with this category is that the symptoms may be more subtle or milder than if the body had strong Zheng Qi.

The second category of Excess/Deficiency is one in which the pathogenic factor is weak and the Zheng Qi is strong. Using the same example as mentioned above with fever, nasal congestion, and stiff neck, the individual would experience very mild symptoms—possibly to the point of being able to continue normal day-to-day activities. The person may not present with some nasal congestion but has a low or moderate fever and no body aches. The key is that these symptoms are milder than the previous example.

In the case where the pathogenic factor is weak and the Zheng Qi is weak, the symptoms are the mildest. Continuing to use the example of cold symptoms (fever, nasal congestion, stiff neck), the individual will not have a fever, may have minor nasal congestion, and may or may not have very mild body aches. In some cases, these types of conditions can linger for long periods

of time and may or may not get better. The key in determining this condition is that these symptoms are the mildest of all conditions in this category.

Chinese medical professionals are trained in deciphering the root cause of a pattern of disharmony, and therefore it is always important to rely on the expertise of your medical provider.

The concepts of Excess and Deficiency are a foundational philosophy in the Eight Principles. An accurate diagnosis of the type of pattern, Excess or Deficiency, is important in the development of an appropriate treatment plan. Just as Interior and Exterior as well as Yin and Yang were considered duality pairs, Excess and Deficiency represent a third duality pair. While Excess and Deficiency are used to determine the nature of the condition, this pair must be used in conjunction with the other duality pairs of the 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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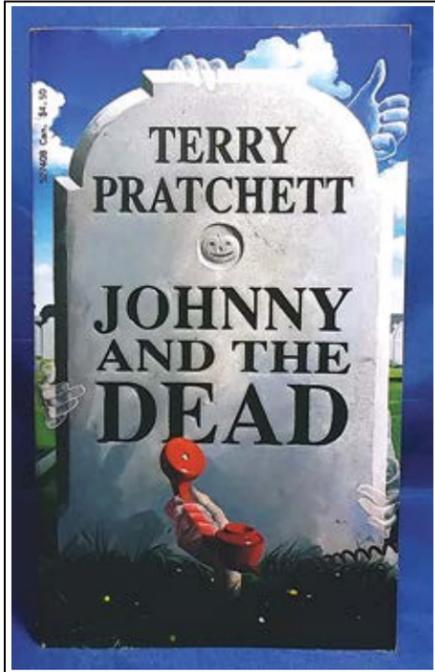
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BOOK REVIEWS

Johnny and the Dead

...continued from page 27



cemetery and finds that the “post-life” inhabitants do not “lurch” or “ooze green” when they walk, and they manage to still keep their eyes on the living.

Johnny looked up some of the names on the headstones in newspapers at the library. One man apparently committed suicide, which is against the law for reasons that make no sense to Johnny. “It meant that if you missed, or the gas ran out, or the rope broke, you could get locked up in prison to show you that life was really very jolly and thoroughly worth living.”

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

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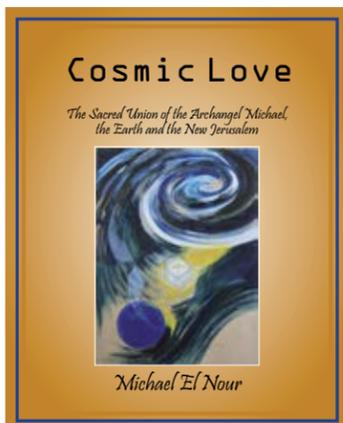


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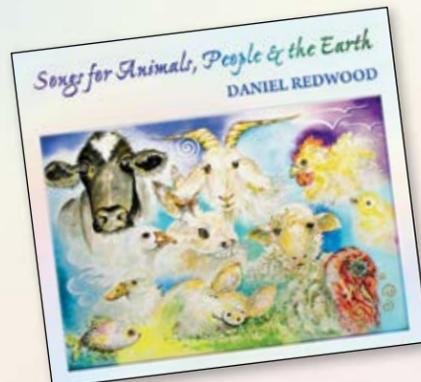
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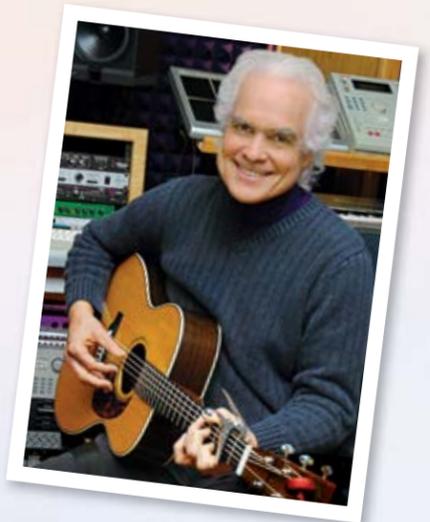
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METAPHYSICAL BOOK REVIEWS

Outrageous Openness: Letting the Divine Take the Lead

...continued from page 29

you've ever known. I humbly admit it took me a while to really get into this practice. It was like a beach-entry-pool, a slow wading-into the waters as I "got used to" the water and let the truth lap around my ankles. And I'm not fully there yet, maybe knee-deep. Letting go of control is going tête-tête with our ego—the part of ourselves in charge of keeping us safe and sound. But opening up to possibilities, spontaneity, serendipity, synchronicity, and magic—letting the Universe do the heavy lifting—is way easier, and way more fun in my experience.

Tosha's *Outrageous Openness* has pithy section titles like: "What if God Were All of Us?" "Shopping With God" and "Objects in Mirror are Closer Than They Appear." And as you would expect from a flaming red-headed, tatted-up super scorpionic type, her writing style is honest, and deeply soulful. She is a master storyteller with over 25 years of experience as an astrologer and the wisdom she has gained and given through that work absolutely shines, from cover to cover.

Speaking of covers, I am not a linear

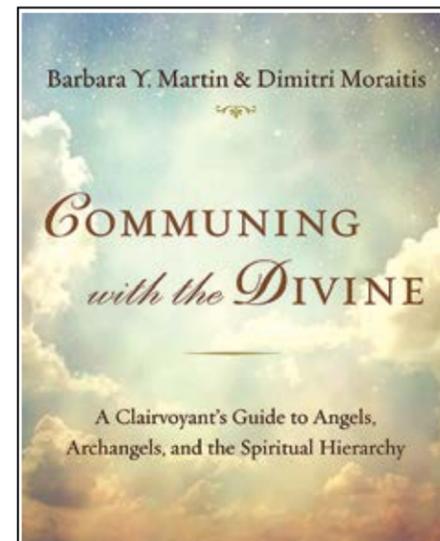
thinker by any means. I tend to jump all around, dipping in and out of books as I please. My brain behaves like a giant mind map and anyone who knows me personally will tell you that conversations with me are often based around analogies and connections. So it's fitting that my absolute favorite aspect of OO, you know, aside from its general awesomeness, is that it fits my lifestyle. It doesn't need to be read from cover to cover. *Outrageous Openness* can be consulted like a beloved oracle deck: open it up to a random page for advice on a specific situation or read a chapter a day for daily guidance. But do read it. Again, and again, and again.

Christiane Northrup has this to say in her forward to the book:

I always keep a stash of *Outrageous Openness* to prescribe as needed for those who are ready for it. The relief it provides is truly extraordinary. Tosha's stories are current, humorous, irreverent, and life changing. They're applicable whether you're having a medical crisis or a relationship drama. Her advice that 'the perfect solution to any

problem is already picked, you will be guided to it in the right way at the right time' has helped me and thousands of others metabolize more stress hormones than any medicine I've ever prescribed. You simply sit back, offer the challenge you're facing to the Divine, and wait for a nudge...from a more expanded version of your own self, not some white-haired judgmental guy with a beard sitting on a cloud, waiting to punish us. You're shown what steps to take.

My great big hope is that books like *Outrageous Openness* are on the rise. In our spiritual bubble, our minds get so full of what it means to be spiritual: going vegan, meditating, practicing yoga, reducing our carbon footprint and basically, doing our best to establish a spiritual practice, and deal simultaneously with the immediate demands of "real life" drama. In our busy, always-on, tech-saturated world, it's no wonder then that we forget to leave room for possibility, to leave room for grace. Grace, as spiritual teacher Mastin Kipp so eloquently puts it, is "the uncontrollable, benevolent, loving power of the Divine that wants to enter the world through and as YOU." To Mastin and to Tosha Silver I say, "Yes, more grace please," and thank you so much for the reminder.



Communing With the Divine: A Clairvoyant's Guide to Angels, Archangels and the Spiritual Hierarchy
By Barbara Y. Martin and Dimitri Moraitis
Tarcher Publishing; New York, NY
2014: 352 pp. (PB)
ISBN-13: 978-0399167744
Authors' website:
www.spiritualarts.org

Communing With the Divine: A Clairvoyant's Guide to Angels, Archangels and the Spiritual Hierarchy says a lot with its title alone. Mostly, the book gives off the impression that

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METAPHYSICAL BOOK REVIEWS

Communing With the Divine reads like it is truly born out of a commitment to spiritual service. It's all about getting in touch with the Divine and with yourself so you may experience yourself as a divine being, instead of always feeling like you're only just human.

it's going to be another Doreen Virtue-like knockoff. Thankfully however, it's pretty original. Barbara Martin and Dimitri Moraitis bring different information to the literature on angels and certainly a different approach. But along with these differences come some mixed feelings—at least from me.

It took me a while to finish this book. While reading it, I experienced a ton of inner conflict and I had to break away often for some much-needed self-reflection. That's one drawback of subscribing to any sort of self-help, spirituality, or religion. We spend so much time reading others' words and hearing others' truths that sometimes we forget or even begin to deny our own. There's a reason why there are so many different spiritual traditions. We are all one, true; but we're also individuals, and expressing our unique selves and embracing our own journeys is a major plot point in our spiritual development.

It's easy to be influenced by someone else when we're not firmly rooted in our own experiences. A newly planted sapling is going to blow over in a storm while a redwood will snicker and say, "Ha, that's all you've got!" I thought you were gonna bring it!"

I firmly believe in guides and angels. I know I am led by the spiritual world every single day. We all are. But as for believing we live in a grand hierarchical structure of lower and higher beings, as the authors suggest? I'm still up in the air on that one. For the sake of my own sanity however, what I've finally settled on is that it's ok to just be within a gap of understanding. I don't need to know everything right now. Part of the spiritual journey is about embracing the mystery of life. Only the ego craves control and understanding.

On the other hand, I do like the fact that *Communing With the Divine* is deeply spiritual. Even where I have a difference of opinion, I admire the authors' courage and groundedness in their own beliefs to take a stand and put themselves out there. Several books on the subject of developing psychic talents, talking to angels, etc., are ego-serving in a spiritual guise.

You know, they set out to help you develop your psychic gifts in order to learn how to see what's coming, or to read other people or to manifest things. It's what Caroline Myss calls "lower-chakra" or "below-the-waist living." We want to see what's coming and get to the bottom of our issues just for the sake of exercising more control over our lives. *Communing With the Divine* reads like it is truly born out of a commitment to spiritual service. It's all about getting in touch with the Divine and with yourself so you may experience yourself as a divine being, instead of always feeling like you're only just human.

The book is organized into five parts: Our Invisible Support System, Who's Who in the Spiritual Realms, The Dark Side of Life, The Tools of Perception, and Communing with the Divine.

Part One covers an overview of spirituality, God, and the spiritual hierarchy. According to the authors, there are Twelve Kingdoms of Nature, "representing twelve stages of developing consciousness in the overall arc of one grand design." The categories are as follows (from most developed to least): The Unnamed Sacred Twelfth Kingdom, The Unnamed Sacred Eleventh Kingdom, The Archangelic Kingdom, The Angelic Kingdom, The Human Kingdom, The Animal Kingdom, The Fish Kingdom, The Unnamed Non-physical Kingdom, The Plant Kingdom, The Elemental Kingdom, The Mineral Kingdom and The Structure Kingdom. They give detailed explanations for each kingdom in order to give a big picture view of how we fit into the structure of the twelve kingdoms.

Part Two is a detailed encyclopedia of the angelic kingdom. There is new information here about the different functions of well-known archangels that I'd not heard before, some of it directly conflicting with other angel "experts". But who's really the utmost authority on angels anyway? These descriptions are as good as or better than any other angel book I've read. Regardless, as with all things intuitive, your own personal experience should trump all other teachings.

Part Three was my least favorite. I managed to get through it with an open mind, but I decided years ago I no longer believed in hell or the Devil. What's interesting is the authors themselves state in Chapter 2, "You cannot know God as long as you believe there to be a force opposed to God." And yet in Chapter Five, they go on to describe a belief system inclusive of Satan and ponder such questions as "Why does God allow such evil to exist?" It all feels very dualistic to me, but your particular mileage may vary.

Parts Four and Five were my personal favorites. These sections wander away from the more dogmatic, religious-like feel of the first two-thirds of the book and get down to business with the practical instruction of how to apply said information. There's the usual "surround yourself with white light" kind of stuff, as well as some in-

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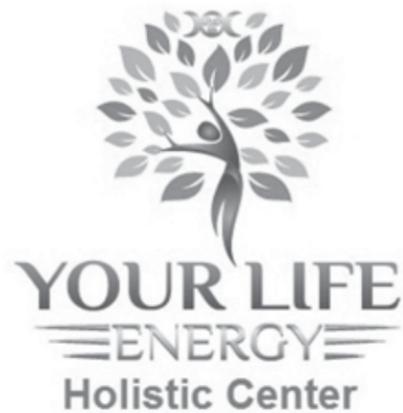
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METAPHYSICAL BOOK REVIEWS

Communing With the Divine: A Clairvoyant's Guide to Angels, Archangels and the Spiritual Hierarchy

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interesting discussion about the way mediumship works, the different types of spiritual communication, working with the rays of divine light, and using various phrases and prayers when calling on the archangels for spiritual guidance.

Overall, *Communing With the Divine* was an interesting read. I would recommend it for those who love working with Angels and Archangels, and suggest you look elsewhere if you'd like more detailed information about working with spirit guides. The authors state their teachings are meant to be applied universally, but I noted a heavy lean toward the Christ consciousness, absent any discussion of underlying beliefs from other faiths.

I trust that the authors' intention was in the right place when the book was written, but it's definitely a more niched-down version of spiritual guidance than I prefer. If you're searching for a solid primer or refresher on the angels and archangels and how to

work with them and you are seeking or don't mind a more Christian-rooted approach, then this title should work out nicely for you.

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, www.nicoleortega.com, for more information.

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ACCESSING YOUR INTUITION

Making Friends With Your Shadow With the Tarot Devil Card

...continued from page 36



knowledge our dark impulses, as well as our repressed creativity, is the first step toward their integration into our personality. Becoming aware of the contents of our shadow can be a true wake-up call to a new way of being that goes beyond our earliest conditioning. And as Jung suggested, making friends with our shadow is a prerequisite for transforming our consciousness. As depicted in the Tarot's Strength card, the call is to embrace the shadow (lion), to make a conscious decision to uncover the shadow at various times in our lives so we can begin to release the hold it has on us. As James Hillman tells us, "Pray for the courage to make your fears your agenda." As we confront our shadow, we move towards healing and wholeness.

When the Devil appears in a Tarot reading, you would look to *nearby* cards in a Tarot spread for information as to what specific area in your life you are projecting this denied or unacknowledged part of yourself. For example, the Devil with *pentacle* cards nearby might suggest inner negativity or denied negativity that is being projected outward onto the physical aspects of existence. An example of this might be financial struggle. Are your charge cards maxed out? Do you have trouble paying your bills each month? Do you find that no matter how much money, or things, you acquire, you never feel satisfied or secure? These are all indications of the shadow expressing itself, wanting to be noticed and healed. The Devil and *cups* cards nearby might suggest inner negativity projected onto relationships. Are you frequently victimized or abused in your relationships? Do you have a fear of intimacy? Do you suffer from depression or excessive remorse? These experiences could be indicative of the shadow self being mirrored back to you in your relationships.

Whether the Devil appears in a Tarot reading, or whether you consciously chose to use the Devil card as a gateway to exploring a specific problem in the unconscious mind, it provides an opportunity to grow, if we acknowledge it. The question to ask ourselves when the Devil card appears in a reading is:



What part of me am I not acknowledging in this situation?

or

*What piece of myself am I **not** loving that is contributing to this problem?*

It is through this kind of self-inquiry that the shadow will be integrated and healed.

And yes, the image on this card may be frightening or intimidating. But as it reaches into the unconscious mind, providing a "window" into the psyche, the awareness that may come is worth the discomfort. Despite the fear, the Devil card holds an invitation—an invitation to learn to *love* and *include* all parts of ourselves.

May your journey to wholeness by loving all the parts of yourself be fruitful and blessed.

[Please note: Using the Devil card as a means to explore the shadow is not meant to replace counseling or psychotherapy.]

The Tarot images in this article are from the Illuminated Tarot by Carol Herzer: www.soul-guidance.com.

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@thespiritualtarot.com. You can visit her website at www.thespiritualtarot.com, and see also her ad to the right.

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Dream has PRIVATE Yoga/Yoga Therapy & Meditation classes, Prenatal

& Family Yoga, Yoga for Tweens/Teens/Special Needs Kids, Tai Chi, Yoga Nidra Guided Relaxation (weekly @ 7pm on Sundays & monthly at 6pm on 4th Fridays), Yoga Parties, Room Rentals. Plus we BRING YOGA to YOU—to your business, home, school, early childhood/senior center.

Dream's SUMMER SESSION starts Mon., July 6. Join us June 14 for our Mindfulness Meditation Half-Day 'MINI-RETREAT from STRESS'; \$10 'Intro to Yoga' Workshops with Luann, June 27 & Aug. 29; and our Sept. 12 WELLNESS FAIR with FREE Classes, Giveaways & Health Consultations.

In Downtown McLean, minutes from Tysons Corner, Beltway 495 & GW Parkway.
1485 Chain Bridge Rd., Suite 104
McLean, VA 22101
703-448-YOGA (9642)
www.DreamYogaStudio.com
Luann@DreamYogaStudio.com



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.

Fall New Beginners Class will start Sunday, September 20, 2015, 11 sessions for \$210 plus registration

fee. 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.



Find us on Facebook!

LIKE Pathways Magazine and Natural Living Expo for online alerts, resources, and event reminders. SHARE with friends!

Classes & Learning Centers



Hot Yoga Spa Nutrition & Wellness Center is a premier yoga, fitness studio and spa where our mission is to renew your mind, restore your body and revive your spirit. We offer hot yoga 26+2, vinyasa flow, power yoga 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—laser lipo, 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 Tysons Corner.

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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Institute for the Advancement of Service

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

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

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

have been used worldwide to transform lives and organizations.

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

Mailing Address: PO Box 320245, Alexandria, VA 22320-4245



Integrative Meditation Retreats
June 26–29, 2015, Annandale, VA

- Convenient
- Affordable... \$175
- Develop Sustainable Skills

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.



Be bold! Embrace your life dance at the LIFE DANCE LOFT in Fulton, MD. And by that we mean, be more in your body and heart space, less in the head space.
The Loft is a wellness/movement space that offers a variety of community classes in the healing BIODANZA movement system for babies to

seniors, as well as therapeutic individual movement coaching sessions. We offer QIGONG morning and evening sessions, Meditation and Mindfulness of Kids, METTA REIKI sessions, LIFE COACHING for teens and adults, EFT, Drum Circles, Women's Circles, ZUMBA (regular and gold), Laughter Wellness, Yoga Nidra and

much more.
We offer a weekend space for wellness workshops and trainings. Conveniently located off 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 9525 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/MeditationMuseum. Tune in to the America Meditating Radio Program at www.blogtalkradio.com/america-meditating, 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

Teacher Training, 200 & 500 programs; Library; and many events designed to uplift, heal and inspire.
Wellness Retreats are available in The Healing Center in Rockville. Our techniques will help you still your mind, improve your health and invite more joy into your life. Experience it for yourself.

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

Call us to advertise in Pathways. 240-247-0393 or go to www.pathwaysmagazine.com

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: 8/29; Crystal Journeying II: 11/14.

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: 6/26, 8/15; Intermediate: 6/27, 8/16; Advanced: 6/28, 8/17.

Karuna Reiki® – Classes for Reiki Masters to augment their skills.

Lightarian Reiki®, Rays® or Angel-Links® Sessions and attunements – By appointment at our center or via telephone.

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

Reiki and IET Student Clinics – Allow the public to receive sessions

from RCGW Reiki Students. Held one weekend day and one evening per month. Call before attending.

Sekhem-Seichim-Reiki (SSR) Classes – Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Practitioner: 8/31-9/1/15; Master/Teacher Facets I-VII: 8/1-8/3/15.

Usui Reiki Classes – Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 6/13-6/14, 7/11-7/12/15, 8/8-8/9/15, 9/19-9/20/15; Level II: 7/18-7/19/15, 9/12-9/13/15; Level II PLUS (a refresher for deeper learning): 6/21; Level III: 10/23-10/24/15 (Practitioner) and 10/25-10/27/15 (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).



The Rockville Reiki & Wellness Center for Women

Denise Von Hengst is a professional Reiki Master-Teacher in the Washington, DC suburbs. Based in Rockville, MD, she now is in private practice offering healing sessions and classes in her stress-free home office environment.

Reiki is an ancient energy healing art form from Japan used for stress reduction, relaxation, to improve health and enhance quality of life. It is

practiced with either a light touch of the hands or with the hands above the body. Reiki treats the whole person by bringing one’s “life force energy” back into balance.

A breast cancer survivor, Denise is particularly well versed in the needs of cancer patients and is a strong proponent of Reiki and its benefits for those undergoing chemotherapy, radiation, and other treatment options.

In addition to Reiki classes, the center also offers Meditative Art, Tea and Stones with healing crystals, and Healing with Essential Oils to name just a few.

Denise’s goal is to create a fun, inspired and peaceful community for like-minded women to feel safe, have fun and learn. Call: 301-370-5183, email zwizmiz@gmail.com, or visit on Facebook: Rockville Reiki Center.

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Classes & Learning Centers



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 "Tyrte" Rooker
Tyrte@ShamanicSpring.com
www.ShamanicSpring.com/
301-891-1288



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.

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

- Develop energy touch skills and protocols according to Universal energy principles
- Learn energy movement postures to facilitate wellness
- Learn elemental nutrition for healthier, conscious eating
- Develop intuitional skills to awaken high consciousness
- Develop and build your healthcare business according to elemental principles

Personal & Professional Health Building Workshops (CEUs Available):

- Tuning Fork Therapy (Levels 1-6)—see website for upcoming Workshop dates
- Introduction Biodynamic Craniosacral Therapy
- Aromatherapy (Introduction to Essential Oils)
- AstroBioChemical Nutrition — Cell Salt Therapy
- Vibrational CDs
- Meditation
- Individual & Corporate Wellness Coaching

Private Health Treatments:

- Board Certified Polarity Therapy
 - Biodynamic Craniosacral Therapy
 - Tuning Fork Therapy
 - Quantum BioElectric Analyzer
 - Private Life/Spiritual Coaching
 - Corporate Wellness Coaching
- Berkeley Springs, WV & Washington, DC classes, workshops and appointments available.
Phone: 304-258-9751
Email: SETherapies@gmail.com
www.SETherapies.com

Qigong and Taiji: Beginners, Intermediate, and Teacher Certification Programs with Master Nianzu Li, a classically trained practitioner of Chinese medicine with a distinctive lineage in the qigong arts. 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.

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 see call us or view our website for directions and our summer schedule of classes

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.

Song Ho Health Center
301-625-4801
SongHo.net
qiworkers@gmail.com



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 - Natural Wellness

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workshops are hands on. We accept group bookings and custom-design workshops on all kinds of topics, for all kinds of audiences. Check our Upcoming Schedule or register for our monthly newsletter on the homepage of our website

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tion of self-cultivation and healing. This practice focuses on opening energy channels, as well as relaxing the body and mind.

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bridge the cultural gap between the East and the West.

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unity woods

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

located in Bethesda, MD; and Arlington, VA; and we offer Saturday classes at Dupont Yoga 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 teachers are primarily Certified Iyengar Yoga Teachers who have trained for many years. As a result we

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

Our summer session of classes begins Monday, July 6. New students may take their first class free anytime during the session. 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

crystals to high tech equipment—are dedicated to bringing forth better health and well-being by all who seriously make appointments. We handle the most critical and toughest cases that many people face: cancer, relentless pain, emotional distresses, depression, muscle and joint injuries, digestive disorders, rashes, all kinds of infections, fatigue, energy imbalances, foot problems, painful on-going headaches, detoxing and much more.

Experience spans almost three decades. Former education is in chem-

istry, metaphysics, spiritual studies, disease research, and active prior participation with materials from the Monroe Institute, Edgar Cayce, Thelma Sherwood, and several high level spiritual healers.

To date we've helped over two thousand people (that we know of).

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Health Services

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Helena Amos, M.D. (Euro), M.Ac., L.Ac.

Acupuncture & Natural
Medicine Clinic
Excellence in Holistic Care

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- Are you concerned about aging? Tired?
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Dr. Amos is a seasoned professional with over 20 years of experience in successful treatment of a wide range of health conditions.

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.

Dr. Amos' experience and skills are seldom found in one practitioner. Her medical expertise, as well as the depth and breadth of her alternative medicine knowledge, are rare in her field.

Call **301-881-2898** today to schedule a free 20-minute consultation and discover for yourself what Dr. Amos can do for you.

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doctorhelena@aol.com



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 Spreaker. Spread the word and Follow Us! Visit our website at www.meditationmuseum.org, follow us on Twitter @Meditmuseum, and like America Meditating and the Meditation Museum on Facebook. Email: AmericaMeditating@gmail.com.



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 encouraged 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

certified practitioners.

Our lovely octagon room is available for wellness workshops and training if you are looking for space for your workshop or event.

We have 3 acres of U-Pick blueberries, fresh produce and a CSA in the summer.

Blueberry Gardens is located in Ashton, MD, just east of Olney on the Montgomery/Howard County line. Healing Center:

www.blueberrygardens.org;
301-580-5468.
Blueberries and Produce:
www.blueberrysupick.com;
240-324-6110.



Bridging the Gaps (BTG), an integrative residential addiction treatment facility located in historic Winchester, Virginia, provides treatment for adults suffering from the disease of addiction. We provide a phase based treatment structure consisting of 3 core phases with the opportunity for an extended 4th phase to better facilitate a client's transition back into the demands of day-to-day life.

At BTG we provide treatment for substance use disorders by integrating traditional modalities of psycho-so-

cial-spiritual treatment with complementary approaches oriented towards physiological healing and wellbeing. Using the most progressive modalities available, coupled with a traditional "12 step" program, we help our clients recover their physical health, as well as provide them with the psychological and spiritual tools they need for a life free from drug addiction and alcoholism. We offer integrative treatment modalities including: education, individual and group counseling, intravenous therapy, oral nutrients,

nutrition, acupuncture detoxification, fitness, massage, neurofeedback, meditation, yoga, and Reiki. We combine treatment approaches that incorporate healing of the whole person—mind, body, and spirit.

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Lynn is President of N.C.G.R.—Annapolis and International Liaison for

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Organic Lawn Care

BY KATHY JENTZ

We buy green cleaning products, eat organic veggies, and drink filtered water, but do you ever give any thought to the grass that you, your family, and pets play on every day? There are between 40 and 50 million acres of turf in the US alone, and pesticide and fertilizer applications to this ground can be three to six times that of agricultural land. Did you know that pesticides and fertilizers are not tested for their long-term effects on your health or the environment? What better way to pay back Mother Nature for all she has provided to you than to convert to organic lawn practices?

A national campaign for safe lawn care practice, SafeLawns.org (www.safelawns.org), was launched about 10 years ago on the front lawn of the U.S. Capitol on the Mall here in Washington, DC. Experts from industry, government, health organizations, and environmental activists gathered to kick off a public education initiative. They issued a challenge to day cares, grade schools, universities, and companies across the US to discontinue the use of chemicals on their lawns.

Pesticides and fungicides aren't



KATHY JENTZ, WASHINGTON GARDENER MAGAZINE

Did you know that pesticides and fertilizers are not tested for their long-term effects on your health or the environment? What better way to pay back Mother Nature for all she has provided to you than to convert to organic lawn practices?

safe for people, pets, or the planet. Eliminate the need for harmful garden chemicals by pampering your plants with healthy, nutrient-rich soil from the get-go. "Healthy soil, rich in minerals, nutrients and 'good bugs' maxi-

mizes a plant's own healthy immune system to let it naturally resist pests and diseases," says outdoor living trend spotter and garden guru Susan McCoy, founder of the Garden Media Group, a public relations firm special-

izing in all things gardening. Compost your own or look for organic potting soils like Organic Mechanics (www.organicmechanicsoil.com), available at Whole Foods stores and local garden centers.

According to Ethne Clarke, former garden editor of *Traditional Home*, "Most gardens have lawns, and in some cases, the lawn IS the garden." She suggests mowing less frequently, cutting the grass longer so the top growth protects the roots, and watering less frequently to force the roots to go deeper, which keeps them cooler and less susceptible to dry-spell damage. She recommends using cornmeal or diatomaceous earth as an insecticide, and pulling weeds before they set seed. For tough lawns, use a soil conditioner with good microorganisms and aerate to encourage soil health. Try compost tea or worm castings tea for an easy spray-on solution without backbreaking work.

Recently, the town of Takoma Park, MD, invited organic lawn care consultant Chip Osborne to present a program on natural turf management for lawn care professionals. He maintains that organic methods equal proactive management. "Organic does not mean substituting chemical inputs one-for-

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one, nor does it mean subtracting all chemicals and just letting it go," said Osborne. "It is about a systemic approach to get your soil healthy so that turf lawn is strong enough to fight off weeds and plant pathogens."

Osborne argues that, "Nature has put everything in place that we need to grow healthy grass. Our job is to optimize that system and to stop practices that compromise it." He recommends studying basic soil biology and abandoning applications "by the calendar." He maintains that conventional turf management treats the systems, but does not address the core causes of lawn issues. "Be patient," he advised. "It takes many years for a lawn to recover from conventional turf grass management methods."

By going organic, not only will you be doing the right thing environmentally, you can also add to the value of your home! That's right, a program for "kid-safe lawn" certification was started by realtors, so when you buy or sell a home, you can be certain the lawn has not been treated with dangerous chemicals.

Having a natural lawn will also be helping the health of yourself, your children, and your pets. In addition to those benefits, going organic can also save money, help wildlife, reduce pollution, and conserve our limited resources.

10 Essential Tips for a Natural Lawn

Here are the organic lawn care basics from the folks at SafeLawns.org:

1) **Obtain a Soil Test.** Never spend money on any fertilizer or soil amendment without first consulting the results of a soil test.

2) **Grow the Right Grass.** The most common lawn grasses in North America, Kentucky bluegrass and Bermuda grass, also need the most water and fertilizer to grow well. Other species, such as perennial rye grass, fescue, seashore paspalum, and centipede grass, may be better for your region of the country.

3) **Water Well.** Morning watering is always recommended so that the surface of the lawn dries off during the day. Water deeply and infrequently so the roots of the grass learn to grow down into the soil to get the water they need.

4) **Think of Your Soil as Alive.** "Dirt" is what you track into your house. The material that grows your lawn, the soil, is alive with organisms large and small. Nurturing that life through proper use of natural materials will lead to a successful natural lawn.

5) **Mow Properly.** Recycling your grass clippings by leaving them on the

lawn will provide approximately half of your lawn's fertilizer needs for the season. Keep your mower blades sharp. Depending on the species—Bermuda grass and seashore paspalum are the exceptions—lawns should be mowed to no lower than 2.5 inches, even higher in the summer.

6) **Avoid Synthetic Materials.** Fertilizers manufactured in a laboratory often burn lawn grasses and soils. Fertilizers and soil amendments should come from materials that were once living plants or animals, or mined minerals such as lime or sulfur.

7) **Add Compost.** Nature's most magical soil additive, compost, contains all sorts of beneficial microorganisms that add life to the soil. These organisms will interact with organic fertilizers to provide the green lawn many of us covet. Compost in liquid form, known as compost tea or extract, should be used in combination with dry compost because the liquid form is available to the soil and grass more quickly. This is especially important during the years of transition from a synthetic system.

8) **See Weeds as Messengers.** Weeds usually appear on lawns only when something is wrong with the soil. Even if we kill the weeds, they will come back unless we fix the underlying problem within the soil.

9) **Similarly, See Insects as Messengers.** A rush of new grass growth caused by synthetic fertilizers will often attract insects. Predatory insects are rarely a problem in a natural system that is in balance.

10) **Overseed Regularly.** In nature, all plants produce seed to reproduce themselves. In a lawn system, where we mow regularly, grass is not allowed to reproduce and even the healthiest plants get tired. By overseeding in spring or fall, you are introducing robust young plants that will fill in bare areas and compete aggressively against weeds.

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 80.

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ENERGETIC LITERACY

How to Be a Happy Empath

...continued from page 41

- On Tinder or eHarmony, you can do a Skilled Empath Merge on a candidate for your affections.
- As a psychic or healer, you could do one Skilled Empath Merge right at the start of your session, then greatly increase your effectiveness.
- In the mood to gain more compassion for yourself? Find a photograph of yourself years ago. Do a Skilled Empath Merge on that, bringing deeper insights that can help you to appreciate how much you've grown on your sacred path of personal development.
- Is your Facebook friend Gladys doing some outrageous bragging? Might it be a slightly naughty kind of fun to do Skilled Empath Merge on that latest photo? Maybe this will open your heart of compassion; or perhaps it will just make you laugh.

A Skilled Empath Merge takes us beneath surface appearances to know truth in depth and detail. It is such an education. And as a big-learning empath, you don't only help yourself. You can help others so much more effectively. Once skilled, all of us empaths

have a big role to play, in our own lives and also to help the world.

In our next article, Part 3 of this series for empaths, I'll share some Skilled Empath Merges with Notorious Empaths and Happy Empaths from *your* generation, because every generation has celebrities who are empaths. Happiness-Seeking Reader, whether you're an empath or not, it can be such fun to sample this unique form of energetic literacy. Until we meet again, here's to your happiness!

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. Check out her Facebook Group: Empath Empowerment Skills. Follow @RoseRosetree on Twitter. See also her ad below.

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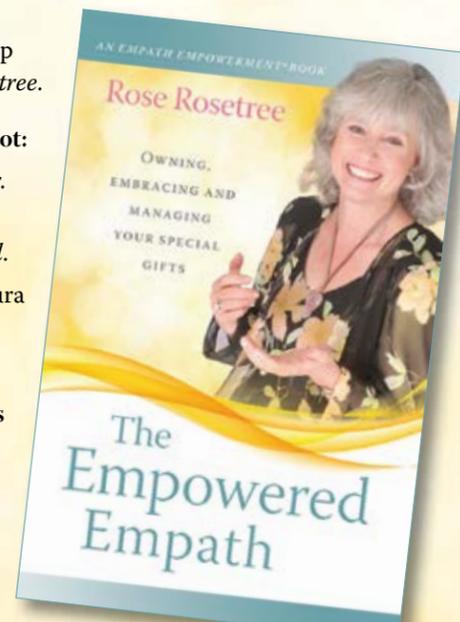
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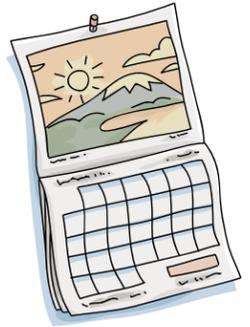
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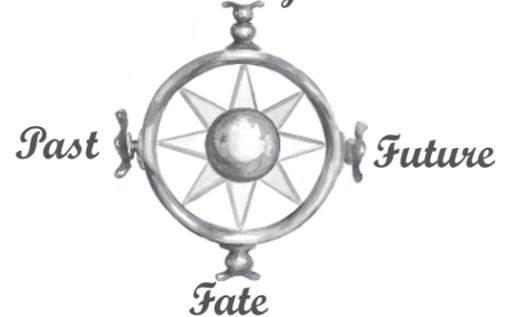
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PATHWAYS INTERVIEW

Soy Foods, Dietary Transformation and the Speed of Change: Interview with Seth Tibbott... continued from page 7

At NIH?

Yes, in Bethesda. He went to that library and studied. He then studied the papers written by Clifford Hessel-tine, at the Northern Research Lab in Illinois, and a Dr. Steinkrauss at Cornell. They were the first researchers in America to study how to make tempeh and experiment with the food. So he got the spores from them and brought them back to The Farm. And then they just fell in love with it and they began selling tempeh starter.

A little-known example of private sector innovation stimulated by public sector research.

Yes. And that little vial of tempeh starter that you saw me use earlier today came from The Farm. I still do business with The Farm and they still make the best tempeh starter in the world. Cynthia Bates is just incredible. So that's where I learned. I was working as a naturalist for the Tennessee Valley Authority one summer. We had all these high school kids and

I would take them out on natural history hikes. On the weekends, they'd leave. We had this little cook tent and that's where we made our first batch of tempeh. I put it in a stainless steel tub.

It was Tennessee, it was summer, and it was 90 degrees, which is perfect tempeh incubating temperature. [Tempeh was originally developed in Indonesia.] I put it out in the field, on these tables. The next day I came and looked at it and there was all of this white mold growing on these beans. It looked great. We cooked it up with sweet corn and okra, and I just loved it from the first bite. It was incredible. So I really fell in love with tempeh.

When I'm teaching my nutrition Master's degree students about soy, I always say, "I like tofu, but I love tempeh."

Tempeh is a wonderful food. So a while later, I was working a natural history job in Gaston, Oregon, which is a small town just west of Portland. We had a 160-acre retreat center that we were trying to make our own outdoor school. I had worked for Washington

County in outdoor education for seven or eight years and I was kind of done with that. We decided to start our own nature center but we had no money.

So I thought, "I'm going to start a business and we're going to make money and then I can fund all of these nature centers, with tempeh." So I started the business in 1980. I rented space for 25 bucks a month and I built this incubator out of an old refrigerator that I found under the Hawthorne Bridge [laughter]. It's true. I had to get these guys out of the Produce Row Bar to help me lift it onto a truck. I put it in the back of the co-op. The co-op café had a kitchen. They would leave at 4 o'clock and I would come in and make 100 pounds of tempeh at night. And then I would come back the next day at 4 o'clock and harvest it and freeze it, if it came out. I would drive it to the little restaurants and stores all around Portland.

So this was a one-man operation.

Yes, it was.

And you had to do everything from start to finish, the proverbial chief cook and bottle washer.

I had this beat-up 1974 Datsun station wagon that I got from a junkyard. The whole driver's side door was miss-

ing, so I built a door. It was all crushed on one side, but it had a good engine. Tried to make it look good, but I was always embarrassed driving to the stores. I had to park around the corner because I didn't want them to see that I was coming in this beat-up old car.

Here's our first label. It was made out of bumper sticker stock. They didn't even have labels on rolls then. You had to print on bumper sticker stock and then peel off the back. It took like hours to label these bags. It was just terrible. But I had soy tempeh and I had 5-grain tempeh—we were the first multi-grain tempeh. Then there was tempehroni, which was kind of a long sausage-shaped tempeh.

Failure is the Path to Success

Recently, I attended a taste test in Vancouver, Washington, for new Tofurky products. Your talk there was unlike anything I've ever heard from a business person because you spent most of the time talking about the various failures you had experienced over the years, with products that you thought were great—tempehroni being one of them—but where the public did not agree as to their greatness. What were some of those failures and what did you learn from them?

Well, I learned how to fail. In business, and in life, you always have ideas
continued on page 112



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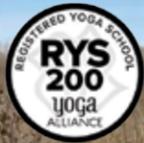
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PATHWAYS INTERVIEW

Soy Foods, Dietary Transformation and the Speed of Change: Interview with Seth Tibbott... continued from page 111

that you think are great and just don't catch on. With tempeh, there were a bunch. There was one product called KISS, Keep It Simple Stir-Fry, which was a tub of tempeh cubes in different marinades—lemon teriyaki, Szechuan something, and one more. I thought, "This will be great." But it never took off. The cubes soaked too long and they got soft. It was just a hassle to make and there were lots of problems with it—the packaging, the price.

But learning how to fail is important. Werner von Braun, the German rocket scientist, was deciding after World War II whether he would go to the United States to work, or work with the Russians. And the U.S. had had something like 32,000 failures trying to develop a rocket, while the Russians had only had 16,000. And he decided to go to the U.S. His reasoning was that because they had failed more, they were closer. It's like failure is the path, ultimately, to success.

Word Minus 3.0, Excel Minus 3.0: The Treehouse Years

What would you say were the one or two breakthrough moments from the early days when you were doing the whole thing

yourself from the beat up old Datsun, in transition to where you are now?

Here is my original business plan, written on Word Minus 3.0.

Which is a page of pencil and paper notes on a steno pad.

I was aiming to sell 48 pounds of tempeh the first week and then go to 150 pounds a week. My 2-5 year plan was go from 200 to 500 pounds a week. And I was going to look at making tofu or maybe miso. I was going to live in a Third World country working with soybeans. These were my original goals. And here are my original expenses—rent, how much money I needed to make.

In 1982, I moved to an unused elementary school 10 miles from here. That's when I lived in the treehouse because I was only making 300 bucks a month. At that point, we were still all-tempeh. We invented tempeh burgers. We had different kinds, like Wild Rice Rhapsody Tempeh. We were in this tiny little town that had a church, a post office, a fire department and a tempeh shop. You know, like most small towns.



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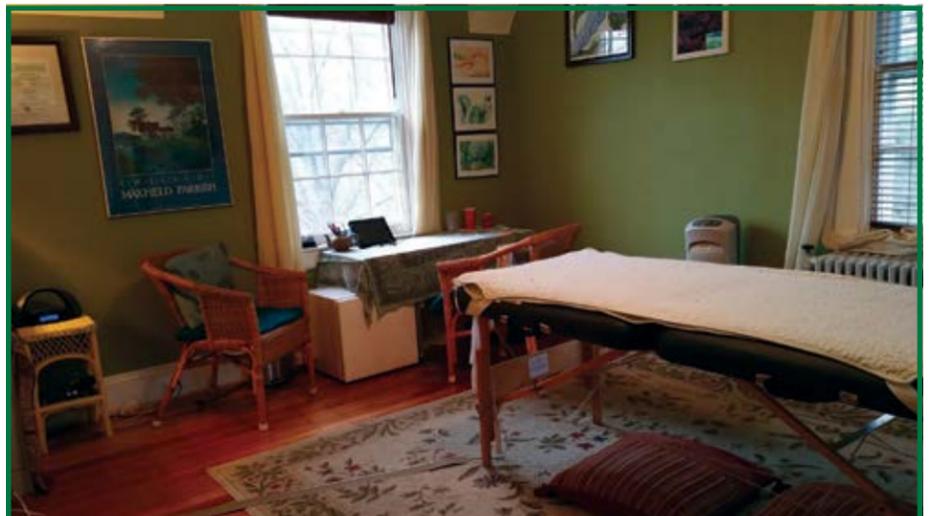
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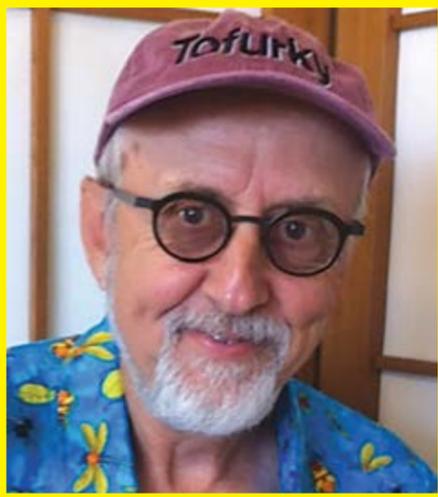
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PATHWAYS INTERVIEW



Since meeting other visionaries in the animal rights movement in recent years, my vision has changed. Outdoor schools are great. But this has raised my vision up to the next level. The best way to help the environment is to get people off meat.

And you in the treehouse.

And me in the tree. I was able to rent the school for \$150 a month because it was sitting empty for years. It used to be a logging boomtown, but then the logging dried up and the kids all went to school in White Salmon, a nearby town. So the school was just sitting like an albatross around the school board's neck.

Did it have a good kitchen?

It had a *great* kitchen.

How much rent did you pay?

They were like, "Yeah, we'll rent it to you. How much can you afford?" I'm grossing \$1200 a month at this point. So I thought, "Well, this is a negotiation." So I said, "How about \$150 a month?" And they were like, "We'll take it!" And I'm thinking, "Damn, I should have offered \$140."

Did you build the treehouse or was it there already?

I built the treehouse.

So you're also a builder.

Well, I am now. I wasn't before. It

was very comfortable. I had a stove, and electricity and a party line telephone. You'd get calls from places like Sears, wanting to sell me some aluminum siding. [Laughter].

Here's our sales in 1984. This is Excel Minus 3.0. That was Word, this is Excel.

For our readers who can't see your "Excel Minus 3.0" chart, I should explain that you're showing me a hand-written pencil-and-paper graph of ups and downs in your sales.

My average sales were 900 bucks a month. So this is slow. I'm not saying what's right or wrong. This was me and the way I did it, versus these guys now with venture capital, who have maybe a million to two million in sales, and a valuation of \$300 million. Some have \$100 million in investment. They're cranking through \$3 million a month trying to research and get products.

And you were the visionary who did it on a few dollars a month in the junkyard Datsun with the abandoned refrigerator, living in a homemade treehouse. The world changes.

The first tempeh in this country was sold by a schoolteacher in Nebraska, Clinton Randall, in 1978. I was just two years removed from him.

Hold the Vision, Expand the Vision

What was the vision that kept you going?

The vision goes back to becoming aware of granola when I was working in 1972 in the head shop in college. I mean, there are the pipes and the papers, and the granola right underneath them. Four years later, I go into the grocery store and there's a whole shelf of granola. I'm like, you know what, the health food people were right about granola and I think they're going to be right about soy products and tempeh, too. That was the analogy I had. I was initially driven by the idea of starting a business as a mission, not as a way not to make money for me. I mean, I wanted to make a living for me, don't get me wrong, but I also wanted to do good things with the money. I wanted to start an outdoor school.

Since meeting other visionaries in the animal rights movement in recent years, my vision has changed. Outdoor schools are great. But this has raised my vision up to the next level. The best way to help the environment is to get people off meat.

Can you tell us a little more about that?

I've been vegan for 4 years. Previously, I was off and on. When I first

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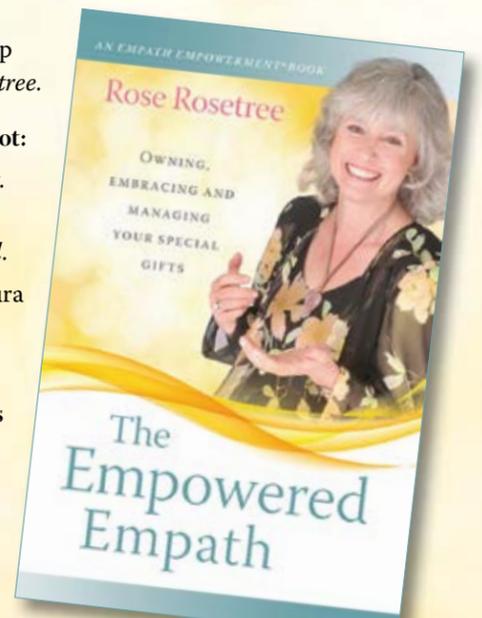
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Soy Foods, Dietary Transformation and the Speed of Change: Interview with Seth Tibbott...
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started, I was still eating cheese, milk, even fish sometimes. Since 1971, I was pretty close to vegan or vegetarian, but as I learned more, it all started to click and make sense—for the environment, for health reasons, and for the treatment of animals. It's like the win-win-win of all win-win-wins. It's the greatest decision I ever made. First, becoming a plant eater and then starting a business based on that. Those three principles are the guiding light of the new vision. It's not just to run an outdoor school. It's that we're going to promote these diets for these three altruistic reasons. So the vision has expanded and grown.

In your efforts to align your actions and your values, how has that influenced your choice of ingredients and the way you make your various food products?

That's a good question, because on new products you're always trying to make the call, asking yourself, "Am I missing the forest for the trees?" Like, what's the greater good? For instance, we don't use these hexane-extracted soy proteins that everybody else uses.

Why not? It's not really customer-driven. It's our environmental ethos

that leads us to use the lightly-processed soy products, the traditionally processed foods like tofu and tempeh. Those are the basis of all our products because those have a history of creating health and they have an environmental footprint that's more in line with our values.

You always have to ask yourself how far you want to go. One of the reasons we're popular in Europe right now is that some of the flavors we use cannot be sourced organically. They're non-GMO but not entirely organic, though all our soybeans are organic. Sometimes you can be holier than thou and price yourself out of the market, versus having a flavorful product that is not 100 percent righteous. How righteous do you want to be is always the question. There are some things that impart nice textures and flavors but we can't use them.

The second year of Tofurky was 1996. Here's a photo with my son. I had been in business for 15 years and hadn't made a profit. I hadn't ever earned more than \$21,000 in a year. I had a wife and three-year-old son. What are you gonna do?

Chronos and Kairos: Breakthrough Moments and Follow-Through

The Greeks talk about the *chronos* and the *kairos* moment. *Chronos* is sequential, chronological time and *kairos* is like a time-lapse where there is a supreme opportune moment where you can see your way through. Tofurky was like that for me. That was the first one.

The next year, there's a recipe we posted online where you place tofu in a colander lined with cheesecloth. You put your fist in there to make a little cavity and you put your stuffing in there. You flip it out onto a baking pan and you marinate it and then you bake it. Fresh, it was very good but the texture of tofu changes when frozen. So, it was hell to make and we didn't make any money, plus these cost \$30. So the next year, we said we're just going to make baked tofu, we're going to have a tub of gravy and a tub of stuffing, all these parts. It was kind of a cool idea.

The stuffing was great tasting but it was made with an ingredient, HVP or hydrolyzed vegetable protein, which really has this *umami*, major mouth feel. But it's chemically so close to MSG that we realized after marketing it that year that we couldn't keep selling it. But then for years we kept getting calls from people saying, "When are you going to bring that stuffing back? It was so good!" And the answer is that we're never going to bring it back,

because we are trying to hold to our values—always organic soy and other ingredients as our basis. It removes the GMO question, because no GMOs are permitted in organic foods. The modern forms don't have centuries of proof behind them.

Hexane, for example, is a product that evaporates into the air. Hexane blew up a whole city block in Guadalajara. It's terrible for workers and it's unregulated. Nobody's testing for it. Parts per million is very small, but you have to ask these questions. I mean, hexane is an ingredient in gasoline; it's an ecotoxin. How much ecotoxin and gasoline do you want in your natural food?

Nobody is suffering from a deficiency of hexane.

Exactly. Few people know about it, but we do. When we talk to buyers about it, they usually say, "Hey, our customers don't care."

So there are many plant-based meats that contain hexane?

Yes, all of Gardein, all of Light Life, all of Eve's, Beyond Meat, and just about every other soy company in the world. (Wildwood is another company that doesn't.) Avoiding hexane is something that's important to us, along with not wanting to use isolates.



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PATHWAYS INTERVIEW

...there are the people who are cutting down the rainforests in Brazil to grow non-organic soy. I mean, maybe two percent of all soy is used for plant-based foods; the rest is for animal feed. The rainforest soy is never organic; it's always fed to cattle.

Along the lines of ethically sourcing your ingredients, one thing I noticed on the Tofurky website is that you spoke about palm oil. As many people know, palm oil is highly controversial because of the clear cutting of forests in Indonesia and other parts of Asia.

I was just there. I flew over these palm plantations in Malaysia. It's big.

Orangutans, which live in these palm forests, are losing their habitat very quickly. You do use palm oil but you use different sources. Could you explain?

First of all, we only used palm oil in the crusts of some pies, which we may be discontinuing for a number of rea-

sons. But with all products, often you can't say that something is completely good or completely bad. I mean, with soybeans, there are organic soybeans grown by a small organic farmer in Texas that we've been using for 15 years. And then there are the people who are cutting down the rainforests in Brazil to grow non-organic soy. I mean, maybe two percent of all soy is used for plant-based foods; the rest is for animal feed. The rainforest soy is never organic; it's always fed to cattle.

Palm oil is the same way. We did find these guys in Brazil that were organic and Greenpeace-certified and had other socially responsible certifications, and they had this huge tract of land that was like a preserve, where people weren't allowed to hunt or fish. They had rangers that would go out and monitor that. It's thousands of acres; they replant and conserve. But it's hard to explain the nuance of every product because people have busy lives, and you watch a documentary on orangutans and palm oil, and you freak out. "You're killing those orangutans."

There are no orangutans in Brazil.

That's right. There are righteous forms of ingredients and non-righteous forms. In Asia, just having come from there, I've seen the problems and I can confirm that there are those problems. But from everything we were able to

deduce, these people in Brazil were not part of that problem. For one thing, as you said, there aren't any orangutans down there. And for another thing, they replanted land that had previously been damaged and they weren't cutting down any forest. You do what you can.

Building According to Environmental Values

The new Tofurky headquarters building in Hood River, Oregon, is LEED Platinum Certified and has a whole host of environmentally friendly design elements, including a rooftop array of 400 solar panels. You've used recycled materials throughout the building and far exceeded legal requirements related to electrical efficiency and water conservation. There's a free solar-powered electric car charging station out front for employees and much more. What led you to go the extra mile on this?

It was an expression of our values. In Hood River, we wanted to grow our plant and there were very few options of land for that; it's more of a service and tourist town. There are other places we looked at in other towns. There was one that was already built. It was big enough, a basic metal building in an industrial park, which is like Mordor, with big old smelters and smokestacks. We thought, "Who wants to have their natural food there?"

We could have saved two million

dollars by being there, but Hood River is what we love and we like the site. But we paid more for this acre and a half than Amy's paid for 50 acres over in Grant's Pass. But we love Hood River; it's beautiful and it's natural and it tells our story. A lot of this is from Jamie, who is my stepson and our new CEO. It was his vision as much as it was mine. He and I share the idea of vision first, money second, and always considering the environment.

It adds about 20 percent to your building costs to build a building like this. It wasn't like we even had a talk about this. It was just that, of course we're going to build this to the highest LEED that we can. So we did that. When it is fully certified later this year, I believe it will be the seventh or eighth food processing plant in the world that has attained Platinum certification. There's also gold and silver. Platinum is at the top.

We do it for many reasons. It also turns out that there are corporations out there that are attracted by this, including some major retail stores, where we were being stonewalled in terms of distribution until they found out about our environmental focus. It turned out that they were looking to do business with sustainably run companies that are socially responsible, treat their employees well, and so on. They were also looking for more plant-based foods. They said

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Soy Foods, Dietary Transformation and the Speed of Change: Interview with Seth Tibbott...
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to us, "You tick all the boxes."

Changing the Inefficient Protein Machine

If someone asked you why they should eat Tofurky rather than turkey meat, what would you tell them?

First of all, if you could live on this planet and do no harm to any sentient being, wouldn't you? That's a hard question to deny. But people in this country, it's sort of like they're asleep. You have to have blinders on to eat a turkey. You have to forget that it's a corpse, that you're eating a corpse.

So first and foremost is that. Secondly, you see from the environmental standpoint, there's an efficiency ratio where it takes 4.87 pounds of grains to make a pound of turkey meat, and then .47 pounds of grain to make a pound of Tofurky. That's a ten-to-one ratio. Also water usage is drastically different. These are irrefutable facts.

So how long can this world continue to grow with this inefficient system of raising food for its growing population? You're looking at a drought now in California and wondering, how do you save money? How do you save

grain? How do you save water? Well, here's how you do it. You get off this inefficient protein machine, this resource-intensive way of producing meat, and you go to something like Tofurky, which is a very efficient way.

The taste is also very satisfying. There are a lot of turkey eaters that go, "This is something I could do. I can eat this." It's a way to eat something that's savory and celebratory, while still having the fun and joy of this high-protein, vegetarian centerpiece.

Have you met any turkeys?

Well, yeah, I have.

What did you think of them?

That they're intelligent animals. When you look at them eyeball-to-eyeball, you see that they're wanting to live, just like we do. I think the average lifespan of a turkey raised for slaughter is now under a year, as opposed to ten years in the wild. All of the animals we're eating are babies. We're eating babies. There's a lot wrong with our animal protein machine.

By the way, world turkey production

peaked in 1995, which happens to have been the year that we came out with the first Tofurky. So we take full credit for that. [Laughter]. But seriously, it's gone from 300 million a year down to 250 million. So that's 50 million fewer birds killed, despite an increasing human population.

About Thanksgiving

In the United States, Tofurky has achieved an iconic cultural status as a non-meat alternative, largely because of the connection between turkey meat and Thanksgiving dinner, and to a lesser extent, Christmas dinner.

Around here we like to say that what most Americans eat on Thanksgiving Day is fake Tofurky. When I was speaking before about *kairos* moments, I'd certainly say that developing Tofurky was one of those for me. I could see that we could always come back to the holidays and use the holidays as our bully pulpit.

It's like you're looking for your unfair advantage. That was our unfair advantage compared to the other brands—we had the holidays. Then and now, that's when we had all of these media people coming to us and putting it on their TV, on *Jeopardy* and everything else.

In 1980, my Aunt Rosie told me that selling soybeans to the American people was the stupidest idea she'd ever

heard of. Then 20 years later she's in her nursing home, and she sees *Jeopardy*, and she's telling everyone, "That's my nephew! I always told him it was a good idea." And she's calling me up on the phone telling me she just saw me on *Jeopardy*.

As far as I can tell, the Tofurky Roast is your most famous product. Is it also your company's main source of income?

For a while there, it was 50 percent of our income. There was tempeh and there was Tofurky roast. The tempeh we were just able to sell on the west coast. The Tofurky we could sell anywhere. That brought us from regional to national. But our best sellers as a group are the deli slices and the sausages. I think the sausages are a little bit higher. The Hickory Deli Slice and the Italian are two big products. The Chikin is catching on quickly, too.

Bringing Values into the Business World

I suspect that many of our readers would like to know more about your transition from outdoor educator to savvy businessman. And in particular, how you can bring your most deeply held values into the business world, hold them close to your heart and not let them slowly (or quickly) fade away.

The first 15 years, I was trying to



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PATHWAYS INTERVIEW

be a straight businessman, or what I thought a businessman should be. They're serious, they're not fun. In 1995, when I was taking stock and I had my *kairos* moment, I was like, well, this is not a reflection of me, of who I am. And I realized that, of course, being authentic was absolutely essential. I had been trying to market tempah but I was not doing it authentically.

I heard you tell a story about being at a business conference.

It was 1981, and I had never studied business. A friend told me that the SBA, the Small Business Administration, had this class in Portland. I went to this big room of people and the first guy gets up and he says to these young entrepreneurs, [mimics the presenter's voice] "How many of you people are here to save the world?" And I was like, "That's me. Yep!" and I raise my hand. And then I look around and I was the only hand up.

I had missed that it was a rhetorical question. And then he asks, "How many of you are here to make money?" And everyone else's hand goes up, with whoops all around, and he says, "That's what I thought." And I thought, "Damn, I haven't been here five minutes and I've failed my first business class." You wonder how many of those people made it. It helps to have a mission in business that's big-

ger than just making money, at least for me. That's who I am and what my life is about.

We've had people come in here and offer millions of dollars for Tofurky. People that want to buy it for a money-making thing. We get calls all the time from investment bankers, who say, "I have this client who's really interested in Tofurky." And they're just going to rape and pillage it. I've just seen so many businesses, passionate ones, go that route and it just doesn't work out for the employees or for the people that buy the business. They kill the passion, they kill all the enthusiasm, they're just trying to run it as a money thing. And then they're disappointed when the sales go down. And the quality of the product usually declines because they're always asking how they can make the product more cheaply. While we're going home thinking, "How can we make this stuff better?"

You don't talk about it much but you and Turtle Island Foods have a reputation for great generosity. How do you use your success to help others?

I guess it's still part of the ethos of what we like to do. That's what the founding of this company was all about. Originally, it was a vehicle for supporting outdoor education. That sort of transferred to what I think of as a bigger picture. Right now, I'm 63 and

I'm looking into the idea of a foundation. It's fun to give money away. You want to support people who are doing what you believe in.

The nonprofit sector has really grown since 1980. In the 1970s, there was the Heart Association, the United Way, and maybe Audubon or the ASPCA. Now something like ten percent of America is employed by nonprofits. There are so many great causes and these people are doing it for the right reasons. They're doing it because they want to see these ideas advance. They're not in it to make money.

The connection is that they have a dream and we have a dream. Like one hand washes the other. We get so many requests from nonprofits and we always try to work as much as we can with the ones that are in our ballpark, as well as supporting a number of causes locally. I believe in business as a vehicle for making the world a better place.

Daniel Redwood, DC, the interviewer, is director of the all-online Master of Science in Human Nutrition and Functional Medicine program at the University of Western States. He is also a singer and songwriter whose most recent album is Songs for Animals, People and the Earth (www.danielredwoodsongs.com). He lives and works in Portland, Oregon. See his ad on page 79.

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CULTIVATING COMPASSION

O Say, Can You See? The Way Forward After Baltimore

...continued from page 9



Jonathan Wilson-Hartgrove is a spiritual writer and Director of the School for Conversion.

As was the case when Key penned his words two centuries ago, the fight ahead will not be easy. But we have seen enough by the dawn's early light to know that a Moral Movement can lead us into a Third Reconstruction to save the soul of America.

our police have been asked to defend. We have seen that the enemy of this newly visible "criminal caste" is also the enemy of the environment, public education, fair tax policy, religious minorities, poor and working people, and women. The same corporate and political forces that want to occupy

our poorest neighborhoods are determined to roll back voting rights and deny equal protection under the law.

Indeed, it was a dark night for America when Baltimore burned. But if we are willing, the dawn's early light is already illuminating a way forward. Since 2013, when our movement's "Moral Mondays" began to challenge these regressive efforts at the state level, we have seen the largest state-government focused civil disobedience campaign in US history, with over 1,100 arrests. As others have begun to understand the American Legislative Exchange Council's strategy to undo the advances of the Second Reconstruction state-by-state, we have witnessed the emergence of 12 other state-based Moral Movements—each locally led and made up of a fusion coalition of grassroots organizations.

As was the case when Key penned his words two centuries ago, the fight ahead will not be easy. But we have seen enough by the dawn's early light to know that a Moral Movement can lead us into a Third Reconstruction to save the soul of America. Without it, we may well witness the decline of America by the light of all our cities burning.

Rev. Dr. William J. Barber, II is the Pastor of Greenleaf Christian Church, Architect of the Forward Together Moral Mon-

day Movement and President of the NC NAACP.

Jonathan Wilson-Hartgrove is a spiritual writer and Director of the School for Conversion. Barber and Wilson-Hartgrove have collaborated on The Third Reconstruction, forthcoming from Beacon Press in January 2016.

For more on North Carolina's Moral Movement and the prophetic, courageous work of Dr. Barber, please watch the Bill Moyers' episode: State of Conflict, North Carolina, <http://billmoyers.com/episode/full-show-state-of-conflict-north-carolina>. North Carolina's Moral Movement will come to D.C. June 14-15, 2015 with The Walk to save America's rural hospitals. Learn more at www.thewalknctodc.com.

Cam MacQueen, MSW, is the creator and manager of "Cultivating Compassion." She attended Howard University School of Divinity specializing in Social Justice Ethics and resides in Asheville, N.C. (her home state). In the past six months, Cam has spent six days in Ferguson, Missouri, protesting the decision not to indict Darren Wilson; traveled to D.C. for the "Justice for All" March; to the Moral March on Raleigh; and to Selma, Alabama, in commemoration of the 50th Anniversary of "Bloody Sunday" where Dr. Barber led the march over the Edmund Pettus Bridge. Cam can be reached at worldisveg@aol.com.

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THE HERB CORNER

10 Most Frequently Asked Herbal Questions ...continued from page 13

follow the basic gardening principles of taking good care of the soil. In the beginnings of the Organic Farming movement the mantra/adage was "Feed the soil not the plants." The healing plants that are virtually indestructible in the Washington D.C. area are Nettles, Peppermint, Lemon Balm, Oregano, Dandelion, Comfrey, Fo-Ti, Catnip, and Passion Flower. Healing plants that are easy to grow but need a bit of knowledge about their growing habits and water needs are Yarrow, Sage, Thyme, Holy Basil, Horseradish, Rue, and Echinacea.

9. Should I believe my hairdresser about herbs?

There is nothing wrong with folk herbalism at all, especially with what are called sanative herbs. Sanative herbs are those generally recognized as safe and the FDA has a list of those herbs called the GRAS List (Generally Recognized as Safe List). I believe the highest form of herbalism available is the fresh use of herbs straight out of an herb garden into the boiling pot of water. So your hairdresser is probably beginning your herbal journey on a safe and effective way.

However, those of us who have an R.H. degree (Registered Herbalist) or a Masters in Herbal Medicine have studied the use of herbs in healing for years and know some things your hairdresser does not. Always the best question to ask of your hairdresser, or those of us deemed professional, is "Where does the information about the herbal claim come from?" and "Is this claim generally accepted in the community of professional herbalists?"

10. How can I learn more about herbs?

There are three ways to responsibly learn about herbal healing: reading herbal books, taking classes or attending herbal conferences. My favorite books are *The Yoga of Herbs* by David Frawley, *Herbs of Life* by Leslie Tierra, and *The Holistic Herbal* by David Hoffmann. There are many herb classes available in the Maryland/DC area, from beginning herbal classes to start you on your herbal journey to Professional Level courses designed to allow to practice clinically. Those taught by Registered Herbalists of the American Herbalists Guild tend to have a bit more oomph, and any beginning herb class is enough to get you started.

I would highly recommend attending the 26th Annual Symposium of the American Herbalist Guild, which is to be held October 15-19, 2015, in stunning Granby, Colorado. Dr. Ethan Russo, a medical doctor who was my college roommate at the University of Pennsylvania way back in 1970 is giving the Keynote. Reservations for the American Herbalists Guild Conference can be made at www.americanherbalistsguild.com/symposium/register.

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 40.

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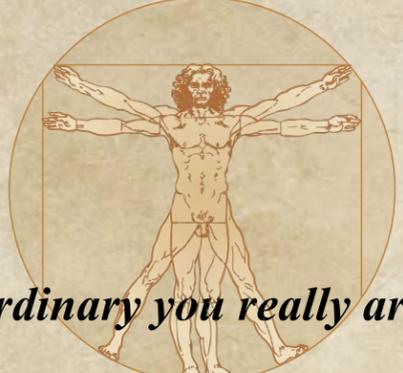
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Prebiotic Pathway
...continued from page 17

the composition and/or activity in the gastrointestinal microflora that confers benefits upon host well-being and health." Roberfroid stated that only two particular prebiotics fully met his definition: (1) trans-galactooligosaccharide, and (2) inulin, our superstar, and the subject of our *Pathways* article today.

It is thought that there are 400-500 different bacterial species in the human large intestine, each competing with you for food and nutrients, and probably altering your absorption of minerals, etc. Prebiotics are the certain oligosaccharides—carbohydrates that are made up of simple sugars—that cannot be digested, except by bacteria. Those oligosaccharides containing fructose can alter the human gut flora towards a bifid-dominated flora, by specific fermentation routes. In gut homeostasis, or stability, the gut flora is central in preventing invasion of pathogens. Additionally they play other important roles, e.g., improved lactose tolerance, antitumor properties, neutralizing some toxins, stimulating the intestinal immune system, and maybe lipolytic activities. Feeding 15 g inulin markedly increased bifid bacteria. Bifids are antimicrobial to gram-positive and

gram-negative pathogens, e.g., campylobacter, escherichia, and salmonella. Bifids strongly antagonize *Escherichia coli*, which has killed many people over the years, and inulin (from chicory or Jerusalem artichokes) can probably increase those bifids.

My USDA phytochemical database (www.ars-grin.gov/duke) lists several medicinal uses for the prebiotic inulin. Inulin is suggested to be useful in cancer (breast, colon), colitis, diabetes, diarrhea, high blood sugar, high cholesterol, and possibly in obesity, and osteoporosis. In preparing this draft, I updated my USDA database and found new evidence that it can help with anemia (17574404), atopic dermatitis (17951508), hepatitis (1696560), high triglycerides (12571376), and immune deficiencies (17951508).

Genetically targeted for colon cancer, I have long been a high fiber freak. A high fiber diet is often prebiotic. Oligofractans (prebiotics) and *Lactobacillus* (probiotics) might lessen my odds for colon cancer. I actually sought them out after a major gut infection in Peru, when I took my wife, Peggy, my two children, and their children to the Amazon for New Years, 2005/2006. They'll remember the good things longer than they

will that unnamed bug (closely related to Montezuma's revenge) that hit us on the last day of our wonderful week. Inulin and oligofructose are dietary fibers, which, like all dietary fibers, are not digested in the stomach or small intestine. They are instead fermented in the colon, contributing to better gut function, improving regularity, reducing constipation, and improving the ratio of good to bad bacteria. I continue this passive, high fiber approach to colon cleansing, ever since the authorities raised some doubt that fiber prevents colon cancer. At age 86, I have had a few colonic polyps removed, but still, no real colon cancer. I still believe that a high fiber diet reduced my odds for the cancer that killed my dad.

Gut Health Goes Green

In our Green Farmacy Garden (GFG), we often talk of food farmacy, believing in the old saying, "Let food be your pharmacy." The following are several prebiotic food plants proven to help bacterial imbalances caused by misuse of antibiotics.

CHICORY (*Cichorium intybus*). The superstar among the prebiotic herbs in the GFG is that weedy herb called chicory, a relative of the common weedy dandelion. Chicory and dandelion are believed by a few Biblical scholars to be the bitter herbs of the Bible. In his

Plants of the Bible, Holy Land scholar M. Zohary (1982) says, "Many plants, especially those belonging to the Mustard and Daisy families, are frequently collected and used as pot-herbs and salad plants."

Chicory, like dandelion and many other members of that weedy family, known technically as *Asteraceae* (daisy family), contains the compound inulin. As mentioned earlier, inulin is one of the best prebiotics for correcting germ (bacteria) imbalances. Chicory itself has folkloric, chemical, epidemiologic, *in vitro*, or *in vivo* evidence for dozens of ailments. But chicory has stronger evidence for helping gall bladder problems, indigestion, liver ailments, and poor appetite.

Many of my *Pathways* readers may not know the herb chicory. However, most of those of you commuting to Washington, DC, from the suburbs in early summer, between 8:00 and 10:00 a.m., have probably seen its blue flowers along the roads you traverse. It is a clock flower, usually opening its attractive bright blue flowers daily at about that same time in the morning. On hot, dry days, they may close early in the afternoon. I have made a reasonably good vegetable or herbal "bouillon" by steeping flowers of chicory and red clover in a salted decoction of chives, with a dash of dill and a smaller dash of fennel, well peppered; but there's much

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THE SPICE CHEST

less inulin, if any, in the flowers than in the chicory root.

Pathways readers may think of chicory root as a constituent of Louisiana coffees. The roots, our richest source of inulin, when scorched, have a flavor rather like coffee but lacking the caffeine. Helen Metzman, director of our GFG, has often made chicory "coffee" from scorched, powdered roots, much resembling "instant chicory 'coffee'." There's a long list of chicory relatives that can be scorched and used as prebiotic coffee substitutes, notably burdock, dahlia, dandelion, elecampane, endive, and Jerusalem artichoke.

JERUSALEM ARTICHOKE (*Helianthus tuberosus*). A few years back (2007), I published a collection of accounts of interesting plants, most but not all medicinal. That book, *An Herb A Day*, is still in print (Eco-Images. Virginia Beach, VA 23466, 468 pp.). In one chapterlet, I dwelled on this species, the Jerusalem artichoke. Consuming the inulin in the tubers, to put it cleanly, is often flatulent, i.e., it tends to cause gas; a much less refined common name to call it is simply "fartichoke." I suspect the good guys, the beneficial bacteria, scientifically known as *Bifidobacteria* and *Lactobacillus*, generate these gases. One 19th century writer, Elliott Coues, put it this way, "When boiled, the root is tolerably good eating; but

when eaten raw, it is of a windy nature and sometimes causes severe colic."

It's one of the few native North American food plants that was once eaten by Native Americans and now eaten occasionally by the Caucasians that supplanted them. It is one of those species for which I find no recorded Amerindian folk medicinal uses, indicating that it, like the groundnut (*Apios Americana*) was used exclusively as food, not as medicine. At least, if Indians had medicinal uses, they were not reported in the literature available to me. However, my ethnobotanical database quotes other sources, outside America, citing some folkloric usages: androgenic; aperient; aphrodisiac; cholagogue; Diabetes; diuretic; Rheumatism; spermatogenic; stomachic, and tonic.

Back when we were on the verge of our first war with Iraq (September 20, 1990), we had to rethink our alternative energy sources. Believe it or not, artichokes could produce a lot of energy alcohol, in case our oil supplies were cut off. Yes, artichokes are a cheap source of food, fodder, and biomass that can be converted into energy alcohol. So, thinking energy for Iraq, I looked into my Iraqi sources. I was intrigued to find in a book *Medicinal Plants of Iraq* by Ali Al-Rawi that Jerusalem artichoke, a native American plant, was reported to be androgenic (male aph-

rodisiac) That gives this weedy plant the folk reputation of the ginseng, also supposedly aphrodisiac. That could sell a lot of artichoke, if proven. Some other interesting entries showed up in E.F. Steinmetz' *Codex Vegetabilis*, and I won't even translate these. You'll learn a lot more, and possibly stay out of trouble, if you look them up yourselves: antidiabetic, antirheumatic, aperient, cholagogue, spermatogenic, and stomachic. Strangely, there's nothing in my Amerindian folklore for this once all-American plant. I find it intriguing that more folklore exists from outside America than inside America, its native range.

What's good about the artichoke is that it is a copious producer of tubers, which, when the ground isn't frozen, can be dug all winter. Furthermore, these tubers are our second best source of inulin. Unfortunately, 98% of that inulin is indigestible, which led Gerald Seiler (*Economic Botany* 44:322. 1990) to say that, "Jerusalem-artichoke tubers provide an excellent low-energy diet food...Fresh tubers are low in calories (7 cal/100 g) but satisfy hunger." That could start an artichoke fad if it caught on.

Granted, my weed chicory is a better known source of inulin; but my artichoke is a much more edible root, as far as I am concerned. And it probably produces more inulin per acre. Most of

the major sources of inulin are marginal foods—chicory, dahlia, dandelion, elecampane, Jerusalem artichoke—but none of them are much consumed by the American consumer. As a matter of fact, wheat, which contains much lower levels of inulin and oligofructose, is our major dietary source, contributing some 70% of American's dietary inulin (*sensu lato*); onions contribute 23-24%, while bananas and garlic provide 2-3% each.

DANDELION (*Taraxacum officinale*). Updating from my *Herb a Day* book again, I joke about our local gentleman suburban farmers, often senior citizens in retirement (like me), who prowl their lawns each spring, spraying each dandelion in their lawn with some poisonous herbicide. Then, all too often, they get in their car, drive a gas guzzler two blocks and pick up some vitamin A, vitamin C, inulin, and lecithin, for their failing health.

Stay! Friend or Foe? She just won't go! Spray? Yea or Nay? She's here to stay!

These same gentleman farmers, their neighbors, and the world, would be healthier and wealthier—and Monsanto, Cargill, supplement salespersons, and petroleum gougers, a little

continued on page 122

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Prebiotic Pathway
...continued from page 121

bit poorer—if, instead, the farmer ate the dandelion flowers, or the whole dang thing. I have consumed every part of the dandelion, except the parachute of the seeds. Yes, like the goldfinches, I have even eaten the seeds. I have dug up the dandelion roots and scorched them to make a simulated decaffeinated coffee.

Bitter herbs contain many important phytochemicals (some a.k.a. nutraceuticals), which primitive and modern agriculture tend to select against as seeds of more palatable variants are saved, more bitter ones discarded; or modern agriculture selectively breeds to diminish the bitter nutraceuticals. I suspect that a cup a day of one and/or a mix of these bitter herbs would lower the incidence of many diseases of modern man, some by as much as five-fold.

Amerindians, like Caucasian Americans, have adopted many of these bitter herbs into their pharmacopoeia. Perhaps none of the Biblical bitter herbs is native to America, but all are represented among our weeds. Dandelion, if alien, has nonetheless entered the medicinal repertoire of the Aleuts, the Bella Coola, Cherokee, Chippewa, Delaware, Fox, Iroquois, Kiowa, Mhegan, Ojibwa, Papago, Potawatomi,

Rappahannock, and Shinnecok.

There are more than a hundred folk medicinal uses reported for the dandelion; but there is pretty recent solid evidence for some of those uses. I like it especially when modern science verifies the folklore for a cosmopolitan weed. Our prebiotic bitter herbs have pretty solid evidence for helping such things as biliousness, bladder stones, bronchitis, difficult urination, gallbladder problems, gas, kidney stones, liver problems, lung problems, pneumonia, and poor appetite (bitter herbs are famous for that).

BURDOCK (*Arctium lappa*). Back in 1997, I published my book, *The Green Pharmacy* (Rodale Press), and in it my recipe for Gobo Gumbo. I knew very little of prebiotics then, but I knew that burdock (gobo to the Japanese) was high in inulin, and being promoted for modulating the immune system in HIV patients. I can tell that my recipe had been worked over by my good Rodale editors, because the recipe was quantified (I never quantify, except under editorial pressures). It said 3 cups water, 1 cup chopped gobo stems (the chopped leaf stalks resemble chopped celery and are quite edible; most peo-

ple would use chopped roots, which are probably the better source of inulin), 1 chopped onion, 5 cloves minced garlic, ½ cup diced fresh okra, a lot of powdered turmeric, plus salt and pepper to taste.

The Green Pharmacy recommends massage with burdock oil for seborrhea, the root as a liver tonic, and for the bloating and breast tenderness of PMS. In recent scientific reports, Chinese showed how it could help with drug resistant cancers (PubMed citation: X25765837); Brazilians showed how it might help ulcers (X25640125); and Iranians reported how burdock root tea could help osteoarthritis of the knee (X25350500).

It will be years before we can tally the disastrous cost of unwise use of antibiotics to Americans and our “health” system. Allopathic surgical procedures almost always involve antibiotics, which become less and less effective. Natural prebiotics may help repair some of the damages done, but much of the damage inflicted on us is irreparable. However, it’s good to know we do have natural alternatives available to us when our gut health calls for green remedies. Look, once again, to your garden.

Considered an authority on herbs and spices, Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years

where he brought his *Father Nature’s Farmacy* online—one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, *The Green Pharmacy*, Duke has authored or co-authored 40 other books on herbs, spices and food. For more information, see his *Green Farmacy Garden* ad on page 52.

Helen Lowe Metzman is the Director of Jim Duke’s *Green Farmacy 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. She is a graduate of the University of Vermont and the Tai Sophia Institute’s Master of Science Program in Herbal Medicine.

Green Farmacy 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.thegreenfarmacygarden.com. See his ad on page 52.

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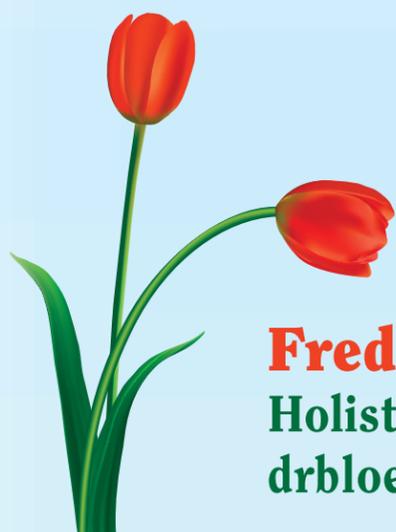
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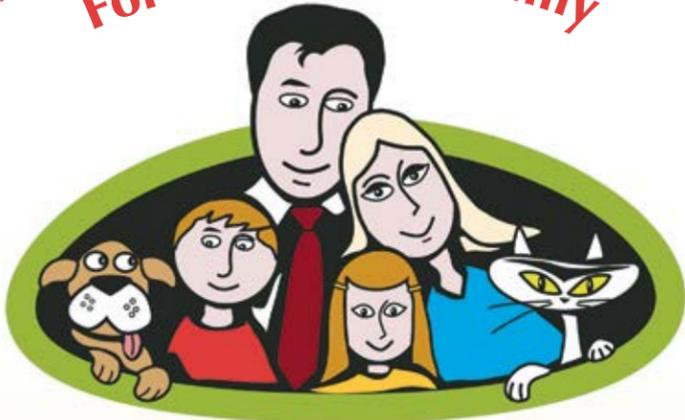
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