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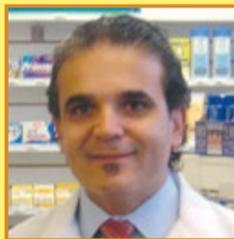


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## WHAT WE'RE ABOUT

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.

## FINDING PATHWAYS

**PATHWAYS IS GOING GREEN GIVEN THE CURRENT VIRUS SITUATION, WE HAVE DECIDED TO DO WHAT MOST PUBLICATIONS HAVE DONE AND STOP PRINTING ON PAPER AND CONTINUE USING OUR VERY POPULAR ONLINE VERSION OF OUR MAGAZINE. MOST READERS PREFER THE ONLINE VERSION BECAUSE OF THE CONVENIENCE OF READING ANYTIME, ANYPLACE AND THE HUNDREDS OF LINKS TO EXPLORE**

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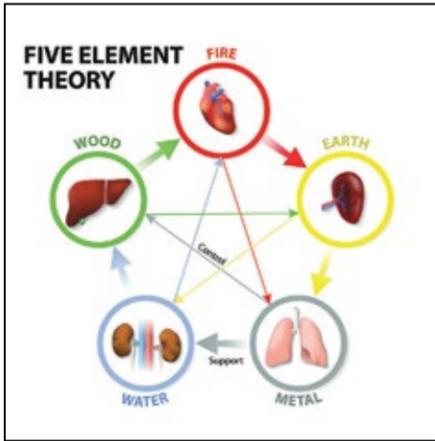
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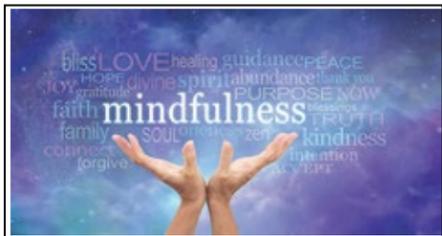
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**What's Inside**  
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**YOUR HEALTH IN SUMMER:  
 THE FIVE ELEMENT THEORY & THE  
 SEASON OF ABUNDANCE & JOY**  
 BY HELENA AMOS • PAGE 11

We are all looking forward to summer! The season officially begins on the longest day of the year, the Summer Solstice on June 21. The extra hours of sunlight nurture and energize nature thereby creating an abundance of life all around us. The summer season is next in our series exploring the Five Element Theory of acupuncture, which is a guide to how each element corresponds to an internal organ system, and each system is associated with certain physical and psychological conditions.



**LOVE & KINDNESS DURING CATASTROPHES**  
 BY PATRICIA ULLMAN • PAGE 13

Kindness is always talked about in mindfulness teachings, because it's behavior that can be cultivated with intention and awareness. So this is a reminder that we can all be more aware of this choice, and actively, deliberately make an effort to do things that are helpful. The alchemy of this is powerful, as it brings hope and inspiration to ourselves and to those around us that the best of humanness can survive and grow.

**RESOURCES FOR  
 CREATIVE LIVING**

- Summer Calendar..... 50
- Natural Living Expo Program ..... 54
- Classes and Learning Centers..... 59
- Health Services..... 63
- Metaphysical Sciences..... 64
- Psychology and Therapy ..... 67
- Resource Directory ..... 68
- Online Directory ..... 74
- Natural Food Stores Guide..... 75
- Advertiser Index ..... 78

**HERB CORNER**

**DID YOU KNOW...? HERBAL WELLNESS WORTH TALKING ABOUT ..... 9**  
 BY TOM WOLFE

**TO YOUR HEALTH**

**YOUR HEALTH IN SUMMER: THE FIVE ELEMENT THEORY & ..... 11**  
**THE SEASON OF ABUNDANCE AND JOY**  
 BY HELENA AMOS

**MIND • BODY • SPIRIT**

**LOVE AND KINDNESS DURING CATASTROPHES ..... 13**  
 BY PATRICIA ULLMAN

**ASTROLOGICAL INSIGHTS**

**SUMMER 2020 – TIME OF TRANSITION ..... 15**  
 BY MISTY KUCERIS

**BOOK REVIEWS BY ALYCE ORTUZAR**

**WAR ON PEACE: THE END OF DIPLOMACY AND THE DECLINE ..... 21**  
**OF AMERICAN INFLUENCE BY MICHEL RONAN FARROW.**

**THE CIGARETTE: POLITICAL HISTORY ..... 33**  
 BY SARAH MILOV

**MIND • BODY • SPIRIT**

**SHELTERING AT HOME: A DIFFERENT KIND OF GRATITUDE ..... 25**  
 BY JOYCE AND BARRY VISSELL

**ENERGETIC LITERACY**

**ENERGETIC LITERACY: VIBRATIONS RISING? TRUE OR FALSE ..... 27**  
 BY ROSE ROSETREE

**MIND • BODY • SPIRIT**

**INTENTION & DESIRE: CLAIM YOUR POWER TO COCREATE YOUR LIFE.... 29**  
 BY ALIX MOORE

**CULTIVATING COMPASSION**

**WHY COMPASSION IS AN INSIDE JOB ..... 35**  
 BY KAREN HARDIE, EDITED BY CAM MACQUEEN

**WASHINGTON GARDENER**

**10+ EARTH-FRIENDLY WAYS TO WAGE WAR ON WEEDS ..... 37**  
 BY KATHY JENTZ

**YOGA TODAY**

**THE YOGA OF FULFILLMENT: NO POSES REQUIRED..... 39**  
 BY CLAUDIA NEUMAN

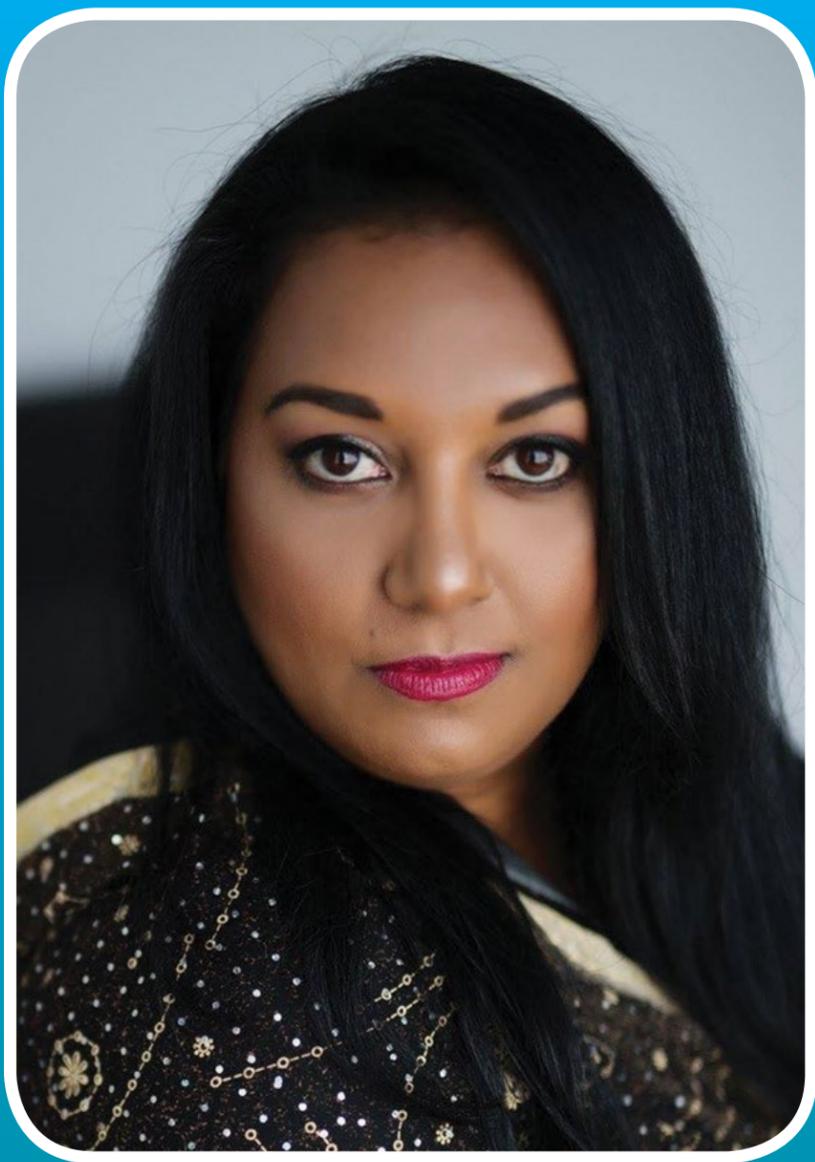
**CALDWELL ARCHIVES**

**YOUR LIFE'S YOUR STORY: CREATING YOURSELF AS YOU GO ALONG! .... 45**  
 BY ROBERT CALDWELL

**AN INVITATION FROM LOU DE SABLE & ERIN DE SABLE, THE PUBLISHERS OF PATHWAYS MAGAZINE**

Please set aside Saturday, July 25 on your calendar to share our joy at our 51st Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. I have been blessed with the honor of hosting this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time. Please check the website to confirm the date, if the conference center isn't open yet, we will move the date. At only \$10, it's cheaper than most movies. You can visit 150 booths and attend up to 8 workshops of the 56 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing services; a psychic, Tarot, shamanic or face reading; or peruse hundreds of unique products.

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# Did You Know...? Herbal Wellness Worth Talking About

## The Smile Herb Staff Pick Their Favorite Herbal Healing Topics

BY TOM WOLFE, AHG, AND  
THE SMILE HERB STAFF

As a professional herbalist, I am immersed in the world of wellness and healing through natural means. I hold court with a whole host of herbal allies that have been sharing their benefits with us for millennia. There is always so much to learn, and in return, we share our wisdom with others who seek these green friends to comfort or cure what ails them.

To that end, and in the spirit of sharing this knowledge, I've asked the educated and enlightened staff at Smile Herb to give me their favorite herbal and wellness topics they've been talking about. With the launch of Smile Herb Shop's new website, the herbalists are very excited to be blogging a new style of article. We still have our longer, in depth articles as well, but here is a sampling of what you'll find online. It's a selection of "Did you know...?" so you can have your own "a-ha" moment of herbal enlightenment. May we all never stop learning.

### How To Heal Your Kidneys Naturally

Millions of people worldwide have problems with their kidneys that make daily living difficult. But there's good news! Important new medical research reveals that a simple substance found in most homes can help to relieve the symptoms caused by kidney disease—baking soda!

Most individuals have at least one box of baking soda in their kitchen or bathroom cupboards because this product has many uses. People have used a sprinkle of sodium bicarbonate on a toothbrush to remove plaque or made a paste to apply to a poison ivy rash. Baking soda is used to absorb foul odors in refrigerators or to scrub away debris on plumbing fixtures, but it is also a simple to use remedy for kidney problems.

### Balancing with Baking Soda

Medical researchers have discovered that many patients with kidney disorders lack a normal amount of alkalinity in their bodies. Sodium bicarbonate has a high-level of alkalinity and can adjust a patient's alkaline levels quickly. A box of baking soda found at supermarkets typically costs less than \$1.00; but it can greatly reduce the stress on the kidneys, even improve their function. The studies of patients with kidney disease who were given sodium bicarbonate revealed that their problems stabilized rather than declined.

It isn't difficult for a patient with kidney disease to ingest small doses of baking soda because it doesn't taste too bad, and is easy to mix with water. In fact, there are individuals who have used baking soda as an antacid for in-



© Susanne Neal - Dreamstime.com herb garden

digestion for many years. Baking soda dissolves quickly in water, juice or other beverages and has a salty and mild flavor. It only takes a little bit of baking soda each day to stabilize their kidney functions—only a spoonful mixed in a daily beverage can make a difference in the health of the body.

### Using Natural Remedies for ADHD

Medications are often prescribed to children who have ADHD. In fact, the number of children taking medications for ADHD increased by 42 percent from 2003 to 2011. Even though medication can be effective in helping control ADHD symptoms, it often comes with unwanted side effects. Serious side effects include heart problems, mood swings and suicidal thoughts.

Fortunately, there are many natural remedies that can be used in order to control ADHD symptoms. Below is a list of tips for using natural remedies to control ADHD:

- Forgo Preservatives And Food Colorings. According to Mayo Clinic, food colorings and preservatives can increase ADHD symptoms in children. Some of those colorings and preservatives including sodium benzoate, D & C Yellow 10, FD & C Yellow 5 and FD & C Red 40. Avoiding those colorings and preservatives can help reduce ADHD symptoms.

- Avoid Allergens. Children who have allergies may exhibit ADHD symptoms when they are exposed to those allergens. Consult with your child's physician if you suspect that he or she has allergies. Milk, eggs, chocolate and chemical additives are common food allergens.

- Try EEG Biofeedback. Electroencephalographic, or EEG, is a form of neurotherapy. It involves measuring brain waves. A 2011 study showed that EEG feedback can be effective for treating ADHD. Children may have to play

a video game during an EEG session. They will have to concentrate on a specific task during the video game. If the child gets distracted, then the screen will go dark, or the game will end. This will help the child stay focused.

- Get A Massage. A massage is not only relaxing, but it can also help people manage ADHD symptoms. There was a study done in 2003 that examined the effects that massages had on ADHD symptoms. The results of the study showed that children who received a 20-minute massage twice a week for one month had an improvement in behavior and mood.

- Consider Tai Chi or Yoga. There have been studies done to show that both tai chi and yoga can be effective for treating ADHD symptoms. One study done in 2013 showed that boys who did yoga on a regular basis had improvements in their anxiety and hyperactivity. Another study showed that teens who practiced tai chi on a regular basis were less anxious and hyperactive.

### What is Arnica Oil?

Derived from the flowers and roots of the arnica plant, this oil is a well-respected traditional medicine. The arnica plant is part of the same family of flowers as the daisy, and it is native to certain parts of Europe and Siberia. It is also cultivated in mountain regions at altitudes of over 3,000 feet above sea level in North America. The species most commonly used to produce oils and herbal medicines is the variety known as *Arnica montana*.

### Common Uses & Benefits of Arnica Oil

The topical usage of arnica can yield many health benefits, but caution must be used when using a concentrated oil. Care should be taken to dilute this potent medicine properly in order to

avoid irritation or other adverse effects. This oil should never be used on or near broken skin. Arnica oil is most commonly used for: reducing inflammation and swelling; pain relief; and immune system support

Anybody who experiences chronic muscle pain can benefit from the topical application of this oil. Also, people such as athletes or fitness enthusiasts can use it to treat acute sprains or other discomfort related to over-exertion. Other conditions that may improve from the application of arnica oil include: Rheumatic pain, such as arthritis; muscle spasms; irritation from insect stings; certain skin conditions; and bruises.

Overall, arnica is a safe and effective topical treatment for pain. As with any medication, caution should be taken to ensure proper dosage. If any unusual side effects are noted, usage should be stopped immediately and a medical professional should be contacted.

### The Radish is Linked to Many Health Rewards

The radish is already well known for its strong yet refreshing flavor, but it also has a number of health benefits. Here are just a few reasons why the health conscious should be adding more radishes to their diet.

- Reducing Cardiovascular Disease. Radishes get their bright red color and many of their health benefits from the flavonoid anthocyanin. Not only have multiple studies linked anthocyanins to reduced incidents of cardiovascular disease, but anthocyanins also have anti-cancer and anti-inflammatory properties. Radishes are also rich in vitamin C, which are important in keeping cholesterol levels in check and strengthening blood vessel walls.

- Preventing Urinary Tract Infections (UTIs). Radishes are naturally diuretic, which makes them ideal for preventing and even healing urinary tract infections. Radish juice can also help ease the burning many people feel when they have bladder and urinary tract infections.

- Lowering Blood Pressure. Radishes are high in potassium, which can relax blood vessels and improve blood flow. This in turn lowers blood pressure since blood doesn't have to force itself through narrow vessels.

These are just a few of the many health benefits of eating radishes. The best part about this is that radishes are easy to prepare and put into any meal. They can be sliced up and put into a salad, cut up julienne style and added to a risotto for a tangy crunch or just eaten raw as a snack. You can even roast them for about 20 minutes with some butter and lemon juice if you want to try something really new. No matter how you choose to prepare and eat radishes, you will be reaping the benefits of these tasty vegetables.

continued on page 79

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# Your Health in Summer:

## The Five Element Theory & the Season of Abundance and Joy

BY HELENA AMOS, M.AC., L.AC.,  
EURO. PHYSICIAN

We are all looking forward to summer! The season officially begins on the longest day of the year, the Summer Solstice on June 21. The extra hours of sunlight nurture and energize nature thereby creating an abundance of life all around us. The summer season is next in our series exploring the Five Element Theory of acupuncture, which is a guide to how each element corresponds to an internal organ system, and each system is associated with certain physical and psychological conditions. We've discussed the following season-element pairs so far: Fall-Metal, Winter-Water, and Spring-Wood. With summer comes fire.

### Summer: The Fire Element

Summer's radiating brightness illuminates both our inner being and external world, so joy seems to surround us. Therefore it is no coincidence that Traditional Chinese Medicine (TCM) relates summer to the Fire element. This season is the time of warmth, activity, growth, movement and building relationships. It's the yang of expanding energy. So when TCM speaks of imbalances in the Fire element, we are seeing symptoms associated with disturbance to or diminishing levels of physical and mental/emotional energy. Physical indicators include:

- Cardiac pain, palpitations or irregular heartbeat
- Lack of or excessive perspiration
- High or low blood pressure
- Circulatory problems, fainting
- Rashes, hives, red skin eruptions
- Loss of voice, speech problems
- Abdominal pain
- Hormonal imbalances, hot flushes
- Metabolism and thyroid issues
- Immune deficiency and other endocrine disorders.

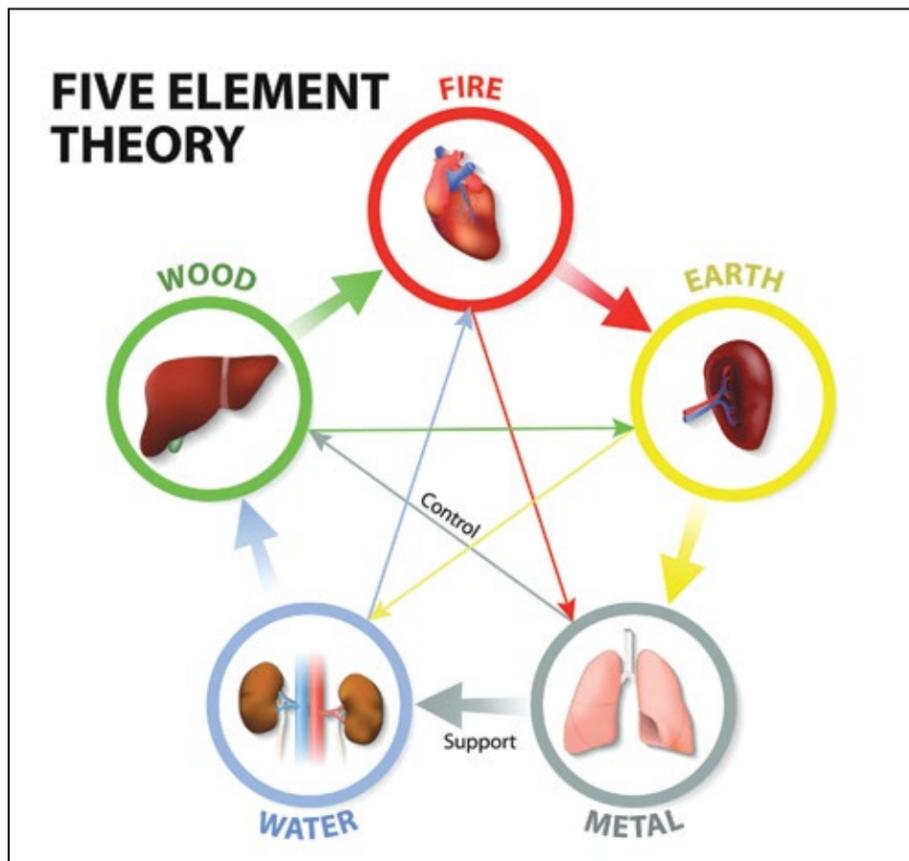
Mental/emotional energy disruptions include:

- Sleep disturbances: insomnia or restlessness
- Anxiety and agitation
- Memory loss
- Fatigue, depression, and feeling disconnected.

### The Four Meridians of Fire

In the Five Element Theory, there are four meridians related to summer's Fire element: Heart, Pericardium, Small Intestine, and Triple Heater. Each meridian is related to certain organs or systems; and each organ or system experiences the related symptoms listed above when an imbalance is present.

The Heart meridian originates in the heart and spreads through the heart and circulatory system, also known as the cardiovascular system. It is re-



sponsible for mental wellness, sleep, consciousness, memory, and vitality. When balanced, it contributes to wisdom, peacefulness, and healthy relationships. A Heart meridian imbalance is indicated by disturbed or inappropriate behavior, anxiety, insomnia, as well as the presentation of cardiovascular symptoms—ischemia, tachycardia (racing heartbeat) or palpitations, as well as high or low blood pressure. Broken heart syndrome, for example, can be brought on by extreme emotions or stress, or by a serious physical illness, either of which affects the body by rapidly releasing stress hormones like cortisol. It often leads to chest pain and tightness, breathlessness, arrhythmia (irregular heartbeat), and/or tachycardia. According to TCM, the heart is a “holder of the spirit”, so it is important also to address emotional wellness when treating physical heart symptoms.

The Small Intestine meridian is known as the “sorter of pure from impure”. In the body, the small intestine is responsible for extracting nutrients from digested food and passing on the waste. This function of the small intestine within all detoxification protocols often gets overlooked. It is important to understand that processed foods, preservatives, sugar, water pollutants, and antibiotics and other pharmaceuticals can overwhelm the small intestine. These toxic agents diminish the ability of the stomach and small intestine to kill pathogenic bacteria and break down protein, which slows down digestion. As a result, the small intestine becomes inflamed and builds up mucus. This creates a condition

called SIBO (small intestine bacterial overgrowth), which inhibits nutrient absorption and can present as abdominal pain. Anti-inflammatory herbs as well as digestive enzymes are used in TCM to stabilize small intestine function. On a mental level, small intestine imbalance is represented by confusion and the inability to prioritize aspects of one's life. Clear thinking and concentration is a challenge for people whose Small Intestine meridian is disrupted.

According to TCM, the Small Intestine meridian is paired with the Heart meridian. These pathways have facial coordinates in their network so that when imbalances are in the body, there are indicators in your face. For the Heart meridian, these are located at the tip of the nose, and at the side of the upper and lower lips. For the Small Intestine, the coordinates are at the jaw line and just above the lateral lip line. Imbalances can appear as bluish lips with a white border, sweating, and tongue and/or throat discomfort.

The Pericardium, in Western medicine, is a double-layered sac that surrounds and protects the heart. In Chinese medicine, it is also “the gate to the heart”. It allows in positive energy and protects us from negative energies and pathogens penetrating the heart's inner sanctum. On the mental and emotional level the Pericardium meridian is responsible for connection and relationships with others. But it is also responsible for blood circulation. An unbalanced Pericardium meridian physically causes chest congestion, nausea and vomiting, cardiac pain, palpitations and irritability, shortness of breath, and even pericarditis. When

blockages or swelling disrupt that flow, fatigue, fainting, and poor circulation can occur. A balanced Pericardium is also important for normal mental activity as enough blood flow moistens and nourishes the whole body and brain.

The Triple Heater meridian is responsible for the immune system, hormones, and energy distribution (i.e., all things related to thermal regulation). In TCM, the Triple Heater meridian is the only “organ” that is solely functional and has no anatomical counterpart—an organ without an assigned organ. When the Triple Heater meridian is physically imbalanced, it can appear as tinnitus, deafness, or earache; or as hot flashes and hormonal imbalances; or as insufficient immunity, fever, or constipation. On an emotional level, it is responsible for vitality, regulates consciousness, mental stability, kindness and the emotion of joy. Therefore, disturbances can involve depression, anxiety and fatigue.

As part of its energy distribution function, the Triple Heater generates energy to support numerous endocrine glands in the body that together produce over 30 distinct hormones. The major organs and glands producing hormones and their functions include:

- Thyroid - regulates your energy and metabolism
- Adrenals - secrete cortisol and respond to emergencies
- Pituitary gland - the master gland that controls other glands; also influences growth, metabolism and regeneration
- Hypothalamus - regulates hunger, thirst, sleep, body temperature
- Thymus - helps build the immune system
- Parathyroid gland - secretes hormones to absorb calcium
- Pancreas - aids in digestion and produces insulin to control blood sugar level
- Ovaries or testicles - determines your mental vigor and libido
- Pineal gland (third eye) - regulates wake/sleep pattern and seasonal functions

### Summertime Tips for Good Health

Summer is an important time to replenish and nourish the four seasonal meridians discussed here. And depending on what aspect of Fire, which meridians/organs are involved with your expressed symptoms or current feelings, there are plenty of individual prescriptions to improve health and wellness. Generally, what can we do to heal ourselves in summer?

Summer is time to play and relax, de-stress. Do breathing exercises, meditate, and calm your mind. Trust your intuition and follow your heart.

continued on page 79



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## Love & Kindness During Catastrophes

BY PATRICIA ULLMAN

I heard on a podcast the other day that the reason the Spanish flu epidemic of 1918 faded so mysteriously from our collective memory is that many people felt ashamed afterwards. Some of this was the guilt survivors often feel, an irrational shame that they lived while so many others died. But the speaker also said that the fear and panic that spread across the world created a lot of extra selfishness and greed. Some people didn't help others as they might have, and they hoarded things so that many others couldn't get what they needed. I can imagine how, after the danger of the disease retreated, some genuinely good people may have been appalled by their own behavior and had many regrets.

There were also beautiful stories of people caring for others without holding back: nurses, neighbors, families, and public figures. Uncertain and fearful times like these, and like ours today, also bring out the best in people. There is the feeling that we're all in this together.

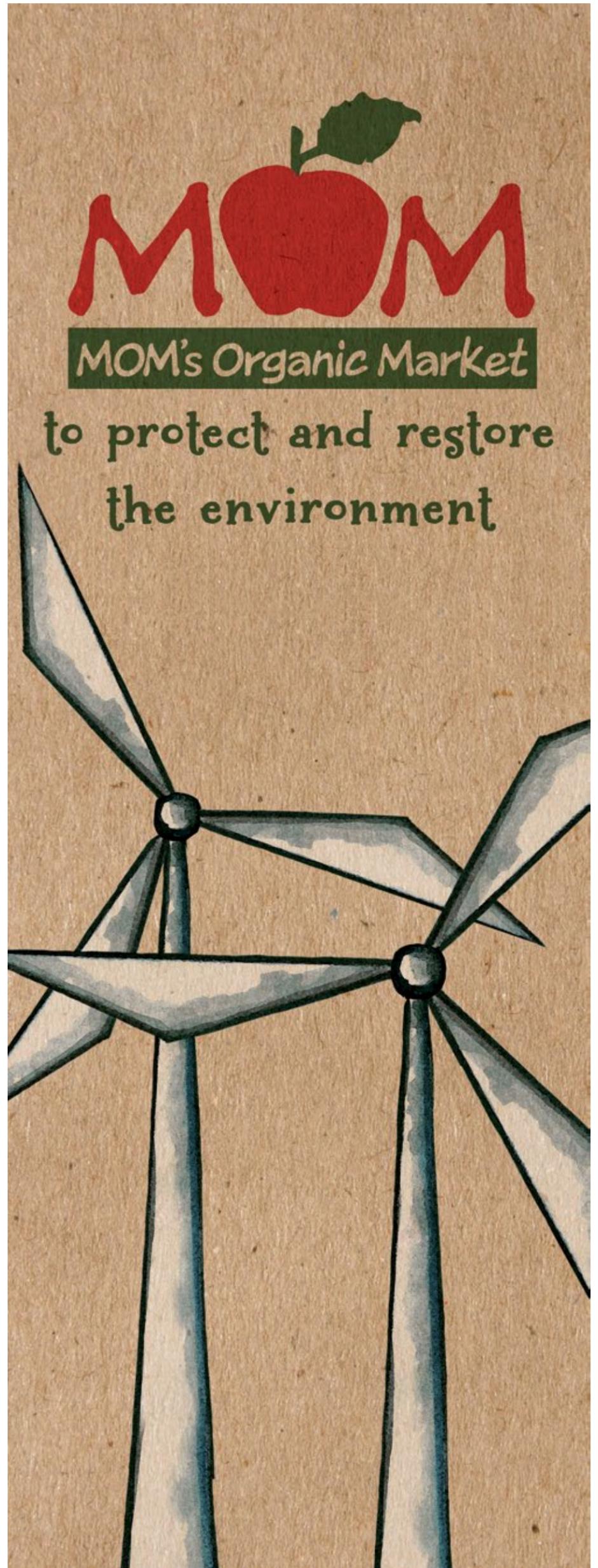
***Kindness is always talked about in mindfulness teachings, because it's behavior that can be cultivated with intention and awareness. So this is a reminder that we can all be more aware of this choice, and actively, deliberately make an effort to do things that are helpful. The alchemy of this is powerful, as it brings hope and inspiration to ourselves and to those around us that the best of humanness can survive and grow.***

In this time of upheaval on many fronts, here are a few ideas about acts of kindness that can make a difference

and help keep us strong. I know there are many more, so please add to this list (as some of my friends already have). Being kind to yourself is included – it's the base for everything. Rest and do nothing when you need to, and dance, sing, and cry any time.

- First, cause no harm. Practice “social distancing” as much as possible, limit your travel, and follow the advice of the CDC in not touching others, wearing a mask when you're out, washing your hands often and thoroughly, and keeping your living area clean.
- Call your relatives, friends, and neighbors to say hello and to check on them, especially people who live alone.
- Stock up the food and supplies you need, but not more.
- Ask someone who is sick or old if they need something at the grocery store, especially if you're going anyway. Drop their items outside of their door to avoid contact, but you can smile, say hello, and chat from a safe distance.
- Send emails or cards to people you've been meaning to catch up with.
- Offer to walk an elderly person's dog.
- Listen with curiosity to people, giving them your full attention and empathy.
- Smile and say hello to people you pass on the street or in your building, and ask them how they're doing.
- Order take-out or pick-up food from local restaurants to help keep them

continued on page 79



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## Summer 2020 – Time of Transition

As I sit here in April 2020 writing this astrological column, it's remarkable to think how different the world is from January 2020, yet in other ways so much the same. Back in January most people were concerned about the impeachment trial of Donald Trump, so few people paid attention on January 30 when the World Health Organization (WHO) declared a Public Health Emergency of International Concern due to the outbreak that started in Wuhan, China. And I consider how differently people reacted in March when Governors started implementing stay-at-homes orders, not to mention face masks becoming a fashion statement in April. By the time this article gets published I would imagine that more stores will open and stay-at-home orders will become recommendations.

We are still going through many transitions as the summer begins with the second eclipse of the year on June 5<sup>th</sup>. During this year there are a total of six eclipses. The first one occurred on January 10<sup>th</sup>. Eclipses two and three will occur in June and eclipse four will occur in July. That means we'll experience three eclipses during this quarter.

The eclipse which occurs on June 5<sup>th</sup> is a Penumbra Lunar eclipse which occurs at the time of the full Moon. At the time of this eclipse, the Sun is in

Gemini and the Moon is in Sagittarius. Usually at the time of a full Moon, we think about letting go of situations that stand in the way of our success. But in this case you don't want to let go of situations. You want to have information not only about what's going on today but what will happen over the next few months.

Because the Sun forms a conjunction to Venus retrograde while the Moon forms an opposition in this eclipse, you want the information to focus work-related matters that improve your financial situation. Yet with both the Sun and Moon forming a square to the Ceres, Mars, and Neptune conjunction, you know you aren't getting all the facts. Take whatever information you gather with a bit of skepticism. And, if you need to return to work, make certain that you are

doing everything to maintain your safety.

When Mercury in Cancer turns retrograde on June 18<sup>th</sup>, you continue to view safety as your number one priority. Mercury will be retrograde from today until July 12<sup>th</sup>. Communications will continue to be confusing. You'll hear different information on how non-essential retail operations and health practice start opening their doors.

In addition to finding ways to stay safe, you'll feel it's important to do

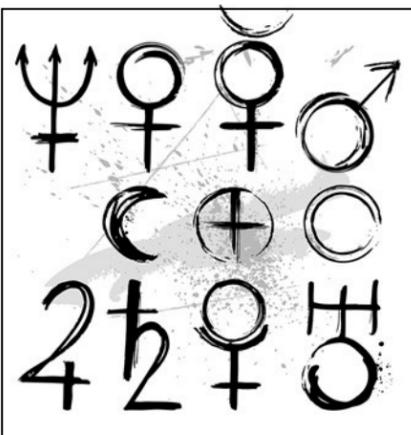
things to improve your home and family life. Just focus on what's important to you right now. Determine how you want to proceed in a way that feels comfortable for you.

When the Sun enters the sign of Cancer on June 20<sup>th</sup> and the Summer Solstice begins, another eclipse occurs less than 24

hours later on June 21<sup>st</sup>. The eclipse that occurs on June 21<sup>st</sup> is an annular Solar Eclipse which occurs at the time of the new Moon when both the Sun and Moon are in Cancer. Because the Summer Solstice and Solar Eclipse occur so near each other, they both stress the same spiritual message. It's time to find ways to celebrate your life while also evaluating what you've been going through over the last three months. Family and other loved ones are important. Finding ways to improve relationships are critical. Because the Sun at the time of the Summer Solstice, as well as the Sun and Moon in the Solar Eclipse chart all form a quincunx to Saturn retrograde, the focus of your spiritual growth and emotional understanding involve the importance of building a new foundation in your life.

Having experienced disruption through social distancing and staying-at-home, you need to determine how you'll approach going back out into the world. Will you decide that a face mask is still part of your fashion statement? Will you feel safe returning to meetings with others? Will you be able to trust what authority figures tell you? Will you feel that restrictions to your movements are still appropriate? Based on your answers to these questions and through discussions with loved ones, you will find a way

continued on page 17

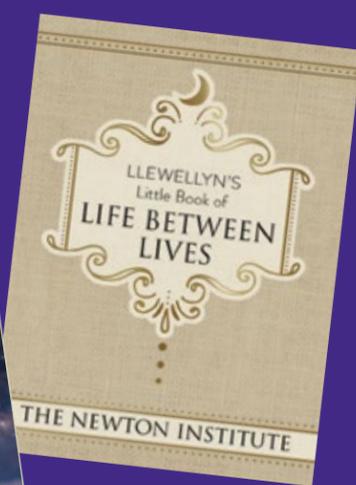
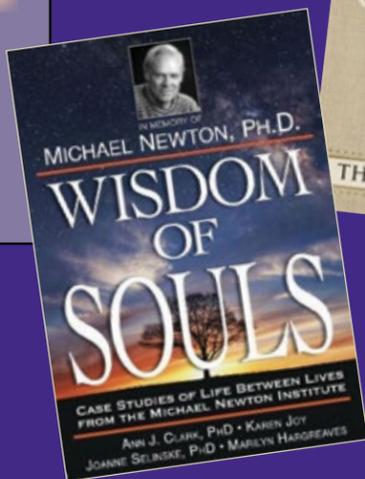


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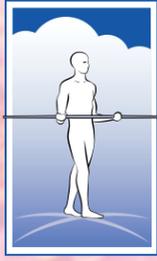


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## ASTROLOGICAL INSIGHTS

### Summer 2020 – Time of Transition ...continued from page 15

to create the safety net you need.

Venus in Gemini turns direct on June 25<sup>th</sup>. It went retrograde on May 13<sup>th</sup>. During the time period that Venus was retrograde, you needed to watch your finances. It was very important not to make critical purchases because there were hidden costs. In addition, because Venus is in Gemini, you felt that you weren't getting all the information you needed to proceed with your life.

Now that Venus is direct, you'll find more control over your finances. In addition, you'll be able to make some sense out of the information you receive. You'll even find your relationships with others improve.

On June 30<sup>th</sup>, Jupiter retrograde forms a conjunction to Pluto retrograde. This is the second time this conjunction is occurring in this triad sequence. A triad sequence is created when two planets form the same aspect three times with the second time always having the fastest moving planet, in this case Jupiter, in retrograde motion. The first time this conjunction occurred was on April 4<sup>th</sup> when both Jupiter and Pluto were in direct motion. The last time it occurs is on November 12<sup>th</sup> when both planets are again in direct motion.

During the beginning of April 2020, people were still staying in place and social distancing. Yet cracks still begin to occur. Some people were beginning to feel controlled by society and authority figures. This is because when Jupiter is involved, there is a desire to push boundaries and move beyond the confines of society. Meanwhile, Pluto represents the need to move slowly. So when they are in conjunction, you actually do need to be very cautious before you can break through the barriers of society. The good news is that with Jupiter in Capricorn, you want to be part of society. You'd rather adhere to the rules feeling you're doing things for the greater good.

But now, with both planets retrograde, you are re-evaluating just how much you want to have your own personal freedom and how much you are willing to be part of the pack. One key is to figure out which boundaries are appropriate. And, the other is to figure out where you can once again be outside and move freely.

As the summer months continue, Saturn retrograde leaves the sign of Aquarius and re-enters the sign of Capricorn on July 1<sup>st</sup>. As this occurs, your thoughts turn to the last several months. Saturn initially entered the sign of Aquarius on March 21, 2020. When it entered the sign of Aquarius many states were beginning to issue stay-at-home orders. As a matter of fact, Governor Gavin Newsom of California was the first governor to set mandatory orders on March 19<sup>th</sup>, just a few days before Saturn entered the sign of Aquarius. For many people in the United States other rules followed: Some states issuing orders mandating that face masks be worn in

public spaces, grocery stores creating one way aisles to decrease contact, and more television programs utilizing social media tools rather than in-studio taping. For the short time period that Saturn was in Aquarius, you got a taste of just how much potential government surveillance you might encounter. And, because of the increased use of Zoom, Skype, and other messaging services, you saw how technology can be a critical tool and will become even more important in the year 2021.

But for now, the return of Saturn to the sign of Capricorn means that it's time to revisit some of the situations which occurred between December 19, 2017 when Saturn first entered Capricorn and today. And it's time to reconsider some of your own attitudes.

When Saturn is in Capricorn, you want to create order in your life. You want to establish boundaries or barriers. You want to fit into society. You want to create a secure foundation. Yet, this desire to create opportunities for everyone can also lead to push back from people who like the status quo and don't want to change anything. For this reason, polarization started occurring between different political parties as well as different areas of society.

But with Saturn back in the sign of Capricorn, it's time to consider what rules and regulations work best for everyone in society. It's time to find a balance between what's good for us. It means that institutions need to compromise. People need to work together.

When the penumbral Lunar Eclipse occurs on July 4<sup>th</sup>, you want to find balance in your life, especially between your work and family life. This is because this eclipse occurring at the time of the full Moon has the Sun in Cancer and the Moon in Capricorn. Spiritually this is the time to bring closure to those parts of your life that aren't important anymore. You may find that things have changed in your work life. Rather than working in an area where desks are next to each other, they may be pushed further apart. Or, you may find that teleworking is improving your life that you find ways to maintain that. Or, you may find that because you spent so much time with your family over the last few months, you've been able to improve your relationships and now have a better understanding of the needs of your loved ones.

Mercury in Cancer turned retrograde on June 18<sup>th</sup>. Now, on July 12<sup>th</sup>, Mercury is going direct. During the time period Mercury was retrograde, you became very introspective because Mercury is in the sign of Cancer. You didn't want to share your thoughts with anyone. You were concerned that if you shared your thoughts you might start sharing fears. And, you wanted other people to see you as strong and stoic.

continued on page 19



### Tips to Staying Well Amid COVID-19 by Dr. J

Reset. The sun will rise tomorrow and it will be a new day for you.

While nothing in life is certain, the current situation of this pandemic serves to make our lives especially uncertain. School closures, sports suspensions, conference calls to work from home, and self-quarantine are sure signs. During this time of uncertainty and quickly changing circumstances, it is normal for people of all ages to feel hopeless, fearful, worried, anxious, as well as a range of other emotions.

For some this anxiety might be caused when you or someone near you sneezes or coughs. For others this anxiety might not be related to getting sick, but other circumstances such as: lack of access to healthcare, financial need that would require you to keep working, loved ones who are more vulnerable to the virus (adults over age 60 or people with compromised immune systems), or past experiences of trauma that left you feeling unsafe or out of control.

We are all in this together. Treating others with kindness and respect is necessary for our continued health and safety. Put your time and energy into affecting what you DO have control over to boost your emotional and physical health.

#### *The Simple Things*

- Limit your exposure to the news. Stay aware of the latest information, available on the WHO website and through your national and local public health authorities.
- “What day is it?” Maintain your routines. Do your best to keep a schedule-structure of meals/bedtime/exercise.
- Turn off your devices an hour before going to bed.

#### *Let's Get Physical*

- Get some fresh air and sun.
- Engage in safe social activities. Schedule parallel activities with others whom you cannot see face-to-face, like simultaneously watching the same movie with your friend in another state, sharing a recipe among family and friends and cooking it on the same evening in different homes, or making plans to exercise to the same routine from home.
- Exercise. Even short periods of activity can be beneficial like yoga, Tai Chi, stretching, or calisthenic exercises like push ups, crunches, lunges, and jumping jacks.

#### *Emotional Health*

- Check on and reach out to others (texting, phone calls, email, ZoomParties, House Party App, group FaceTime with multiple people). You may find that talking to others really makes you feel better.
- Try to maintain a regular sleep schedule. Aim for eight hours a night.
- Consider talking with a licensed therapist if you feel unable to stop excessive worry, racing thoughts, constant sadness, or mood swings.

#### *Above all, wash your hands and stay safe!*

#### **Shannon R. Jordan, PhD, LCSW-C, LICSW**

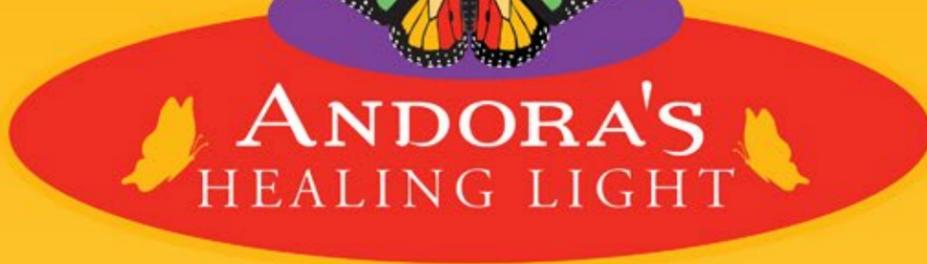
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(Photo of client in session)

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## ASTROLOGICAL INSIGHTS

### Summer 2020 – Time of Transition ...continued from page 17

But now that Mercury is direct, you feel differently. You want to share your concerns with loved ones. You don't want to take on the world by yourself. There's a lot that you figured out over the last three weeks and the biggest thing was how important your loved ones are to you and how important you are to them.

Safety still continues to be important. You still don't want to take any risks. But you're also willing to put plans into action which increase your sense of security, if not your actual being of security.

When it comes to rumors, you start being able to sort them out. You're able to find some of the facts that you were missing. You feel more confident about your life.

When the new Moon occurs on July 20<sup>th</sup>, you feel it's important to be cautious. This is because the Sun and Moon in Cancer form an opposition to Jupiter retrograde, Pluto retrograde, and Saturn retrograde. While new Moons are time periods to start some new, this is a day where you start new things in your life by removing obstacles, especially emotional obstacles.

It's time to review your priorities and make changes in how you approach life. It's time to determine how you and your family can work together to increase security in your lives.

When Jupiter retrograde forms a sextile to Neptune on July 27<sup>th</sup>, this is the second time this sextile occurs in this triad sequence. The first time it occurred was on February 20<sup>th</sup> when both Jupiter and Neptune were direct. The last time it occurs is on October 12<sup>th</sup> when Jupiter is direct and Neptune is still retrograde. You may find it interesting to note that on February 22, 2020, two days after this aspect occurred, WHO put a name on the coronavirus: COVID-19.

There is a spiritual belief that when you name something, you can fix it or take care of it. As frightening as this pandemic is, by naming it you start creating a plan to eradicate and heal from it. Both Jupiter and Neptune rule the sign of Pisces. And, the sign of Pisces represents the unknown where hidden fears can get in your way. But, Pisces also represents where understanding your fears can also release them and bring you both physical and spiritual healing, as well as emotional success.

Because Jupiter and Neptune both rule Pisces, they have a symbiotic relationship. Where Jupiter represents your desire to push boundaries, Nep-

tune represents your need to dissolve boundaries. You don't want to be controlled by anyone. In February when this aspect first occurred many people thought that COVID-19 would be no different than the seasonal flu. But the virus dissolved the old boundaries of what was known with the disease. And, not all the "new rules" of this virus are known. This disease has pushed and dissolved old boundaries.

Now that this sextile between Jupiter retrograde and Neptune retrograde is occurring for the second time, you'll see different boundaries dissolving. Some of the stay-at-home restrictions may be lifted. More businesses may open. More people may go back to work. But you don't really know what the new boundaries mean. You may be concerned about your safety. Or, you may determine that the new rules in place can protect you and it's all right to return to many of your old activities.

When the full Moon, with Sun in Leo and the Moon in Aquarius, occurs, you want to find a creative way to help people. But at the same time you don't want to be so caught up in their needs that you forget to pay attention to your own needs. And, you'll start receiving more information on global circumstances as this full Moon also forms a square to Uranus. You need to start being cautious again. The best thing to do at this time

is to not let frustration overtake you. Instead, move slowly and take your time.

As Uranus turn retrograde on August 15<sup>th</sup>, it's important to continue moving slowly. With Uranus now retrograde, there are seven energy points in retrograde motion: Jupiter, Saturn, Uranus, Neptune, Pluto, Ceres, and Chiron. All of these planets will be retrograde until September 12<sup>th</sup> when Jupiter turns direct.

When all the generational planets are retrograde it means that situations from the past could be returning. So it's important for you to re-evaluate various facets of your life. You want to consider the best approach for your future, which will also protect your environment as well as your loved ones. You want to find the spiritual approach that increases your sense of well-being. You want to make sure that you have a firm foundation so that you can move forward.

This need to have a firm foundation increases on August 18<sup>th</sup> when the new Moon, with Sun and Moon in Leo, occurs. Once again the energy of Saturn is emphasized at this time because the new Moon forms a quincunx to Saturn. Once again it's time to re-evaluate what's important to you and your loved ones and how you want to approach life. The good

continued on the bottom page 21



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## A Place for Spirit, Ceremony, and Renewal

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**Four Quarters is extremely beautiful and ecologically diverse land** in the Allegheny foothills of south central Pennsylvania, located 100 miles west of Baltimore-Washington. The Land is an enclosed river valley, bisected by Sideling Hill Creek, a Pennsylvania protected 'Exceptional Value Stream.' The surrounding cliffs form a naturally secluded retreat that features a broad range of ecological habitats ranging from creek-side pools to dry cliff face, mature forest to hilltop meadow.

**The beating heart of Four Quarters is The Circle of Standing Stones**, a living Sanctuary, open to all. Our Stone Circle began in 1995 with an idea—and one solitary Standing Stone set upon a forested hilltop. Today, over 50 Standing Stones grace that hilltop, outlining almost two-thirds of the final 200-foot diameter circle. With rope and rollers, sweat and joy, we do it by hand, the old way. In Community

**We honor the many world traditions that reflect an Earth Based Spirituality**, we work to support those traditions and welcome their people. We do not claim to have "The Answer," and we are rather suspicious of people who claim that they do. We do not appoint spiritual leaders and instead rely upon individual voices to lead our sacred ceremonials. This has led to laughter when an overturned candle has set an altar on fire... but it has also led to the profound and deeply moving.

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

### Re-emergence

**Four Quarters Interfaith Sanctuary has been a good citizen**, choosing to strictly adhere to civil guidance by closing Four Quarters in early March. The state of Pennsylvania has begun the slow process of lifting restrictions, and because of the fundamental safety of the out-of-doors, has first reopened campgrounds across the state. Four Quarters is now gently re-opened for visitors and ceremony!

We had a small and sweet Beltaine Moon Service observing hygiene and social distancing practices. As we await state guidance on our larger gatherings, we are making careful plans to be able to run them in a responsible way as the evolving situation allows. *Visit our web site for more information.*

### ALL EVENTS SUBJECT TO CHANGE

**Contact the Office to verify events and for information.**  
**info@4qf.org • 814 784-3080**



### SOLSTICE REEMERGENCE

June 19-21, 2020

**Our plan is to re-emerge** from the sacrifices of the Spring into a Summer Season of health, hope and renewal. We are planning an informal Members and Guests Weekend to re-open the 2020 Season at Four Quarters with Ceremony in the Stone Circle to celebrate the Summer Solstice, a Community Feast and maybe some surprises. Stay tuned!



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### STONES RISING

Sept. 2-Sept. 7, 2020

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**THESE DATES & EVENTS ARE NOT CONFIRMED & ARE SUBJECT TO CHANGE**



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## BOOK REVIEWS

REVIEWED BY ALYCE ORTUZAR

### WAR ON PEACE:

#### The End of Diplomacy and the Decline of American Influence

by Ronan Farrow

2018; 392 pp (HB); \$27.95; W.W. Norton & Company (New York)  
ISBN 978-0-393-65210-9

Since September 11, 2001, from Mogadishu to Damascus to Islamabad, the United States cast civilian dialogue to the side, replacing the tools of diplomacy with direct, tactical deals between our military and foreign forces. At home, White Houses were filled with generals. The last of the diplomats, keepers of a fading discipline that has saved American lives and created structures that stabilized the world, often never made it into the room.

Excerpted from *War On Peace*

Essential functions that our diplomats around the world perform include rescuing Americans from foreign crises, assisting developing economies to function, and meeting with foreign dignitaries in possibly dangerous locations to reach difficult political agreements that they hope will endure. Foreign Service Officers are the foundation of the American government abroad. They use their decades of institutional knowledge and expertise to keep our elected officials fully informed and our government agencies operating. Career diplomats view their mission as protecting the United States.

Yet throughout the 1990s, our Federal budget for international affairs decreased by 30 percent. Our embassy in Beijing “wreaked of sewer gas”; and our diplomats in Sarajevo “had to jerry-rig a satellite dish to the roof using a barbecue grill” so they could receive the news. To fulfill a presidential campaign pledge to reinvest in our domestic needs (“it’s the economy stupid”), Bill Clinton apparently felt the need to “slash America’s civilian presence around the world” by pulling “the plug on twenty-six consulates and fifty missions of the United States Agency for International Development” (USAID). Our presence was diminishing and some of our official buildings were crumbling, even as the disintegration of the Soviet Union and Yugoslavia presented possibilities for increasing our presence and influence.

#### Whose Turf?

“In 1999, the Arms Control and

Disarmament Agency and the United States Information Agency were both shuttered, and their respective mandates were folded into a shrinking and overstretched State Department.” When the 9/11 (September 11, 2001) attacks occurred, the State Department “was 20 percent short” of its normal staff level. Many of the workers “were undertrained and underfunded.” The Bush Administration rushed to correct these inadequacies. However, the military predominated in what was labeled the “Global War on Terrorism. Promoting democracy, supporting economic development, helping migrants” were all “repackaged under a new counter-terrorism mantle.”

Since 2001, “the State Department has ceded a lot of authority to the Defense Department.” President Bush “cut the State Department out of explicitly diplomatic decisions” when he withdrew from the Kyoto Protocol on climate change. After he embarked upon his Global War on Terrorism, “an ascendant Pentagon seized it as its exclusive domain.” Bush also “handed over reconstruction and democracy-building activities to uniformed officers” who reported to the Secretary of Defense. Those sectors were historically the purview of the State Department and USAID. In addition, there was already an acknowledgement that “military policymaking had proved toxic.” What we as a nation have lost, author Ronan Farrow informs us, is the “thoughtful, holistic foreign policy analysis unshackled from military exigencies that diplomacy had once provided.”

Although President Obama’s second term empowered diplomats “with the Iran deal, the Paris climate change accord, and a thaw in relations with Cuba,” in his first term he “surrounded himself with retired generals or other military officers in senior positions.” General Jim Jones was Obama’s National Security Advisor, General Douglas Lute was Jones’s deputy for Afghanistan, General David Petraeus led the Central Intelligence Agency (CIA), and Admiral Dennis Blair and General James Clapper were successive directors of national intelligence. Obama also sold more arms to foreign regimes than any administration since World War II.

#### Human Rights Should Matter

Also explored in detail in this book is our rapport with Pakistan that has ignored human rights violations. Paki-

continued on page 23

### Summer 2020 – Time of Transition

...continued from page 19

news is that this new Moon also forms a trine to Mars and a conjunction to Mercury. You’ll feel energized to take action and you’ll be able to focus on your needs. Even though there’s a lot out still unknown, you’ll be able to discuss your concerns with people you love. Together you’ll be able to develop a plan of action through this time of transition.

*Misty Kuceris is a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections:*

*www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com. See also her ad on page 24.*

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The Soul Shepherd is currently offering individual readings “in person” or “from a distance”. She also offers one-hour Coaching Sessions for Highly Sensitive People and Empaths, Group Readings for up to 6 people at your location, Readings at Events of your choice and “one question” readings. You are able to choose your type of reading — Psychic, Mediumship or Medical Intuitive.

#### CURRENT SERVICES\*

**One-on-One Readings** ~ These are two-hour readings for an in-person session. These readings are done looking into your eyes or the eyes of someone you would like me to drop into. If the person is someone who has passed, I would need to see a picture where I can see that person’s eyes. For a distant session, one hour of the session would be for doing automatic writing using pictures forwarded ahead of time and one hour would be on the phone. Clients will have time to ask questions. Price varies based on the type of reading selected and time over two hours.

**Crystal Bed Healing Sessions** ~ 15 minutes of energy work often working on shadowed areas and one hour on the heated crystal bed. This is all tailored to each client and their needs.

**Empath and Highly Sensitive People (HSP) Coaching Sessions** ~ One-hour sessions helping Empaths and HSP journey through the challenges of being an Empath or HSP. This is not a reading but rather a session where I am open to the client driving the session. This can be done in-person or over the phone.

**Group Readings** ~ For Groups of 6 people where I come to them (within a 50-mile radius with no extra charge) and each person gets a reading and will have time to ask questions. This is a 5 hour block of time unless it is arranged to be longer.\*

\*A longer session would incur an extra charge per person. (Six people is one flat fee and 5 hours).

**Guest Reader** ~ If you are a promoter or have a location where you would like to have a reader or sponsor a workshop, I can work with you or a promoter.

#### Galley Readings

*In most cases, prices are shown on the website under “offerings” unless it is an individualized offering that we need to discuss.*

\*PLEASE NOTE: Some services will be as dictated by the mandates regulating social distancing. ALL INDIVIDUAL READINGS CAN BE DONE IN-PERSON OR REMOTELY.

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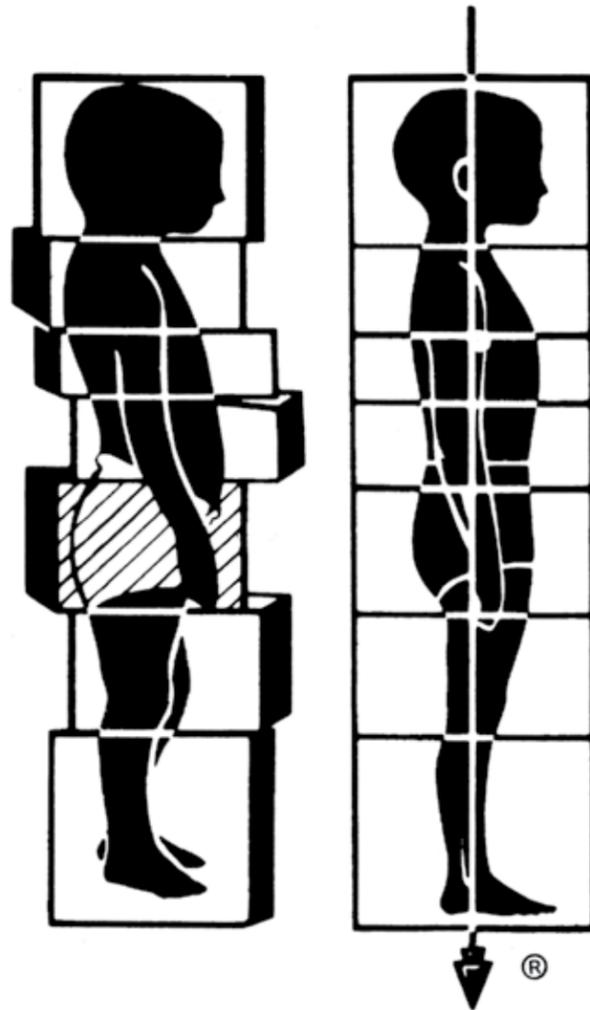
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## BOOK REVIEWS

### WAR ON PEACE, continued from page 21

stani intelligence agents were behind the disappearances of civilians while releasing suspects responsible for a major terrorist attack. The CIA had evidence suggesting that Pakistan's leader, General Pasha, had ordered the murder of at least one journalist. According to one reporter, "being a journalist in Pakistan is a death wish." Yet there were no efforts by Obama or his intelligence agencies and military officials in charge of the bilateral relationship with Pakistan, to investigate internal human rights violations perpetrated by General Pasha during 2010 and 2011.

Before Obama decided on a surge of troops into Afghanistan, "there was no discussion at all of diplomacy and a political settlement." Highly regarded diplomat Richard Holbrooke tried to put that option on the table, "but the White House was not buying it. The military wanted to stay in charge, and going against the military would make the president look weak." In policy discussions, former Secretary of State Hillary Clinton was "fundamentally a hawk" who "constantly sided with the generals." Hillary told Holbrooke that Obama did not want to hear any more references to Vietnam. In Somalia, the White House opposed sending in peacekeepers.

#### Valuing Diplomacy and Experience

Five days into the Donald Trump administration, senior embassy officials met with his transition team. Those officials were immediately alarmed by the team's lack of knowledge about foreign affairs, in addition to little or no experience working in government. While displaying no interest in issues such as nuclear weapons and nonproliferation, Trump's team did display a "deep distrust for professional public servants." One disgusted senior embassy official realized that Trump's team "hadn't come to learn," but "to cut." Trump soon fired the politically appointed ambassadors.

Trump then asked for a list of all

noncareer officers working throughout the State Department. These are the subject matter experts who play "pivotal roles in overseeing the most sensitive areas of American foreign policy." They are the "best possible experts on issues like Korea and Pakistan" and arms control. Their roles are necessary to avert wars and other international conflicts by promoting dialogue, and they have served the country admirably. "The United States couldn't afford to lose them," one career official argued. Yet chaos has ensued with the ongoing expulsion of our most experienced foreign affairs specialists. Critics of these dismissals and of Trump's unilateral withdrawal from international agreements, often point to his seven bankruptcy filings as evidence of his own questionable competence and integrity.

Ronan Farrow's excellent writing and insightful observations are premised on interviews and his personal experience and observations as a former insider. He knows what questions to ask and who will provide the most informed responses. Richard Holbrooke stands out for his relentless efforts to secure the role of diplomacy as our first and most reliable foreign policy option. The sidelining of diplomatic solutions has elevated the military to the predominant influence currently framing our foreign policy. That is not what democracy looks like, which is the theme of this critically important and informative book.

#### Please turn to page 33 for her next review

*Alyce Ortuzar is a freelance 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. For five years, she edited the U.S. Surgeon General's smoking and health reports. She can be reached at 301.774.6617 in Montgomery County, Maryland.*

### Sheltering at Home: A Different Kind of Gratitude

#### ...continued from page 25

fears that you will get the virus or that someone you love will die from it, or you will lose your job and have financial hardship. Perhaps it is difficult to feel your purpose and energy while you sit at home day after day. Perhaps you are afraid that life will never return to normal, and you can hug people without fear, go to dances, sporting events, religious services, or just have a large family dinner together.

The practice of giving thanks ahead of time, with the hope that one day a gift will come to you from all of this, can bring you through even the hardest day. As you do this day by day, your gratitude will become stronger than any fear you can have.

Here are a few opportunities to bring more love and growth into your life, at the following longer events led by Barry and Joyce Vissell:

**Jul 19-24, 2020 — [Shared Heart Summer Retreat](#)** at Breitenbush Hot Springs, OR (for singles, couples and families)

**Oct 7-13, 2020 — [Assisi Retreat](#)**, Assisi, Italy

**Joyce & Barry Vissell**, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books. Call 831-684-2299 for further information on counseling sessions by phone/Skype or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at [www.SharedHeart.org](http://www.SharedHeart.org) for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.



It sure does not feel like Summer! After literally being "in" for most of Spring on COVID stay at home orders and social distancing measures, you have probably mastered Fortnite, read an encyclopedia, and designed a fashionable line of face masks. Yet you may be wondering when life will return to normal or what will be the new normal. "I am here to tell you, no one knows."

What I do know is that people are continuing to struggle with cabin fever, insomnia, anxiety, hopelessness, and fear. You are not alone in your feelings. During this difficult time, try to remain positive and focus your attention on impacting what you DO have control over. Work towards creating a sense of normalcy.

#### During the Week

- Get to sleep and awake at the same time each day to maintain a routine. Try setting an alarm to help.
- Shower, groom, and get dressed each day. (The afternoon I wrote this piece, I realized I had not brushed my teeth yet. I immediately stopped to brush - just as Dr. J would recommend).

#### Check on Family, Friends, Neighbors, and Co-workers

- Acknowledge that you are stressed!
- Listen and empathize with them. You will probably find out that they have similar feelings and concerns.
- It is easy to forget about our work friends we no longer "see" every day. Some may be working from home or be out of work completely. Send a text or call to let them know you care and haven't forgotten about them. Don't forget to check on the people who live with you.

#### Stay Busy

- Take an online training or educational course. Update your resume and professional profile. Clean up your digital clutter (you should have seen my desktop before this post).
- Did you know pictures and attachments you send get stored on your devices? Free up some space on your cell phone, computer, and tablet by deleting and organizing unused files. Let's face it, you have the time.

#### Relieve the Financial Pressure

- Many COVID programs can provide you financial and emotional relief.
- Some companies are offering 0% interest rates and waiving minimum monthly payments, but you may have to contact them to make the request.
- Under the new CARES ACT, student loans owned by the U.S. Dept. of Education automatically have been placed in administrative forbearance with a 0% interest rate effective March 13, 2020, through Sept. 30, 2020. [studentaid.gov/announcements-events/coronavirus#zero-interest-questions](http://studentaid.gov/announcements-events/coronavirus#zero-interest-questions)

And always, consider talking with a licensed therapist if you feel unable to stop excessive worry, racing thoughts, constant sadness, or mood swings. Many employers offer an Employee Assistance Program (EAP), which provides FREE short-term therapy. Mental health providers are available through telehealth to provide your confidential therapy sessions by phone and video conferencing.

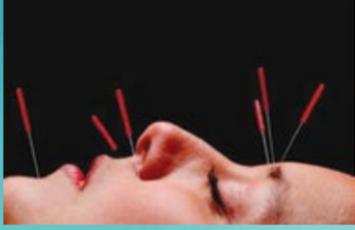
#### Remember, wash your hands, wear your masks, and stay safe!

#### Shannon R. Jordan, PhD, LCSW-C, LICSW

"Dr. J" is a behavioral health provider and founder of iHeal Wellness Therapy and Consulting, LLC in Silver Spring, Maryland. We offer confidential telehealth therapy via online/telephone to help you make long-lasting, positive changes in your life.

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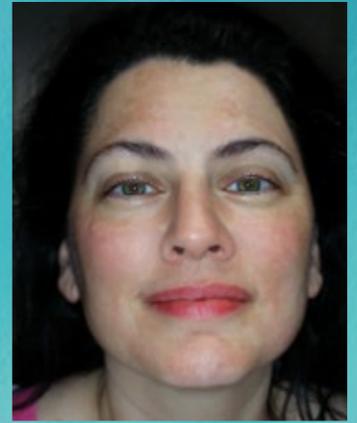
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## Sheltering at Home: A Different Kind of Gratitude

HEARTFULLNESS APRIL 2020  
WITH JOYCE AND BARRY VISSELL

I would like to offer you my experience of “sheltering in place” for three months thirty-three years ago, and what I learned.

When asked as a child what I most wanted to be when I grew up, my only answer was, “I want to be a mother.” Often this answer was met with a comment like, “Oh, you must want to be something other than just a mother!” But for me, there was no more exciting adventure than wanting to be a mother.

I was blessed in 1976 with the birth of a little girl, and then again in 1981 with another little girl. I loved being a mother so much, and found so much joy in just being with our girls, Rami and Mira. But I yearned for more children, and always thought that four would be a perfect number for me. Barry was very happy and content with our two girls, but my desire was so strong that he lovingly consented to another baby.

In 1987, I became pregnant again and I was thrilled!!! I meditated with the baby, sang to her, lovingly stroked my hands over my belly, and told

my baby stories. I was totally in love with this unborn baby, and Barry and our girls were as well. I was so sure that the baby was a girl, that I named her Anjel, because she was my angel. Anjel was an important part of our family. Then two days after Christmas when I was six months pregnant, we discovered that our precious Anjel no longer had a heartbeat.

Devastated, I needed an operation to have her body removed and got to hold her lifeless form for a short time. My milk came in, just as if I had given birth to a live baby. My body was still trying to finish what it had started six months before.

I went into a very deep grief. Barry agreed to take on my part our business work, so my only job was to watch and care for our two little girls. It was a joy to be with our girls, and they were at an age where they loved playing alone and together making up stories. That left me lots of time all to myself to deal with the grief that I felt. I tried going out with our daughters a few times, but it seemed I always saw another woman who was pregnant, and that would send me running to our car in tears. Barry and I decided that I would stay completely at home and only see him and our girls while I

was healing from the grief.

And in this period of sheltering at home, this is the most important lesson I learned. The practice of gratitude is powerful and can bring us through even the hardest times. There are some things that are easy to be grateful for, and it is powerful to concentrate on those. But there are also things that seem too hard to feel grateful for. It is during these times when gratitude is so difficult to feel, that we can be grateful that someday we will understand.

There were days when my grief over the loss of our baby was so extreme that I could hardly function. During these times, I would give thanks that one day I would understand why our baby was taken from us. I would thank God that one day I would receive a gift from this experience and that this gift would bring me great joy. It was the act of giving thanks in the future, even though I did not feel it in the present, that brought me through one of the most difficult periods of my life. And the gift that eventually came was a beautiful little baby boy that rested in my arms two and a half years later.

We have a very dear friend, Sister Sally, who lives in South Africa. She

runs The Holy Family Care Centre for 76 orphans, many of whom have HIV or AIDS, making them very vulnerable to the current coronavirus pandemic. Like us, they are also required to “shelter in place.” The children, some of whom are babies, are all home from school for the rest of the year. They are a five-hour drive to the nearest hospital in Limpopo. She has ten volunteers and some of them cannot speak English. Of these volunteers, one has limited nursing training, so she is in charge of any sick children. Sister Sally is in charge of keeping all of these vulnerable children, as well as her ten volunteers, safe and healthy. This would be an overwhelming task for anyone.

I just spoke to Sally, and her energy and spirit was high. On the phone, she expressed all of the things that she is grateful for, like the fact that she has ten volunteers who are willing to stay given the obvious risks. She is practicing thanking God ahead of time for protection. This act of gratitude is keeping her going and keeping her spirits up.

Perhaps it is difficult to be sheltering at home for an unknown amount of time. Perhaps you have

continued on the bottom page 23



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# Vibrations Rising? True or False©

BY ROSE ROSETREE

If you had \$1,000 for every time you heard someone say, "Vibrations on earth are rising," you could probably buy yourself a cute house in Potomac. But is that really true? Not true necessarily, more like it's upside down and backwards.

In this article, I won't just tell you why I think so. I've also got some happy news to share in this article:

1. We'll share a quick overview about this "vibrations" business. Since many of us aren't quite sure we understand what people really mean by that.
2. Develop an understanding about what is true and NEW vibrationally (NEW since the Shift on December 21, 2012).
3. Summarize some of the benefits you can expect... simply by adjusting well to the Age of Awakening

In short, I'm offering you an article that's human-life affirming. In honor of which, here's what I'll call you in today's column: Down-to-Earth-You. Now, more than ever, there's good

reason for "Down-to-Earth" to be considered a compliment.

### What's All this "Vibrational" Talk about, Anyway?

As long ago as the 1970s, many psychics, channelers, meditation teachers, and energy healers began saying the same thing, an idea that spread like wildfire:

*Earth's vibrations are getting higher, in preparation for the Mayan prophecy about a "Shift" to come on 12/21/12.*

Countless seekers of truth got involved. I was among them. Were you?

For instance, I vividly remember attending a workshop given by Maharishi Mahesh Yogi, a workshop for his teachers of Transcendental Meditation. The year was 1975. Maharishi told us to celebrate "The Dawn of the Age of Enlightenment." Lyrics, written by TM bard Rick Stanley, included:

*This is the Dawn of the Age of Enlightenment.  
Life on earth will be happy and gay.*

By contrast, what's your lived experience in 2020? Have you been noticing excessive amounts of "happy and gay"? Given all the unsolved problems in our country and world,

have you been feeling just a tad guilty? Is your experience of coronavirus quarantine different from living in a storied golden age? Has the gap between hoped-for and real nagged at you, like:

*If only I could raise my vibrations high enough, maybe I could make a difference.  
I've got to be all positive, all the time.  
The fate of Planet Earth depends on it.*

In my view, enough already! Let's bring findings of energetic literacy to bear on these popular notions about "lifting our vibrations."

### Chunks of Disclaimer

Down-to-Earth-You, let's be clear about one thing: I don't know everything. I just know *some things*. Including results of using Stage 3 Energetic Literacy, where you can read "chakra databanks" within auras. And also within "chakras."

Reading chakra databanks is comparable to word literacy, only about reading energies. Even though there are more advanced levels of skill, with Stage 3 you get reliable information, detailed information; researching chakra databanks on yourself and people right in front of you. Also energetic literacy allows you to research chakra

databanks from regular photos, like those on LinkedIn and Facebook.

Now let's compare that to what's way more popular, and has been for thousands of years. Most aura readers "see the colors." Today that can be considered the sweet beginning of reading auras, Stage 1 Energetic Literacy. More advanced aura readers do chakra readings, which counts as Stage 2 Energetic Literacy, which is also quite limited.

Sadly, many of the seminar stars who have taught you to "raise your vibrations" have been illiterate, energetically. Even if they were wonderful in every other way! And this is the main reason, in my view, why so many renowned experts got things upside down and backwards.

What you're about to read in the rest of this article? It may strike you as controversial. Still, continue to read with an open mind and it just might help. A lot!

### Energetic Vibrations: Your Quick Intro

Ever hear of "vibrational frequencies"? I've always thought that's the most practical way for everyone to understand vibrations and energies.

continued on page 28

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## ENERGETIC LITERACY

### Vibrations Rising? True or False© ....continued from page 27

If you wind up developing Stage 3 Energetic Literacy, what will you find? Here on Planet Earth, there aren't just googobs of energies we can notice (googobs, technical term!), energies come in three altogether different *types of vibrational frequencies*.

**Human Vibrational Frequencies**  
A range of human-type experience is available to research with energetic literacy. Although these vibrational frequencies range from low to high, and it's a pretty big range, guess what? All Human Vibrational Frequencies share the same quality of feeling human. A familiar experience for Down-to-Earth-You! For instance, whether you visited a broken down shack or the rather fabulous residence built by Elvis... either way, you'd recognize, "This is a house."

**Astral Vibrational Frequencies**  
Now this category contains a much, much larger range of vibrational frequencies. Yet every single one of them exists at a higher vibrational frequency compared to physical reality on the planet where Down-to-Earth-You and I happen to live.

Do superior human beings live at an Astral Vibrational Frequency? Not really. Although we can position our consciousness there. But as long as our hearts beat and we draw breath, we humans are designed to live at Human Vibrational Frequencies.

So what does it feel like if we "position" awareness at an Astral Vibrational Frequency? We feel high. No surprise there, if you think about it.

Remember, by definition, any ASTRAL Vibrational Frequency is higher than any HUMAN Vibrational Frequency. If we like, we can learn techniques of psychic development or energy healing that position consciousness in the astral.

Alternatively there's a super-easy way to experience "What do Astral Vibrational Frequencies feel like?" Ever get buzzed on wine or beer? Ever smoke a joint? Recreational substances like these will *position our consciousness* at an Astral Vibrational Frequency. Which is how come we feel high.

Higher vibrational frequency = feeling personally 'high' – get it?

However, we haven't turned into astral beings simply by getting stoned. If you'd like to live full-time at those higher-feeling astral vibrations, I've got some happy news for you. After the "death" of your human body, you'll return to your normal physique, a body of light. Very likely, an astral body. Meanwhile, while living on Earth, you get to be human. And if you're wise, you might choose to live like a down-to-earth, well-adjusted human.

The Divine Vibrational Frequency  
Yes, there's only one: Perfection everywhere now.

This is the vibrational frequency of Divine Beings. And bringing awareness there can be a goal of meditation, but perhaps that's the topic for another Energetic Literacy Column. For now, consider that your chances of "lifting your vibrations" until you become a Divine Being? Kind of like your chances of a **snowball in Heaven**.

(Hint: Even if there were some snowballs in Heaven, they'd hardly have the wisdom of Almighty God!)

### What Is True and New Vibrationally

Down-to-Earth-You, after the Shift into the Age of Awakening, you have continued to be human. For sure, many *subtle* changes happened to our world and also to our human potential. However, none of them happened because people chanted, "I'm going to raise my vibrations, I think I can, I think I can."

Instead, Planet Earth used to have a psychic barrier, or veil. People had it too. Ancient Mayans predicted that the Shift would bring, "An end to life on earth *as we know it*." And they were correct. Mostly because that psychic barrier got thinner and thinner over the millennia. Then, on 12/21/12, the last remnants left for good.

And what did we get as a result of the Shift into The Age of Awakening? A new vibrational freedom.

Namely, unprecedented ability to *position our consciousness* away from Human Vibrational Frequencies. Temporarily bringing awareness over to Astral or Divine Vibrational Frequencies. This has its uses. Only it's soooooo easy to use this new human superpower of consciousness that many of us have gone wild, overusing it.

No need to push, Down-to-Earth-You! It's ridiculously easy to use your new vibrational freedom to position awareness away from Human Vibrational Frequencies. Only wisdom for living now emphasizes this. Just a little bit daily is plenty.

### What You CAN Safely Do Differently Now, in the Age of Awakening

Technique Time! Whether it's prayer, meditation, energy healing, even using skills of energetic literacy to read people's auras -- Down-to-Earth-You can be great at doing this sort of thing now. All you need is a dependable teacher who can train you in relevant skills that work as promised.

Just remember this simple formula to stay balanced, both energetically, psychologically, spiritually, and humanly: Do just 20 Daily Minutes of Technique Time, Tops.

Living thusly, you'll gain way more personal growth, while also evolving faster spiritually. Simple!

As for the rest of the time, you can enjoy being human more than ever: Such big fun, even if you need to shelter in place for a while, big fun now that we're living in the Age of Awakening.

continued on the bottom page 29

## Intention & Desire— Claim Your Power to Cocreate Your Life

BY ALIX MOORE

So, wow, crazy times on the planet, eh? But one thing hasn't changed, and that's the power of Source. All of the fear and transformation notwithstanding, Source works the same way it always has. Not matter what is happening globally or to the masses, your life is still yours to cocreate. And so it seems like a good time to refresh and extend our understanding of how we can drive our own lives, how we can choose and manifest that which we most desire to have, whether that is wellness, abundance, or true love.

Hi. I'm Alix, and I'm a psychic, a

soul healer, a channel for the archangels—and a metaphysical teacher. I'm pleased to have this chance to share with you the information the angels have been teaching me about how we can access the power that is our birthright as human-divine beings.

I'd like to talk to you about two aspects of the cocreative process, intention and desire, or what we want and what we intend to create. There is a slight difference between those two energies, as I'm about to show you.

### What do you want?

Cocreation begins with desire. We cannot ask Source to deliver our life

if we don't know what that looks like. Many of us have been trained to either turn off or judge the inner longing that tells us what we want from life. We have been taught that envy is wrong, when in fact the very opposite is true, as we'll get to in a moment. Try these simple exercises to connect with what you really want to have in your life.

### Exercise One: 10 things I'd love to do today

List making is powerful (thank you, James Altucher), especially when it is done with zero judgment. Take a moment at the beginning of your day to tune in to yourself and brainstorm a

list of ten things you'd really love to do that day. Please don't limit or judge your list! Don't let money, time, responsibility, or practicality censor your list.

Then, tomorrow, write another list of ten things you'd love to do, or try one of these lists: *10 Things that Bring Me Joy*, or *10 Things I Love that I Used to Do More Of*. Write a list of ten pleasures every morning for a week.

### Exercise Two: If I didn't feel guilty, I would . . .

When we know what we want, even if it's something as simple as a nap,

continued on page 30

### Vibrations Rising? True or False© ...continued from page 28

#### Practical Benefits of Adjusting Well to the Age of Awakening

It's easy to benefit from living in this new "Aquarian New Age" or "Shift Age" or whatever you've been calling it. Just remember to live now as Down-to-Earth-You. Essentially, avoid any attempts to "raise your vibrations" or become more like a disincarnate astral spirit. Maybe develop the humility to enjoy being human.

Down-to-Earth-You, remember how delighted you were at age three? If anything, living at Human Vibrational Frequencies can become even more delightful for you now. Since you make the rules for yourself now, not Mommy and Daddy.

Plus, as an adult, you've got much greater agency compared to being a child. Namely:

- Skills that you've learned.
- Knowledge that you've gained.

- Compassion that helps you to grow spiritually every day.

#### In Conclusion

Down-to-Earth-You, now, more than ever, there's good reason for that to be a compliment. Some of you may have felt guilty that you still walked and talked like a human. Turns out, that's a good thing.

\*\*\*

Rose Rosetree is the founder of Energy Spirituality. Her 1,000+ media interviews include the *Washington*

*Post*, the *Los Angeles Times*, *USA Today*, and "The View."

Rose's how-to book about the Age of Awakening is "The New Strong." Also available is a highly-interactive online workshop about the New Strong, complete with a multi-lesson Free Intro.

Rosetree's popular blog just passed 62,000 comments. (That's 4,000 up from her last Pathways column.)\* Learn more at [www.rose-rosetree.com](http://www.rose-rosetree.com). \* [rose@rose-rosetree.com](mailto:rose@rose-rosetree.com). \* See Rose's listing under *Classes & Learning Centers* on page 61.



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## MIND • BODY • SPIRIT

### Intention & Desire—

### Claim Your Power to Cocreate Your Life

...continued from page 29

many of us invalidate our knowing, because we don't think we're allowed to want what we want. We feel guilty, or selfish. There is a huge amount of backlash that comes up inside our own heads when we start to acknowledge and honor our needs and wants. You can begin to notice your own needs by asking yourself a simple question. When you feel stressed, pause, take a deep breath, and ask yourself, "What I would do to take care of myself right now if I didn't feel any guilt or shame?"

In the beginning, you may not be able to act on what you recognize that you want, but simply recognizing your longings is a good first step. Speaking of longing, did you know that envy is the voice of your soul?

#### What do you long for?

The angels told me many years ago that envy is the voice of our soul speaking. When we see something that someone else has—like a gorgeous beach house, a wonderful marriage, or a fulfilling job—something inside us may stand up and claim, "I want that!"

That strong desire is true guidance from Source. It is the voice of your higher self. What you long for deeply is what you are meant to have. Longing

is an unmistakable kind of wanting—it's not the superficial wish to win the lottery, it's the soul-deep pull to start a family, or start your own business.

Some of my clients are not sure what they long for, while others have been taught that envy is wrong, or that they aren't worthy of having their heart's desire. Not true! How can the voice of our spirit be wrong?

#### Exercise Three: Notice what you envy . . .

Now that the angels have given you permission to listen to your soul, start noticing what you long for. Again, please don't judge yourself! In my experience, we may have many desires both large and small, but our soul longs for just a handful of things. What inner pull have you been ignoring?

#### Embrace your blocks!

As you worked through the previous exercises, what did you notice? What did you learn about yourself? What did you give yourself permission to want?

One thing you may have noticed is the strength of the voices of your self-judgment and self-doubt. When we start to reach for what we want to

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cocreate, the pushback can be intense. It's safer not to want, because then we won't be disappointed when we don't receive. If we've tried and failed to manifest things, we may not believe in our power to drive our life.

When those voices pop up, embrace them! Those voices are showing you what you need to heal in order to grow. You see, cocreation is *not* about placing your order with Source and then waiting for it to be delivered. Oh sure, sometimes that works. More often, however, we have to do some hard personal growth work in order to receive that which our soul desires most. And that's okay, because we are here on this planet to grow. And the more we grow, the more light we carry, and the more we stand as beacons and examples of Source for those around us. Which is kinda the whole point. Did you ever wonder why the angels want us to manifest that which we long for? It's not just because they're nice guys who want to help us. Nope, their mission is Source. The more we grow, the more light we can hold. The more light, aka Source, we can embody, the more we shift the balance of light on the planet, and thus help to create this new earth we are all evolving into.

**What Do You Intend to Cocreate?**

Now that you have activated your inner guidance system, aka your envy, are you clear about what you want to

cocreate in your life? As I mentioned earlier, there is a difference between the energies of desire and intention. Desire is what you'd like to have, and it's a great place to start. Intention, on the other hand, is full-on determination. Intention is an absolute knowing, an inner certainty, an unshakable purpose.

This distinction is really important, because all too often, we think about our lives from the wishy-washy energy of, "Wouldn't that be nice?"

*Wouldn't it be nice if we bought a beach house?*

*Wouldn't it be nice if I started my own business?*

*Wouldn't it be nice if I got a job I actually liked?*

Statements like those show our desire, but they are entirely devoid of the decision to actually cocreate that which we are dreaming of. Listen to the contrast with this kind of language:

*I intend to create a healthy, passionate intimate relationship.*

*I intend to be healthy, vibrant, and sexy well into my 90's.*

*I intend to have the financial abundance that allows me both time and geographical freedom.*

*I intend to publish dozens of books that help hundreds of thousands of people create better lives.*

Yup, those are some of my personal intentions. They're on my vision board, they're in my core, they are absolutely

the voice and the guidance of my soul. And I am well on my way to manifesting those things. I say that not to brag, but to say that I walk my talk. Those intentions are clear, and they hold immense power. I *know* that I have the power to cocreate my desired life—I've done it, I'm doing it. This is not just a load of positive thinking bs.

For some of you, the difference between wanting and intending may be new. I invite you to nourish both energies in your life. Your desire points the way to what it is you want to create, while your intention claims your power to do so. Both are important, both need space and acceptance in your life. Try the following activity to help you clarify and anchor what it is you intend to cocreate.

**Exercise Four: A Vision Board with Intention**

I've only recently become a fan of vision boards. In the past, they felt like a waste of time, because I didn't really have any belief in my ability to have what I was saying I wanted. I did a ton of work on my worthiness, by the way, but that's a different article. Now that the voice of my intention is loud and clear, I love putting my goals on my vision board.

My vision board has statements about the wealth and wellness I intend to create. It has an image that represents the deep soul love I am cocreating with my life partner, it has the

word *wife*, and draft covers of the half-a-dozen books I am currently working on. There is zero wishful thinking on that board—no winning lottery numbers, no jewels, or fancy cars. I don't really want those things, anyway. My vision board holds only those things that truly matter, those things that there is no question in my mind that I can and will cocreate.

As you start to recognize and claim your own intentions for your life, consider capturing them in images and text on your own vision board—a statement of not just what you long for, but of what you intend to have.

**But, Alix, How Do I Cocreate My Dreams?**

Yeah, I know. It's the most common question my students ask me. *How?* How do we go from desire to intention to watching that which we long for materialize in our life?

The answer is not one I can give you in a few hundred words. It's not a simple thing; it's not a light switch or a miracle. It's a commitment. But I will leave you with two guiding questions:

\_\_\_What do I need to heal? How do I need to grow?

\_\_\_What inspired actions can I take?

Those two questions encapsulate the cocreative journey. We grow into our  
continued on page 32

**Are you a psychic medium?  
Are you clairaudient?  
Do you receive vocal messages?**

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Many people hear voices or receive vocal messages. Some people are able to channel these unusual experiences in a healthy productive manner, while others find these experiences to be distressing and feel the need for psychiatric care. We hope to gain insights from people who live comfortably with these kinds of experiences that may be helpful to others who find their experiences to be challenging and stressful. Our ultimate goal from this study is to learn how to be more helpful to people who struggle with their voices.

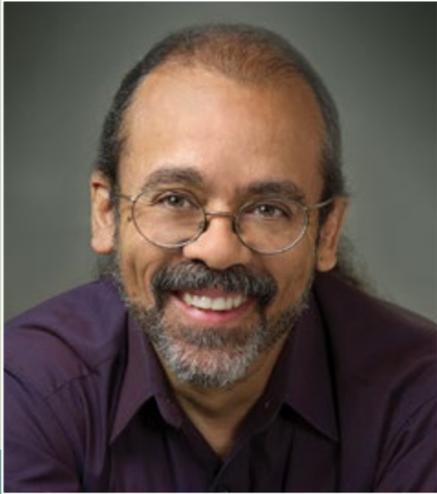
- If you have these kinds of experiences, we would be very interested in working with you in a paid research study at the University of Maryland School of Medicine where we are trying to learn about how these real experiences occur in the brain. If you have other psychic abilities, please contact us so we can determine if you are eligible. If you are between the age of 18-65 you may be eligible to participate.
- The study includes interviews, cognitive testing, EEG recording, and an MRI brain scan. The study involves making 3-4 visits to the Maryland Psychiatric Research Center at 55 Wade Avenue in Catonsville.
- Each visit is likely to take 2-3 hours, with payment of \$20 per hour.

The research is directed by Dr. James Gold, Ph.D  
(Email: [jgold@som.umaryland.edu](mailto:jgold@som.umaryland.edu), Phone: 410 402-7871).

For additional information please contact:  
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**Intention & Desire—Claim Your Power to Cocreate Your Life**

**...continued from page 31**

hearts' desires, and we cocreate from a whole spiral of longing, determination, and inspired action. I know you can do this. If you are reading this article, you are well on your way. A journey of a thousand miles begins with a single step, and the angels and I have in fact given you several steps today. Just get started.

I hope to return with more information and support for your cocreative journey, and I would welcome your

comments and questions about what you have read today.

Until we meet again, may the angels and fairies bless and light your way.

Namaste,  
Alix

\*\*\*\*\*

Alix Moore is a gifted psychic, soul healer, author, and metaphysical teacher. When she isn't writing or working with clients, you can find her sailing, napping, or out dancing with her beloved life partner. Alix divides her time between Frederick, MD, and Lewes, DE. Connect with her at [www.yoursoulstruth.com](http://www.yoursoulstruth.com).

**BOOK REVIEWS**

**The Cigarette: A Political History**

**...continued from page 34**

problems, years and even decades after eliminating their exposures.

Another report definitively stated that brain cancer is strictly linked to environmental causal factors, with no additional information or warnings. The most disturbing report I worked on evaluated possible risks from smoking premised on daily oc-

cupational hazards. For example, tool and dye workers were advised not to smoke because they come in contact with hazardous chemicals on the job such as benzene and toluene. There was no outcry from the scientists or medical doctors who worked on that report against such hazardous working conditions.

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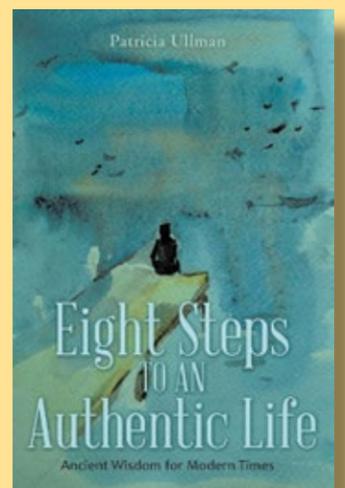
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## BOOK REVIEWS

REVIEWED BY ALYCE ORTUZAR

**The Cigarette: A Political History**  
by Sarah Milov  
2019; Harvard University Press  
(Cambridge); 380pp; \$35.00 (PB)  
ISBN: 978-0-674-24121-3

**Investments the industry had made in Congress, mercenary scientists, and third-party front groups continued to pay dividends, even after the industry's own credibility seemed shot.**

Excerpted from  
*The Cigarette: A Political History*

In addition to a well-written and gripping narrative from start to finish, the depth and breadth of Sarah Milov's research cited in this book are amazing. Her comprehensive history lesson begins with the release of the January 1964 *U.S. Surgeon General's Report on Smoking and Health* that definitively linked cigarette smoking to deaths "from lung cancer, bronchitis, emphysema, and coronary artery disease." These findings are similar to those in a 1962 report published by the Royal College of Physicians. In both instances, cigarette sales fell immediately by around 20 percent, only to "rebound spectacularly" within a year. Of the committee members who reviewed the evidence and were responsible for the 1964 report, only two quit smoking completely.

### Lessons for Grassroots Activists

Discussions focus on the grassroots tensions and political factions supporting and opposing smoking in general and in public places. Topics include the role and fate of tobacco farmers, the emerging public interest paradigm, the conflicting and even hypocritical role of the Federal government (particularly Congress) in promoting and subsidizing tobacco growers and tobacco products, and the invention of non-smokers and their rights especially in the workplace.

Milov also explores the prevalence of racism and economic elitism in the agriculture and manufacturing sectors related to tobacco. Detailed descriptions that highlight local, state, and congressional antics and inactions inform readers of how government really does and does not work and for whom—bills introduced and defeated; where the power lies and whose vested interests are served; effective strategies for participating and prevailing; and mechanical versus human job performance. Although capital investments in machines were higher than the costs of immigrant human labor, machines "never complained or went on strike." However, hand-

rolled cigarettes "produced a more reliable product."

Despite the increasing popularity of cigarettes, tobacco growers did not necessarily receive a fair share of the wealth. With help from American capital and managers, a merger movement had formed the British American Tobacco joint entity. "An early example of a multinational corporation, it forged an empire" during President McKinley's pro-business administration. Then Teddy Roosevelt took office with his anti-corporate excesses presidency. He signed the Sherman Antitrust Act into law, which was intended to constrain and regulate monopolies.

### Private Interests Versus the Public Interest

By 1965, Ralph Nader's book "*Unsafe at any Speed*" and his public interest campaign for safe cars catapulted the use of litigation on behalf of public harms. "More than any other individual, Nader was responsible for a powerful critique of private interest government as morally corrupt and physically dangerous." He called on the government "to control the power of economic interests which ignore the harmful effects of their applied science and technology."

### Advertisements Versus Scientific Evidence

R. J. Reynolds inundated the American public from 1946 to 1951 with ads that claimed "to smoke was to be American" and "More Doctors Smoke Camels." Yet by 1953, emerging evidence linking cigarette smoking to cancer was published in popular periodicals such as *Reader's Digest* and *Time*. Then a 1954 British study "demonstrated significantly greater death rates among doctors who smoked versus those who did not."

### Electronic Cigarettes

Although E-cigarettes contain no tobacco, they "do contain nicotine and an array of other chemicals whose long-term effects on the body are unknown." Their use tends to be an entry to a lifelong smoking habit. That these are popular among teenagers is especially alarming and has led to campaigns in schools to discourage smoking. Research also suggests that early opportunities (around ages six or seven years old) to learn a musical instrument and to engage in outdoor activities can be deterrents to later unhealthy lifestyle choices. Diets comprised of unadulterated foods free of pesticides, added sugars, and other artificial ingredients (chemicals paraded as food) also increase the likelihood of positive behaviors and outcomes.

continued on page 34



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## BOOK REVIEWS

### The Cigarette: A Political History ...continued from page 33

#### Should Cigarettes Be Banned in This Country?

Milov fully informs readers about the societal and legislative machinations surrounding cigarette smoking, including how we got to where we are today and what else could or should be possible. "In 2016, only 15 percent of Americans smoked—down from 21 percent a decade earlier, and just a fraction of the 46 percent" who smoked "at mid-century." In the past fifty years, efforts of anti-smoking activists have saved "an estimated 8 million lives."

In addition, the government should provide financial assistance for small tobacco farmers to transition to organic animal and vegetable practices. Tobacco is known to deplete the soil of nutrients (George Washington did not grow tobacco for that reason), so organic certification can take three to five years. Organic farming is also more labor intensive, but those farmers receive higher prices for and better returns on their investments. The government may also have to assist with farm to market transportation and access, but making fresh organic prod-

ucts available to food banks could enable lower-income populations to access higher quality meat and produce (unadulterated real food).

#### More About the Surgeon General's Reports

In addition to serving as a past board member of the Maryland Organic Food and Farming Association (MOFFA), I also worked as a copy editor of the Surgeon General's smoking and health reports for five years. The scientists and medical doctors I worked with always agreed that there is no need for any more reports. The evidence of harm, especially in the two secondhand smoke reports, is strong enough to call for cigarettes and possibly other tobacco products to be banned.

One report described a study that tested the levels of vitamins C and E in nonsmoking healthy participants before and after they smoked two cigarettes. Smoking completely depleted the levels of both vitamins. It is possible that smokers who stop smoking and nonsmokers exposed to tobacco smoke may need to replenish the levels of those and other vitamins to prevent future smoking-related health

continued on page 32

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# Why compassion is an inside job

Benefits of self-care and how this simple act of love can change your life and the lives of those around you, for the better

BY KAREN HARDIE  
EDITED BY CAM MACQUEEN

Many of the people I talk to about health tell me they feel stuck in a rut, worn out, unable to take care of themselves the way they should. They know they ought to eat more veggies, drink more water, exercise more, and get more rest, but it's hard to put your highest needs first when you are running around and just trying to survive untold responsibilities. Does this describe you as well?

On top of that, the political and social climate of recent times has added more stress to all our lives, especially for those of us who pay attention. Many of us "givers" such as healers and activists suffer a certain compassion fatigue. We share a collective feeling of social exhaustion.

One effective way to overcome this overwhelming feeling is to shower yourself with compassion. If your cup is empty, it must be filled. Self-compassion, self-care, and self-love are all names to describe the act of putting

yourself first. Self-care is an emerging art, one I encourage you to practice!

Lately, I've been focused on learning what it means to deeply care for myself and I have learned a lot! I've seen and felt tremendous positive changes as a result of finally putting my needs first and I've heard from many others with similar experience. We've found the power of self-care comes from respecting ourselves. Self-care is the truest and sometimes the most difficult form of love and compassion. We have been programmed to put others first. Self-care might seem selfish, yet I argue it is the opposite. Self-care is an act of love that beams out of you for others to enjoy. When compassion starts with yourself and is reflected out, magic happens.

Love and compassion turned inward and mirrored out inevitably creates opportunities for you and others. Others feel this love and self-respect that you radiate, and they will be more inclined to show you love, compassion, and respect in return. Self-care is thus a win-win-win again scenario. You share love with self, others feel this love, they give

love back to you. Sound good? Taking care of yourself as a priority will enable you to live the life of your dreams. Or at the very least improve the life you live now and allow you to start toward the dream.

I was stuck in my own rut just a couple of years ago. I had a career position with a company I loved, yet it prevented me from caring for myself. My time and energy were so tied up that I got into a routine with too much coffee, sugar, and alcohol. You may know what I'm talking about—work hard/play hard, right? But I was gaining weight and I'm getting older, so these "treats" were not serving me well. They were causing inflammation, an overly acidic body, bloating and weight gain. While I earned a very good living and had a passion for the work, I realized I needed a different scenario for my long-term health.

Around this time the phrase "self-care" was trending in social media, and I wondered about this topic. What does it mean to love and care for oneself? Do I do it? How do others do it?

I decided to focus on myself for a

change, which created space for new opportunities to surprise me. I have ended up with a much richer life than I imagined, doing work I love that helps other people and allows a more balanced lifestyle for me.

What does someone do if they are stuck in a rut and cannot quit their job and figure out a dream scenario? Great question! The answer is unique to each one of us. A frustrating answer, I know. It's the same with overall health and wellness. Each of us must take charge of defining what's important. It's personal.

Start with looking at your own needs that aren't being met. If your cup feels empty, what would it take to fill it up? Do you need more pampering? Maybe schedule time for a hot bath once a week. Perhaps a spa day is in order. Do you have trouble scheduling a workout due to lack of time? Try scheduling a 10-minute high-intensity workout 3 times a week. You'll be surprised at how even a small step like this will help.

continued on page 36

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## CULTIVATING COMPASSION

### Why compassion is an inside job

...continued from page 35

Once you gain some results from your efforts, you'll be inspired to keep it up and maybe even do more. Say you notice you have more energy when you do the 10-min workout, you might feel inspired to do a 10-minute workout 5 times a week. Short, high-intensity workouts are as effective as much longer cardio workouts so this consistent 10-minute effort will really pay off.

Identify your roadblocks to health, look for solutions to those roadblocks, and then take one small action.

#### What does self-care look like?

Your personal idea of self-care could be anything from a nap to climbing a mountain. The point is to carve out a few minutes each day to do something that refuels your spirit. Taking care of your higher self brings joy. Joy can then overshadow your stress, angst, and frustrations.

Preferably you will carve out a few days each year to put yourself first, in addition to the daily practice. If you think you can't do this because you have long days and many responsibilities, I propose that a self-care practice will help you even more!

Try starting with a commitment for 10 minutes in the morning for something that may feel a little selfish, yet you know it will serve your health. Get up 10 minutes earlier if necessary. Or just skip the common task of checking emails first thing. The emails will still be there after you've focused on your own needs. You will be more able to tackle those tasks after you've shown compassion for your personal needs. Ask yourself, and be honest, what is missing in your life? What brings you pleasure? What are your favorite things? Do you get or do enough of these things?

Allow yourself to imagine steps that will fill your cup, both large and small. Start with the small steps and put the larger ones on your vision board. The small steps you begin now with will add up more quickly than you expect. Like me, you may find the longer-term goals manifest more quickly than expected as well.

#### Examples of what you can do to support yourself with 10 minutes:

- Meditate and visualize the day you want

continued on page 44



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# 10+ Earth-friendly Ways to Wage War on Weeds

BY KATHY JENTZ

William Shakespeare said, "Sweet flowers are slow and weeds make haste." Ain't that the truth! Weeds are fast growing and unsightly, but moreover, they deprive your desired plants of sunlight, nutrients, and water. Here are 10+ ways to get rid of them quickly.

**1. Cut the weed off at its base.** It will grow back. Cut it again—and again, until it exhausts its stored energy. This method prevents weed dispersal in the soil when you pull them out by the roots and is far less work than pulling. Let the cuttings lie where they fall to decompose, but discard them if they have already gone to seed. Get them early!

**2. Hoe them out when the weed is small.** They haven't developed deep root system yet and are easy to just scratch out. Use a long-handled hoe/weeder to save bending over, and do it frequently. You can use a scuffle-hoe. I like the Cobrahead long-handled cultivator tool

**3. Never leave bare soil.** Plant thickly; plant cover crops. This in-

cludes containers! Spread wood chips in paths and leaf mulch in beds.

**4. Smother weeds.** You can use landscape cloth, cardboard, or newspapers. The latter two materials are great for the layer/lasagna method. Mow the weeds and let the remains lie where they are, then cover with a thick layer of newspaper or cardboard. Next, hose down the paper. Finally, cover with a thick layer of leaf mulch. When ready to plant in this area, dig a hole through the mulch and newspaper, and plant in earth.

**5. Solarize with clear plastic.** Black or white plastic sheeting will not "cook" weeds as quickly as clear. Mow down the area, then cover with the



clear plastic. Weigh down the edges of plastic sheeting to prevent ventilation. Use the sun's power! Note: This doesn't work in the shade.

**6. Use boiling water.** BE VERY CAREFUL! This works best for weeds in cracks and at sidewalk edges.

**7. Use HORTICULTURAL vinegar (very, very carefully).** Wear eye protection, long sleeves, and gloves. Create a shield with a cardboard box so you only spray the weeds and not

other plants. Apply this on sunny, non-windy days. The vinegar must be 30% strength. NEVER use salt! No matter what you read on the Internet, it kills plants and ruins your soil.



**8. Use a weed torch.** Burn weeds with a weed torch. Be careful and selective. Do not use on windy days!

**9. Use a pre-emergent for crabgrass and Japanese stiltgrass to bind up seeds.** Be careful with use, because it will also inhibit propagation of plants that you want to self-seed. This must be timed while the forsythia are in



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Kathy Jentz is editor/publisher of *Washington Gardener* magazine. *Washington Gardener* magazine, is a new gardening publication published specifically for the local metro area — zones 6-7 — Washington DC and its suburbs.

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*Washington Gardener* magazine also makes a great gift for the gardeners and new home owners in your life.

bloom. I recommend the organic corn gluten pre-emergent from Espoma.

10. **Eat your weeds or use them medicinally.** There are many recipes online for edible weeds (garlic mustard, lamb's quarters, etc.).

11. **Weed after a heavy rain.** It is much easier to remove weeds when soil is not hard-baked and very satisfying to get the whole root out in one pull.

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## YOGA TODAY

# The Yoga of Fulfillment: No Poses required

BY CLAUDIA NEUMAN

In the Denver airport recently, a man about my age looked at my t-shirt that had the words, 'Para Yoga' on it and asked me, 'so, what kind of yoga is that? Hot flow, breath yoga, dance yoga, drumming yoga, pot yoga?' As I started to form an answer to his question, he then added, 'I tried a yoga class once. I'll never be able to touch my toes. It's not for me, not now...' I could hear the subtext of his message. For him yoga holds nothing. In his mind, if he hasn't been able to touch his toes by now, he never will, and thus, will never find out what yoga is all about.

The good news is, is that there is a quiet revolution going on in the yoga world today. As the yoga world and the population as a whole becomes more mature, a number of non-asana based yoga teachings are on the rise. Practices such as Yoga Nidra, Mindfulness, Meditation and more are gaining popularity. Studying the ancient texts, such as the Vedas, Upanishads, and the Sutras reveals the elaborate and detailed knowledge that sages knew about the human condition and how

to remedy suffering through meditative and contemplative practices. In fact, yoga is one of the most effective and practical systems of psychological health we have today. In addition, we have some of the greatest scholars available who are giving us comprehensive and hands on experiences with the teachings of the yoga tradition as it was put forth many thousands of years ago. I am sorry that my friend at the airport had such a negative 'take away' experience from his one shot at doing a yoga class!

### The Four Desires

One non-asana based modality that is proving life changing is called 'The Yoga of Fulfillment'. Based on the groundbreaking work by the creator of Para Yoga, Yogarupa Rod Stryker, in his book, 'The Four Desires: Creating a Life of Purpose, Happiness, Prosperity and Freedom', Stryker lays out a path of contemplative practices that are surprisingly eye opening. As one reads the book, they find that throughout this work they are being asked to interact with themselves in a

continued on page 40

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## YOGA TODAY

### The Yoga of Fulfillment: No Poses required ...continued from page 39

way that leads to revealing their purpose in life. Workshops in The Four Desires are also powerful: the three-day experience taught by experts has given those involved a new lease on life. Once more, they didn't have to be able to do yoga poses to get there. What one takes away from a Four Desires workshop is an ongoing, daily perspective that has been born from an authentic relationship they have started with their soul. The idea of being able to take full responsibility for one's life takes on an even more profound twist when the practices are based in the ancient wisdom of the Vedic texts: after all, thousands of years of yogic tradition has stood the test of time to be sure.

#### The Vedic Roots of the Four Desires

According to the Vedic texts, the soul has two expressions. The soul, or, 'atman' means the highest supreme principle, or, the higher Self. We all have this highest essence. Our highest Self has two functions: it is both infinite and finite. The soul is 'para' or 'paramatman' (infinite) and 'jiva' or 'jivatman' (individual). This concept of the soul is also found in numerous

teachings from a variety of religions and spiritual traditions. One sees this repeated in Christianity, Buddhism and more. The idea is basically that we are one with the creator, or, that the temple of God is within each one of us. We are made in the image and likeness of the Divine. Since the Vedic texts are the oldest spiritual texts known to mankind, it *could* be that this is where this concept was first put forth.

What the Vedas are saying is that the two aspects are not separate. Our highest self is identical to the divine, but the individual self has a unique purpose, which it seeks to fulfill through its embodiment. Just as a seed has the specific aspects of the plant within it, our souls have the unique aspects of our purpose within them as well. In essence, the spiritual and material aspects of our being are not separate. In fact, the soul itself expresses through four distinct desires in order to evolve. This teaching is referred to as 'Purushartha', which roughly translates as, 'for the purpose of the soul'.

We are embodied souls who each have a purpose. The soul is equipped

continued on page 41

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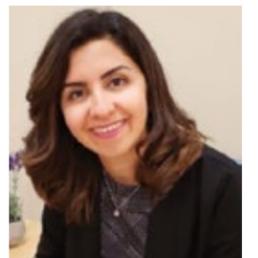
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with the Purusharthas, or, four desires, in order to thrive. If we don't, we incur suffering. One good reading of the Bhagavad Gita gives us the synopsis of this idea, as we empathize with the great warrior Arjuna who wants nothing more than to turn his back on his own purpose, or, dharma. Krishna, his wise guide teaches him that it is his duty to live his souls purpose. Not to live it, Krishna warns, causes more suffering, not just for him as an individual, but for the whole of humanity and the universe itself. The famous quote goes something like: 'It is better to fulfill ones dharma, even if done poorly, than to fulfill another's dharma perfectly.'

In short, the yoga of fulfillment is not referring to a get what you want scheme that is full of affirmations and visualizations. It refers to doing the practices that will help you to uncover what is already within you that calls to be expressed. The greatest desire that lays within all of us is the desire to fulfill our true dharma, and sadly, we live lives that rarely reflect our calling, namely because we have no time or inclination to listen to our own soul. But, it's never too late, or, too early to start this work!

**The Four Desires**

The Vedic texts teach that our jivatman, or individual aspect of our soul,

*In short, the yoga of fulfillment is not referring to a get what you want scheme that is full of affirmations and visualizations. It refers to doing the practices that will help you to uncover what is already within you that calls to be expressed. The greatest desire that lays within all of us is the desire to fulfill our true dharma, and sadly, we live lives that rarely reflect our calling, namely because we have no time or inclination to listen to our own soul.*

has four driving desires that guide us towards our destiny in life. As mentioned, Dharma is the most prominent and it is taught that the other three desires, artha, kama and moksha, are there to help us fulfill our dharma.

**Dharma**

Going back to the analogy of the plant being held within the seed of it, dharma is the potential that each individual soul has to manifest their unique expression of life. If life is a symphony, each soul has it's own note. In order for life itself to be life, each note is imperative to this force of intelligence. In the Vedic tradition, the reason for dharma is twofold. First: our individual happiness is dependent on finding our dharma and fulfilling it, and, as indicated, when we do this, we are contributing to the whole of

evolution. To make this a little more understandable, let me put it this way: have you ever done something in your life that you knew was exactly what you were meant to do? This would be along the lines of listening to that call. Going back to Bhagavad Gita: Arjuna wanted to move away from what he was facing. He was stuck. His higher self, Krishna, called him forward to evolve. Dharma is the potential within us that came here, in the embodied version of you, to be manifested. Understanding it and working with it is what 'The Four Desires' is all about.

**Artha**

The next desire is called artha, which means, the means necessary to fulfill your dharma. Artha is the desire for the material means, such as the food, physical well-being, financial

resources and whatever particulars are needed for your dharma to be born. In the case of a seed that needs to sprout, it's artha is soil, water, sun shine and perhaps love. In the case of us individuals, artha can take many forms.

To be clear, accumulation of material goods for the sake of amassing wealth is not the meaning of artha. Artha is specifically the desire that is linked to having the means to fulfill your dharma. If your dharma is to be a teacher, you desire the funds to study your subject so that you can teach it. If you are a writer, you might desire the time and the quiet space to write, and so on.

**Kama**

The third desire is kama, means, pleasure, sensuality, intimacy, beauty, closeness, art, friendship and generally the things in life that give you that sense of fullness. Not to be mistaken as lust or just a random desire to feel good through whatever means, kama is linked to true pleasure. For example, have you ever been happy for no reason? Have you ever felt 'right' within yourself and realized that all is well with the world? This is kama. Kama is also the sense of pleasure that comes from accomplishment, and specifically the fulfillment of ones dharma. When you have done what

continued on page 42

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## YOGA TODAY

### The Yoga of Fulfillment: No Poses required ...continued from page 41

needed to be done, and you know you did this with the divine spark in your heart, suddenly, there is magic. The world makes sense. You are full from the inside out. This is what kama can be thought of.

#### Moksha

The fourth desire, moksha, is translated as 'freedom'. And it is referring to the true sense of freedom, which is liberation.

We all have a desire to touch the eternal, to understand what lies beyond the material entrapments of the physical world. We have a desire to be free from the limitations that come with our identities, our circumstances and our five senses. This is the basis of many spiritual traditions. In essence, the longing to live from that place of lasting peace and love within us is moksha.

The desire for moksha is a porthole to the infinite: it is this desire that will compel us to seek out spiritual practices, to meditate, to contemplate and review our lives. It is said that the desire to know the Divine is actually the greatest longing within each of us.

#### The Dharma Code

To attend a weekend master training in the Four Desires is transformational, and, there won't be any intense yoga poses being done. You will be writing, reflecting, sharing, and questioning with like-minded seekers. You'll learn to access which of the four desires is more prominent for you: and you'll gain the understanding of how these four desires operate not only in the course of single day, but in the course of a lifetime.

The 'dharma code' is what you find after learning how to reflect and meditate on specific concepts. Some of the exercises that you will go through will include developing and using your higher wisdom, also referred to as Dhi, this is the guiding force within all of us that is quietly informing us. Through yogic practices, such as meditation and yoga nidra, the mind becomes more receptive and clear. The wisdom of dhi emerges and the 'dharma code, which is statement you come to realize, is born.

When all is said and done, in the world of doing yoga, we can all ask ourselves what counts. As we grow

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## YOGA TODAY

The Yoga of Fulfillment: No Poses required  
...continued from page 42

**This new non-asana based kind of yoga is offering seekers of all ages and stages in life the link to the soul and to the type of fulfillment that is lasting.**

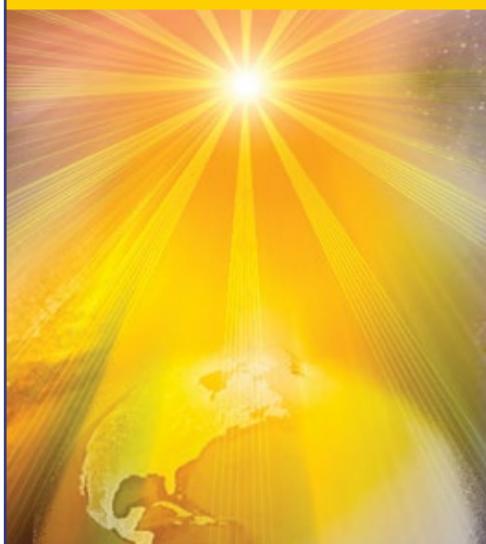
into our golden or silver years, will it really be important if we can do a great back bend? Or, will we derive that peace of knowing that we came here to do what we were meant to do?

This new non-asana based kind of yoga is offering seekers of all ages and stages in life the link to the soul and to the type of fulfillment that is lasting. To find out more about workshops in the Four Desires, please visit [www.parayoga.com](http://www.parayoga.com).

*Claudia Neuman, MSW, E-RTY 500, YACEP, was born in Los Angeles where she began her serious study of Yoga at Yoga Works in Santa Monica. She spent*

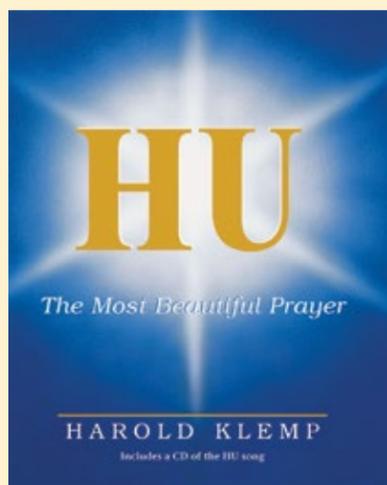
*years assisting along side some of the most noteworthy teachers of our time, until she certified in Anusara Yoga in 2004. In 2013 she reconnected with her teacher Yogarupa Rod Stryker, the founder of Para Yoga, and has now completed all of the Master Para Yoga trainings towards certification. She directs teacher-training programs, and, currently is teaching her signature workshops: 'Enlightened Rest' and 'The Origins of Yoga' at many studios in the DC Metro area. You can find her group class teaching schedule, as well as information on her upcoming retreat, at: [www.alignwithgrace.com](http://www.alignwithgrace.com). See her ad on page: 34.*

## HU: A Universal Love Song



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### An Invitation to Sing HU

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To do the exercise, first get comfortable. Close your eyes and take a few deep breaths. Next, gently put your attention on your inner visual screen, where daydreams and images come to you.

With your eyes closed, sing HU (pronounced like the word hue) as a song of love. You may notice a feeling of peace, warmth, and comfort. You may also recognize the presence of the Divine through greater spiritual insights into your daily life. There are many ways to experience the love of God.

For more information about the HU or Eckankar events in this area, please call 703-916-0515 or visit our website at [eck-va.org](http://eck-va.org).

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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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## CULTIVATING COMPASSION

### Why compassion is an inside job

...continued from page 36

- Morning pages, write out personal thoughts first thing in AM—good, bad and ugly
- Stretching, yoga or tai chi
- Write poetry
- Go for a walk
- Do high-impact, heart-rate boosting exercises, like lunges, kicks, squats, or jumping jacks
- Make a pot of herbal nervine teas like holy basil or chamomile and sip while focused on setting up a positive attitude
- Sit quietly with thoughts and do nothing
- Take a hot bath with Epsom salts or essential oils (I hope you can spend 30 minutes in the tub!)
- Dance around the house to some favorite upbeat music
- Pray or read a spiritual text

Starting your day off with mindfulness or brisk activity gives you a chance to set up the rest of the day for success. If you miss your morning slot or it just doesn't work, take 10 later on. Maybe you can luxuriate in a 10-minute nap? I have been known to nap in my car during lunch. Small step, big payoff!

The benefits of taking this time will

not only show love, respect, and compassion for yourself they also help you manage the stresses to come more effectively! For example, and at the risk of sounding cliché, caring for yourself is much like putting on your own oxygen mask first. If you are not getting enough "oxygen" you will not perform as well, you will not be able to offer your best to the world. When you do get your "oxygen" in a timely manner, you have properly functioning mental faculties with which you may now serve others more fully. Each of us must define what our own "oxygen" looks like, and each of us must be honest with ourselves about our own needs.

I hear your thoughts dear reader—how can I possibly add one more task to my day?

I understand your dilemma; in fact, I totally get it! I ignored my own needs for a long time, which resulted in an unbalanced life and health that was heading in the wrong direction. I played a self-martyr role for so long that I had to make a big change in order to course correct.

I encourage you to start prioritizing yourself now and start taking consistent small steps toward showing

***I know it is hard to prioritize these self-centered tasks that are not really honored in our society. I also know the benefits will pay you back ten-fold.***

yourself some compassion. You do not have to be a super-hero all the time. You can admit to having needs. Slowing down to enjoy your life *now* gives meaning to your life *now*.

I know it is hard to prioritize these self-centered tasks that are not really honored in our society. I also know the benefits will pay you back ten-fold. Forge past the social constraints and ideas that cause self-martyrdom. Move fully into love and be the example.

Someone asked me not too long ago if I had ever put myself on a gratitude list. I gasped when I heard the question. Despite having kept a gratitude journal for years, and it had never occurred to me to put myself on that list. Not once.

Do you include yourself on your gratitude list? Here is a great place to start your self-care practice. Write out a gratitude list and put yourself at the very top! Loving yourself is the highest form of respect, compassion, and grace you can show. When you love you, you will understand love at the deepest, most authentic level. Love, that will give you the confidence to love others and to change the world.

*Karen Hardie is a Certified Herbalist and Integrative Health Coach who lives in the beautiful Blue Ridge mountains of Asheville, NC. Karen offers an initial, complimentary health-coaching session by phone, Skype or Facetime. For more details visit [www.sweetriverswellness.com](http://www.sweetriverswellness.com) or feel free to call or text 828-585-7266.*

*Cam MacQueen is the creator and manager of "Cultivating Compassion" and is always open to suggestions for her column. If interested, email [cam@theblockoffbiltmore.com](mailto:cam@theblockoffbiltmore.com) with "Pathways" as the subject. In November 2015, Cam opened THE BLOCK off biltmore, Asheville's first EcoVegan bar & community event space, located in the YMI Building @ 1893 - one of the oldest African-American cultural centers in the country. Her tagline is "Where Your Drink Makes a Difference!" as the mission of the business is to support the community and raise awareness about issues of importance to local nonprofits, organizations and individuals and how, together, we can create compassionate change. To learn more about events and happenings, visit [theblockoffbiltmore.com](http://theblockoffbiltmore.com). And, if you are ever in Asheville, please stop by!*



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# Your Life's Your Story Creating Yourself as You Go Along!

BY ROBERT CALDWELL

Conceived in passion, we begin with a great race and an expectant waiting as triumphant sperm meets receiving egg to create us—this *being* that is and is becoming. We are nestled in a warm, soft, enveloping, rocking, all-providing home until we are ready to emerge into this strange new world of air, light, earth, and animated creatures to live as independent systems.

We bring multiple talents and powers with us, for there is much to learn and do in our life adventure. So much novelty happens. We match wits and strength with the surprises of life. We make things work, and we fail. We cultivate styles and personalities unique to ourselves. We develop yearnings, intentions, goals and behaviors to help us achieve our desires. We learn a spectrum of skills for relating to our fellow-creatures. We strive to fulfill ourselves, and in the process we suffer and laugh, split our time with satisfactions and frustrations, and variants in-between.

Every moment brings new possibilities. We learn to be smart and to be stupid, to join with others and to go-it-alone. We learn to walk, to run, to speak, to sing, to cry. We learn to create ourselves in our work, in our play and in the ecstasies of sex. We develop styles for relationships—formal and casual, detached and soul-bonded. We learn to squander our talents and enhance them, to be losers and winners. We learn to bring our evolved intentions, our conscious hopes and goals into the world with varying effectiveness. We learn to expand our energies, even as we learn to accommodate our internal and external limits. We develop wisdom, understanding, gentleness, strength, even as we learn weakness, stupidity, fear, aggressiveness, failure. We experience the enhancements and diminishments of aging, and we learn that our friends, enemies, and intimates die—and so do we.

Every person's life embodies these events, but each one experiences and expresses them through individually created stories. With idiosyncratic

variations—our unique stories—we think and talk about our lives. We create our stories and then we live by them. With a multitude of themes and plots we compose and play-out our particular stories. We craft stories of high achievement, of mediocrity, of victim-hood. We spin stories of self-aggrandizement and violence, of tenderness and self-sacrifice. We make stories of the prominence of family bonding, of the aggressive accumulation of wealth-at-all-costs, of loneliness that endures in spite of “having many friends,” of successes that are never satisfying, and of failures that can't squelch our spirit. We make stories of repeated disappointments, of yearnings unanswered, of lies and betrayals. We make stories of dehumanization and painful accommodations to placate persons whom we believe have power over our lives. We make conscious and unconscious stories, some dominant, some minor that give form, cohesion and direction to our lives—for well and ill. And we conjure stories to help us deal with death—stories of past and future lives,

or meta-realities, of the human connection with the Divine.

Together, these stories about ourselves in our world make up the blueprints, the molds, the psychological programs by which we shape our lives. Our stories become the frame within which we know ourselves, by which we define the limits and expansiveness of our expectations for ourselves. Through our stories we go about living our lives with a consistency and congruency that enables us to remember where we have come from and where we are going.

### Making-Up Ourselves as We Go Along

An idea, at once familiar to thoughtful readers, but always radical when we apply it to our actual behavior, underlies all I say in this article: Our lives are our subjective and objective fluid sculptures of our own experiences....i.e., *we make up ourselves as we go along*. The outer world is real, but it is only experienced as Frank Sinatra put it, “My Way.” We don't discover a reality so much as we

continued on page 46

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**Your Life's Your Story:  
Creating Yourself as You Go Along!**  
...continued from page 45

make it. We never find what we *"ought to"* be doing (no "Ought" exists), but we can begin to guide and enjoy what we *are* doing, do it well, and, with high intention, wrap ourselves in this "destiny" as it becomes our chosen and celebrated story.

**Objective and Artistic Stories**

There are two orienting perspectives on life, the objective and the artistic. All of us carry the tension between these two perspectives—these two stories—within us. Objectivism believes that there are rules, rigid boundaries between right and wrong; it believes that we *should* fit appropriately into stories supposedly larger than ourselves, where the rules and directions are pre-established, where the expectation is for obedience and regimentation—dogmatism, "revealed truth," "ends-justifies-the-means," "family values" are examples. Objectivism's favorite word is "should." It believes that some are "in" and some "out." It flourishes in politics, religions, ethnicity, and professions. Objectivism results in the strong coercing its "truth" on the weak. Its logical extreme is Inquisitions and "Final Solutions."

The alternate perspective is the artistic. This attitude sees life as continually changing as we attempt to create the fullest and most rewarding possibilities for ourselves—while accepting that others must also form their patterns in ways they need to complete their own lives. Of course, artists join with others for creative and cooperative efforts—we hardly build sweat lodges or computer mainframes alone. The artistic process seeks to enhance rhythms, colors, pleasures, insights, emotions—rearranging in higher patterns all experiences. Artists take the world seriously, not as a set entity demanding moral acquiescence but as a vital resource for collegiality as we make grander and most satisfying plans and happenings together.

As a teenager in the Bible Belt, I sat through more than one "youth revival" when the minister spoke in urgent tones about the "blueprint" God had for each life—our only duty was to find and follow it. I remember that something felt very wrong about this even at my tender age. I understand now that in me was being born a rejection of guidance from outside the self and embracing of the idea that the world is what we make it to be. Each of us creates our "blueprint," our story from the experiences—some authentic, some fragmented, some spurious—of our body, mind and soul in concert with the possibilities of the world.

**Our Stories Can Work for Us—or Against Us**

We, subjective artists that we are, make up our stories as we interact with the external world. Our stories are the conscious and unconscious programs—the software—we create to give us continuity and predictability in the world. Or, to use the vernacular—without a good story we don't know "what the hell we are doing!" Stories are the ways we put together our assets and liabilities into a guidance program to give us the know-how to move with some measure of control, success, and joy through life. Our stories are both compromises and collaborations with the world that become our shaping and driving forces.

We are as entitled to our own stories as we are to the pursuit of happiness. But, do the stories we live by provide a structure rich, varied, and tough enough for our talents and interests as we deal with other persons who are creating and living out their own stories? In this interdependent cacophony of stories, does ours work well for us? Our lives are quests for the best story—the story that contributes most to enabling us to negotiate existence safely, pleasurably and proudly. In a society in which other human beings are about their own story-making as well, we often come to cross purposes. There is the long-running Israel and Islam story. There is the

continued on page 47

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## Your Life's Your Story:

### Creating Yourself as You Go Along!

...continued from page 46

perennial drugs and athletes story. Forever, there is the parent's story and the child's story. Conflicts and power struggles are in the nature of things. It is critical that our stories are such that they can creatively intersect and complement the stories of others or their prospects are very poor.

In this world of conflicting stories, there is the always-present question: are we sacrificing our natural powers and interests to accommodate to other stories, to play parts in other's dramas that inhibit our own potentials? Is our story created in fear or weakness or shame, or is it created as the honest expression of our rhythms and needs? Is our story borrowed or self-made, an honest expression of our talents and capacities, or is it protectively reactive, formed more as how a story "should be" rather than making-up our own in a state of high and bold adventure?

### Stuck in a Bad Story

Sometimes, it is not immediately apparent whether or not our story is self-expressive or self-protective. On the face of it, our story line may seem quite good—we can seem to have control, but upon looking closely, we begin to see how pale and posturing our story of self-realization is. Whether we are living a story we embrace, one that resonates with our feelings and thoughts, or whether it is coerced or unconsciously appropriated from our fears and defensiveness is a distinction we need to learn how to make about ourselves. The vivid and poignant film, *The Last Emperor*, dramatizes the dilemma in exquisite detail:

A little boy is chosen to be the Emperor of Imperial China. He is waited on at every turn, with his pleasures anticipated and provided before he seeks them. For unruly behavior, he receives no disciplining. He is given a wet nurse, a playmate, attended by thousands, worshipped by millions, surrounded by outrageous splendor. He is even given a western education. But, there is a catch; he is to serve, not his own needs for freedom and natural self-expression in the world, but those of Imperial China. There are many times when he believes that he is emerging as a significant personal force, when he mistakes his mock "power" for an actual ability to direct his own life and influence others, but he always remains the pawn of greater socio-political forces. He is first carried away from his mother to be the "ruler" of the Chinese Empire. When the Nationalist revolutionaries take over China they seek to use him to legitimize and strengthen their regime. When the Japanese triumph over China, they offer him back the "power" of his crown, conditioned upon his being figurehead of their reign. When the Communists emerge victorious, he is put through rigorous retraining so he will admit "the errors of his imperialist past" and join the workers' revolution.

In his personal life, the Emperor, likewise, seems to have everything, including a keen intelligence and

humanistic sensibility, yet he has no actual control of his life. He is initiated into love-making by his teenage bride when he is but a child, and this sets the pattern for the women in his life to dominate him through embarrassing, manipulating, or abandoning him. His one true friend, his English tutor, is impotent to help him act in ways expressive of his evolving knowledge and sensibilities. Finally, made prisoner by the communist regime, he is effectively re-educated to renounce his past "crimes" and is taught to work humbly as a gardener. His life is a graphic parable of what happens when a person's inner story and outer circumstances are at cross purposes. There are moments, both personal and political, when things seem promising, but in the long run, there is disillusionment and chaos. The rulers, Imperial China, Communist China, Japan, are living out a grand political story than cast him in the role of accomplice to their designs. The women brought into his life to attend him urge him to claim his inner powers and assert his will within his world; when he cannot, they exploit or abandon him. He never finds a story expressive of his own sensibilities, never finds an empowering plot-line he can make work within the realities of his surrounding life. He never discovers how to use his privileged position to impact his culture. He is stuck in a story of Imperialism and he never finds his own. He dies placidly. So much potential, so much pain, so little realization—this sad man whose life was trapped in derivative stories.

### Creating Better Stories

Like *The Last Emperor*, we all struggle with the conflicts between our inner experience as it tries to form into honest stories based on genuine feelings, longings, and gifts and our experience of the world around us when we are confronted by the stories being lived out by our parents, friends, social groups, neighbors, bosses, lovers. Perhaps you are living out a story that "fits" others in your world, but does not really "fit" you: you may blithely think of yourself as "happily married" when, in truth, your feelings for your mate died years ago; you made be trudging along in your profession, when pursuing a different path would enliven your soul; you may be carrying forward a story of your mediocrity as a business man while neglecting an alternate story of your high ability to create with your hands.

We live by our stories. They are the themes, the ideas, the styles, and expectations—conscious and unconscious—that we adopt as the dynamic guidelines of our lives. We may not be immediately aware of how stories shape our lives, but with a little thought we can see how persons we know live out their stories over and over, in spite of new resolutions and attempts at different behavior. Joe, we can always count on to be *almost* a success. Dan, we unerringly predict will fall in love at-first-sight and then find something wrong with his fast-

fading flame. Sarah, we are confident will be depressed over having discovered that her new "thrilling" job leads nowhere. Sal, we predict will enter her new school and become the darling of the professors and the toast of her classmates.

Joe, Dan, Sarah and Sal live by stories, as do we all. Indeed, our stories do have a remarkable consistency, but as we become more conscious of them and serious about their role in our lives, we can begin to take charge of reshaping them in ways that they better serve our interests and talents—certainly less social pressures and superficial idealizations—as we learn to author stories that are more courageously expressive of our sense of ourselves.

### Tell Your Real Story

The initial step toward creating new stories is to become clear about the ones you are now living. Most of us never tell our life-story—out front, full stop—either to others or ourselves. It's time you spun your yarn for another to hear—and for you to listen to, also. For the story you are living now is built on your personal *history*. Recruit a listener whom you can trust to allow you to tell the truth about your life. You need all the help you can get to begin to tell the truth. You will be amazed at how much you will be tempted to edit, delete, and reconstruct your story. Tell the whole thing beginning with what you know about your ancestors and on through your birth, growing up, your school experiences, your work, your loves, your

continued on page 49



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# SUMMER CALENDAR

## Ongoing Calendar

...continued from page 78

**Learn to Meditate (Every Saturday)** - If you have ever wanted to meditate but did not know how to begin this class is for you. People meditate for all sorts of reasons: to relax; calm down; relieve stress; improve relationships; understand themselves; tap into their potential; to find meaning and purpose in life and awaken their spirituality. Join us on Zoom to begin incorporating meditation into your daily life. Saturdays, 1:45-2:45pm ET. Free Events. RSVP at [www.MeditationMuseum.org](http://www.MeditationMuseum.org).

**March-September Monthly Trainings** in Family, Human and Natural Systems

Constellation Facilitation with Francesca Mason Boring. [www.blueberrygardens.org](http://www.blueberrygardens.org)

**Medical Intuitive Amos Snider** releases your energetic physical, mental, or emotional blocks. Amos will be at the DC Omni Shoreham Hotel the second full weekend each month. Schedule at [www.amosmedicalintuitive.com](http://www.amosmedicalintuitive.com)

**Meditation Circle** offers a quiet, peaceful environment to help you let go of the mental chatter so you can go inward and connect spiritual. Beginners welcome! 1st

Monday of the month, 6-7pm at Spiritual Spectra Office in Columbia, Maryland. Cost: \$10. Call: 1-888-934-3642, or email: [info@spiritualspectra.com](mailto:info@spiritualspectra.com). [www.spiritualspectra.wordpress.com](http://www.spiritualspectra.wordpress.com)

**Messages from Spirit with Rev. Carlos Alcocer** the last Thursday evening of the Month at 7:30pm. \$20. [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

**Messages from Spirit is a Group Psychic-Medium Reading Event** which offers a warm, inviting, community environment whereupon each person receives the benefit of communing with Spirit by hearing and/or receiving messages from Psychic Medium Jennifer Garcia. Email [info@spiritualspectra.com](mailto:info@spiritualspectra.com) or call 1-888-934-3642 (toll-free). [www.spiritualspectra.wordpress.com](http://www.spiritualspectra.wordpress.com)

**Mindful Eating Community Dinners** at Fox Haven Farm. Mindful Eating is a community cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. Visit: [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/) for dates.

**Mindful 365 Sitting Group:** Monthly meditation group focused on mindfulness. Newcomers welcome. 10am-12pm. Unity of Fairfax, 2854 Hunter Mill Rd, Oakton, VA. \$10 suggested donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events)

**Moon Services, Saturday evenings around the full and new moons.** Volunteer led services at Four Quarters Inter-Faith Sanctuary. Check the website or call for details. [www.4qr.org](http://www.4qr.org) Reiki Practitioner Mentoring & Internships. One-on-one, custom-tailored mentoring from general coaching to working with actual clients as an intern. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

**Psychic Development Workshop – Wednesday evenings, 7pm, 2 hours, \$20/person.** Anam Cara Wellness, 311 Maple Avenue West, Suite K, Vienna, Virginia. For more info: Robyn Wolf, [www.robynwolf.com](http://www.robynwolf.com), [psychicmediumrobyn@gmail.com](mailto:psychicmediumrobyn@gmail.com)

**Reiki Practitioner Mentoring & Internships.** One-on-one, custom-tailored mentoring from general coaching to working with clients as an intern. Aziza Doumani Reiki & Wellbeing. [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)

**Soul Healing Conversations:** Wednesdays at 3pm EST on VoiceAmerica's Variety channel. Roz and her guests get real about healing your past and seeing life from an elevated perspective. Conversation topics range from how to master your energy to manifesting the vision for your life and everything in between. Visit: [www.voiceamerica.com/channel/246/voiceamerica-variety/shows](http://www.voiceamerica.com/channel/246/voiceamerica-variety/shows)

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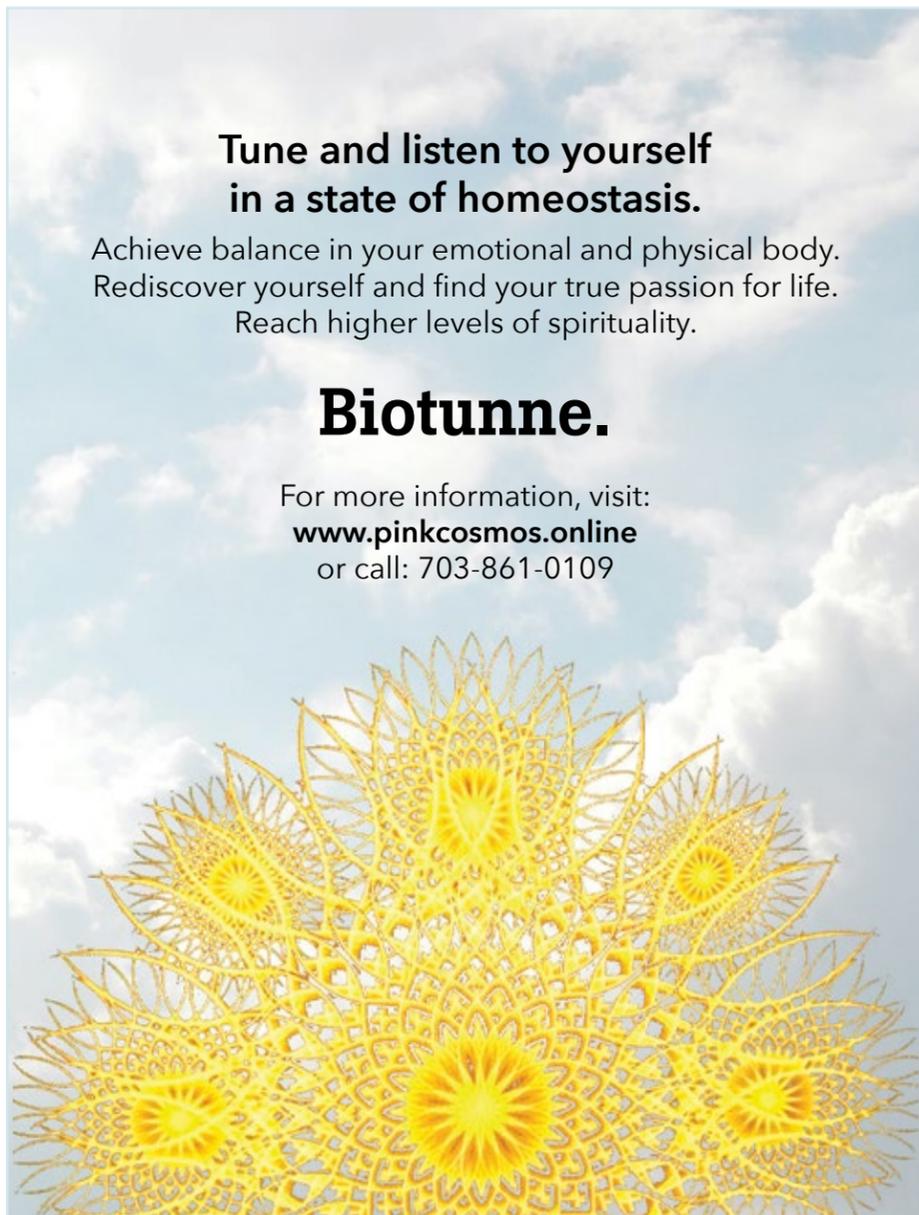
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## SUMMER CALENDAR

**Spiritual Awareness Group is meeting online** to offer open discussions to explore spirituality, including spiritual energy, psychic and intuitive abilities, and meditation techniques to enhance connection to the Divine. Every Tuesday from 7-9pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Spiritual Growth Study Group, meeting online** for discussion and exploration of metaphysical principles, spiritual traditions, and new age spiritual material, every Thursday from 7-9pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [unityoffairfax.org/events](http://unityoffairfax.org/events).

**Please set aside Sunday, April 18, 2021, on your calendar to share our joy at our 51st Natural Living Expo** [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)

**Sunday Services, 11am, Takoma Metaphysical Chapel.** 10501 New Hampshire Ave., Silver Spring, MD 20903 Info at [www.takomaparkchapel.org](http://www.takomaparkchapel.org).

**"The Sound of Soul", a holy name for God.** When you sing HU, know this is one of the most sacred names for God. 1-800-LOVEGOD.

**Transmission Meditation:** Join us for meditation with the Masters of Wisdom, a potent form of spiritual growth and world service. Free admission. Please inquire at [skourangis@gmail.com](mailto:skourangis@gmail.com).

**Unfoldment into Mediumship Circle –** Thursday evenings, 7pm and Saturday Mornings, 10:30am. 2 hours. \$20/person. All levels welcome! For more info: Robyn Wolf, [www.robynwolf.com](http://www.robynwolf.com), [psychicmediumrobyn@gmail.com](mailto:psychicmediumrobyn@gmail.com)

**World Peace Meditation Hour – Group Meditation.** Every 3rd Sunday of the month, more than half a million people in over 100 countries actively share thoughts of peace & calm with our troubled world. Whether or not you know how to meditate, you are invited to join us for an hour of music, silence and guided meditation. Every thought makes a difference. 6:30-7:30pm. Held at the Meditation Museum, 9525 Georgia Ave., Silver Spring, MD and Meditation Museum II, 1984 Chain Bridge Rd., McLean, VA. Free Event. [www.meditationmuseum.org](http://www.meditationmuseum.org).

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### Your Life's Your Story:

#### Creating Yourself as You Go Along! ...continued from page 47

achievements, your losses. Tell things you never thought anyone would be interested in hearing. Tell things that are painful to you, that shame you, that make you proud, that make you laugh and cry. Make your story come right into the present and include some projections for the future—what will happen if things continue on course.

#### Learn from Your Story

Study your story, the ends and outs

of it, the major themes, the complainings, and the celebrations. Pay attention to how you felt when you spoke of your parents, your siblings, your friends, your boss. Pay attention to feelings of incompleteness and completion, to feelings of anger and joy, etc. What do you like and dislike in your story? Is it a balanced story, or are some parts too out-of-sync with others? Attend to major goal and expectations, to guiding philosophies, to the values you so often take-for-granted. What seems set, and what seems possible to change? Give names to the

themes and plots of your story as you would for chapters in a book: "The complainer," "Why fall in love, it never works out," "If you have to ask, it doesn't count" "I can do whatever it takes," "My family loves me and will see me through." After creating a number of chapter titles, give a single title to your story. It might be something like "Rigidity," "Fluidity," "Questing," "Co-Dependent," "Self-Reliant," "Descending," "Ascending." This is an opportunity to let your consciousness make a "dec-

continued on page 67

## Have a healthy disregard for the impossible



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## SUMMER CALENDAR

### JUNE

**Marketing 101 Virtual Workshop.** 7-8pm EST. Join Emily from Shine Coaching & Consulting for a 60-minute interactive workshop that focuses on the fundamentals of marketing to help entrepreneurs better understand how they can promote and grow their businesses. Register at [www.shinecoachingandconsulting.com/workshops](http://www.shinecoachingandconsulting.com/workshops)

**Mindful 365 Sitting Group:** Monthly meditation group focused on mindfulness, held online if necessary. Newcomers welcome. 10am-12pm Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 suggested donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Monthly gathering of Holistic Moms Network of Northern Virginia.** Join with other natural-minded moms for connection, conversation, and education (children, dads, grandparents, and non-parents welcome, too). 7-9pm, Annandale, VA. [www.facebook.com/HMNNNOVA](http://www.facebook.com/HMNNNOVA)

**Word-of-Mouth Marketing Virtual Workshop.** 7-8pm EST. Join Emily from Shine Coaching & Consulting for a 60-minute interactive workshop that focuses on what word-of-mouth marketing looks like in the age of technology and how to connect with your audience in order to help positive word-of-mouth to spread. Register at [www.shinecoachingandconsulting.com/workshops](http://www.shinecoachingandconsulting.com/workshops)

**Foraging Level 1: Cooking with Cattail and Milkweed** with Nick Spero. 9am-1pm. 3630 Poffenberger Rd, Jefferson, MD. \$40. [www.foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/](http://www.foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/)

**6/13-14 6-hour Foundation for Shamanic Studies online training:** The Shamanic Journey: Pathway to Knowledge and Power, led by Dana Robinson, FSS Faculty Member for 34 years, author of A Shamanic Altar, co-author of Shamanism and the Spirit Mate and a novel, Sky Tide. Learn the shamanic journey for entering into another reality with discipline and purpose using classic drumming techniques to alter consciousness. Meet personal spirit allies for personal wisdom and knowledge to create a better world. Cost: \$90. Training will be repeated July 18 & 19, August, 15 & 16. Contact Dana, [danacougar@goeaston.net](mailto:danacougar@goeaston.net) or 410-820-9977.

**Introduction to the Pelvic Health & Hands-on Mineral-Rich Infusion.** Discover the wonderful world of herbs and how you can work with them in your everyday life! 12:15-4pm. 256 W Patrick St #4, Frederick, MD 21701. \$380 whole series (3rd Sundays, March-Nov), \$40 single class. [www.foxhavenfarm.org/events/fundamentals-of-herbalism-series-at-sol-yoga/](http://www.foxhavenfarm.org/events/fundamentals-of-herbalism-series-at-sol-yoga/)

**Usui Reiki Level II Certification Workshop** Using the power of intention and Universal Life Force Energy learn how to energetically heal at the emotional level.

10am - 5:30pm. Register at [mindfulsoulwellness.com/events-workshops](http://mindfulsoulwellness.com/events-workshops) Old Town Manassas, VA. Call: 571-882-1816. Email: [Tracey@mindfulsoulwellness.com](mailto:Tracey@mindfulsoulwellness.com)

**6/14-19 UMC Seminary Week-Ordaining Ministers**-Church Administrator-Spiritual Healer Practitioner-Intuitive Practitioner-Certified Metaphysical Teacher. Visit: [www.unitedmeta.org](http://www.unitedmeta.org), call: 540-562-4889

**Mindful Eating Community Dinner.** Mindful Eating is a community cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**Content Marketing Virtual Workshop.** 7-8pm EST. Join Emily from Shine Coaching & Consulting for a 60-minute interactive workshop that explains what content marketing is and how to use it to build a relationship with your target audience. Register at [www.shinecoachingandconsulting.com/workshops](http://www.shinecoachingandconsulting.com/workshops)

**Time Travel to a Past Life.** Journey to the Hall of Regression and access a past life from a selection of different time periods. 7:30pm - 8:30pm. Register at [mindfulsoulwellness.com/events-workshops](http://mindfulsoulwellness.com/events-workshops) Old Town Manassas, VA. Call: 571-882-1816. Email: [Tracey@mindfulsoulwellness.com](mailto:Tracey@mindfulsoulwellness.com)

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## SUMMER CALENDAR

-20-

**Summer Solstice Celebration.** Welcome the first day of summer with prayer, chanting, drumming, and meditation on the labyrinth at 4:44pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. Will be held in person if restrictions have been lifted. Check online for details. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Summer Yoga + Solstice Potluck.** Honor the passage through this important seasonal gateway with time spent in yoga and meditation, followed by a joy-filled potluck. 5-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**Women's Summer Solstice Sacred Circle Retreat** with Karen Tasto and Beth Charbonneau at Blueberry Gardens Healing Center. [www.blueberrygardens.org](http://www.blueberrygardens.org) for full schedule of events.

-21-

**22 Proven Processes to Improve Your Point of Attraction.** A class that focuses on abundance processes and based on the book Ask and It Is Given by Esther and Jerry Hicks. 1-3pm online through Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com)

-24-

**Social Media Marketing Virtual Workshop.** 7-8pm EST. Join Emily from Shine Coaching & Consulting for a 60-minute interactive workshop that explains the basics of social media and how to use it to build a connection with your target audi-

ence. Register at [www.shinecoachingandconsulting.com/workshops](http://www.shinecoachingandconsulting.com/workshops)

-27-

**Summer Open House Picnic & Family Fun Day.** Enjoy hands-on education, kids' activities, tours and more--we'll have something planned for the whole family! 12-3pm. 3630 Poffenberger Rd, Jefferson, MD. \$10. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-28-

**Abundance Fest 2020** 10am-6pm Loudoun County Fairgrounds. Sponsor and Exhibitor applications available at: [sponsors.www.abundancefest.live](http://sponsors.www.abundancefest.live)

-30-

6/30-7/5 **SATORI: Trust and Vulnerability.** This is an Awareness Intensive group. We work with Koans like 'Who is In', and others, under a compassionate and masterly guidance. To support the process there will be different meditations. Visit: [www.dhyanyogamc.org/](http://www.dhyanyogamc.org/)

## JULY

-5-

**Garden Tour & Tea Tasting.** Tour the Fox Haven Medicinal Herb Garden and enjoy a seasonal tea tasting with Garden Manager and Herbalist Lacey Walker. 4:30-5:30PM. 3630 Poffenberger Rd, Jefferson, MD. \$10. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-11-

**Foraging Level 1: Fermented Blackberry Tea Leaves & Botanical Soda.** 9am-1pm.

3630 Poffenberger Rd, Jefferson, MD. \$40. [www.foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/](http://www.foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/)

**Mindful 365 Sitting Group:** Monthly meditation group focused on mindfulness, held online if necessary. Newcomers welcome. 10am-12pm Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 suggested donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-12-

7/12-8/9 **Glen Echo Park, Glen Echo T'ai Chi Form Corrections, Class 2.** (No class Aug. 2) 9:30-11am. Hall of Mirrors. Instructor: Len Kennedy. Visit: [www.glenechotaichi.com](http://www.glenechotaichi.com) for registration and details.

-13-

7/13-7/17 **Fox Haven Summer Explorers: Imagination Gone Wild.** In this week-long experience, children are invited to become an explorer through active play and discovery time in nature. 9am-3pm. 3630 Poffenberger Rd, Jefferson, MD. \$210. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-15-

**Connect with Your Body & Multiple Past Lives.** Gain insights into the nature of a physical or emotional symptom followed by a healing journey into past lives. 7:30pm - 8:30pm. Register at [mindfulsoulwellness.com/events-workshops](http://mindfulsoulwellness.com/events-workshops) Old Town Manassas, VA. Call: 571-882-1816. Email: [Tracey@mindfulsoulwellness.com](mailto:Tracey@mindfulsoulwellness.com)

continued on page 52

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## SUMMER CALENDAR

**JULY,**  
continued from page 51



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

-19-

**22 Proven Processes to Improve Your Point of Attraction.** A class that focuses on abundance processes and based on the book *Ask and It Is Given* by Esther and Jerry Hicks. 1-3pm online through Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation.  
[www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com)

**Fundamentals of Herbalism: Natural Skin & Body Care** with Lauren Dodge. Discover the wonderful world of herbs and how you can work with them in your everyday life! 12:15-4pm. 256 W Patrick St #4, Frederick, MD 21701. \$380 whole series (3rd Sundays, March-Nov), \$40 single class. [www.foxhavenfarm.org/events/fundamentals-of-herbalism-series-at-sol-yoga/](http://www.foxhavenfarm.org/events/fundamentals-of-herbalism-series-at-sol-yoga/)

**Holistic Energy Expo, Embassy Suites, Ashburn, Virginia.** A finalist in the Best of Loudoun for events. Our 4th year offering holistic products, mini sessions with vetted readers & healers, juried handcrafted products, and holistic & wellness businesses. Wearing masks and social distancing required. [www.mediumannielarson.com/holistic-energy-expo](http://www.mediumannielarson.com/holistic-energy-expo)

**Peter Kater Concert: See 2-time Grammy-winning pianist/composer, Peter Kater,** in a rare and intimate live concert performance. (Please check website to see if in-person restrictions are lifted.) 7pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$30. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-22-

**Mindful Eating Community Dinner.** Mindful Eating is a community

cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation.  
[www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-24-

**Tibetan Bowl Sound Bath.** Enjoy the natural tones of Himalayan bowls, gongs, and chimes to activate deep relaxation and expansion of consciousness. 6:30pm - 8:30pm. Register at [www.mindfulsoulwellness.com/events-workshops](http://www.mindfulsoulwellness.com/events-workshops). Old Town Manassas, VA. Call: 571-882-1816. Email: [Tracey@mindfulsoulwellness.com](mailto:Tracey@mindfulsoulwellness.com)

-25-

*Pathways Magazine* Presents the 51st Natural Living Expo! 150 Exhibitors and 56 Workshops. 10am-7pm College Park Marriott Hotel & Conference Center, 3501 University Blvd, Hyattsville, MD 20873. On the University of MD Campus • DATE CHANGED TO APRIL 18. Only \$10 with a coupon from the Expo Website. More information, coupons, directions, etc. available at our website: [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)

-26-

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# SUMMER CALENDAR

-31-

**SpiritMind is a quarterly mind-body-heart-spirit experience** involving chanting, singing, meditating, drumming, and mindful movement. Held in person or online, 7-9pm., Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

## AUGUST

-1-

**Mindful 365 Sitting Group:** Monthly meditation group focused on mindfulness, held online if necessary. Newcomers welcome. 10am-12pm Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 suggested donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Wild Cordage Making.** 10am-1pm. 3630 Poffenberger Rd, Jefferson, MD. \$40. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**8/1-2 Reconnective Healing: O.N.E. Experience in NYC.** Explore dynamic healing with a whole new level of freedom! Learn how to access your true multidimensionality and become a catalyst for personal transformation. Admission includes access to the Reconnective Healing Online Essentials Course and the upcoming Live Immersion weekend in New York City this summer, led by Rob Koenig and members of the Reconnection's international teaching team. [www.TR.short.com/NY2020](http://www.TR.short.com/NY2020)

-2-

**Usui Reiki Level III Certification Workshop.** Using the power of intention and

Universal Life Force Energy learn how to energetically heal at the spiritual level. 10am - 5:30pm. Register at [www.mindful-soulwellness.com/events-workshops](http://www.mindful-soulwellness.com/events-workshops). Old Town Manassas, VA. Call: 571-882-1816. Email: Tracey@mindfulsoulwellness.com

-8-

**Foraging Level 1 Herbal First Aid.** 3630 Poffenberger Rd, Jefferson, MD. \$40. <http://foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/>

**Foraging Level 2 Dyeing with Mushrooms.** 2-4pm. 3630 Poffenberger Rd, Jefferson, MD. \$40. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-15-

**Vegetable Canning.** 10am-12pm. Learn the basic of water bath canning and prepare a jar of canned tomatoes to take home. 3630 Poffenberger Rd, Jefferson, MD. \$25. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**Garden Tour & Tea Tasting.** Tour the Fox Haven Medicinal Herb Garden and enjoy a seasonal tea tasting with Garden Manager and Herbalist Lacey Walker. 7-8 pm. 3630 Poffenberger Rd, Jefferson, MD. \$10. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**22 Proven Processes to Improve Your Point of Attraction.** A class that focuses on abundance processes and based on the book Ask and It Is Given by Esther and Jerry Hicks. 1-3pm online through Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com)

-18-

**Mindful Eating Community Dinner.** Mindful Eating is a community cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

## SEPTEMBER

-4-

**9/4-6 Osho Fest with Milarepa and The One Sky Band.** OSHO Fest Virginia is a lively meditative environment where live music takes us into sacred space of meditation and celebration. The music is played by Milarepa and other World Class musicians of One Sky Band who are also life long Meditators. OSHO Fest is a gathering of friends where Lovers of Osho, Lovers of Meditation, Lovers of Live Music, Lovers of Dance, Life, Love, Laughter, & Silence come together and spend 3 days in ecstasy, celebration and relaxation. The live music ranges from Wild Ecstatic dancing to slow paced music suited for sitting meditation. Various sessions in the events will help you enter into a deeper state of inner peace, balance and harmony. OSHO Fest is one of a kind event happening only once a year. This will be 3rd year for Virginia to host this event loved by so many. Visit: [www.dhyanyogamc.org/](http://www.dhyanyogamc.org/)

-5-

**Garden Tour & Tea Tasting.** Tour the Fox Haven Medicinal Herb Garden and enjoy a seasonal tea tasting with Garden Manager

and Herbalist Lacey Walker. 10am-11am. 3630 Poffenberger Rd, Jefferson, MD. \$10. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

**Honey Tasting for Kids with Taylor.** September is National Honey Month! What better way to celebrate than with little local honey tasting at Fox Haven. \$5. 11am-12pm. 3630 Poffenberger Rd, Jefferson, MD. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-12-

**7-Week Soul Coaching Program.** Connect with your soul, clear away blockages, and live a more mindful life as your most authentic self. Saturdays 10am-12pm. Register at [www.mindfulsoulwellness.com/soul-coaching](http://www.mindfulsoulwellness.com/soul-coaching) Old Town Manassas, VA. Call: 571-882-1816. Email: Tracey@mindfulsoulwellness.com

**Foraging Level 1: Paw Paw Haul.** Another foodie adventure awaits as we comb through the Paw Paw trees in search of ripe fruit and harvest enough Autumn Olive for making ketchup. \$40. 9am-1pm. 3630 Poffenberger Rd, Jefferson, MD. [www.foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/](http://www.foxhavenfarm.org/events/foxhaven-foragers-level-1-whole-series-single-date-tickets-available/)

**Mindful 365 Sitting Group:** Monthly meditation group focused on mindfulness, held online if necessary. Newcomers welcome. 10am-12pm Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. \$10 suggested donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

continued on page 74

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technology used to provide you with a customized experience that is less invasive, more effective, and a healthy approach to your oral care from a holistic, biological, and eco-friendly dentist. [www.theddentist.com](http://www.theddentist.com)

#### **Deep Breath Healing**

Deep Breath Healing is a spiritual approach to holistic living. We combine energy healing and intuitive counseling to clear and balance the chakra system, release negative energy and emotions, and offer the reset needed to improve your life on every level. [www.deepbreathhealing.com](http://www.deepbreathhealing.com)

#### **Della Terra Organics**

Locally crafted, small batch, organic personal care products made with 100% good-for-you ingredients. Our product line ranges from All-Natural Insect Repellent and highly sought after reef-safe sunscreen, to aluminum-free deodorant and non-toxic shampoo amongst other daily skin and hair care essentials. We even have products for dogs & cats! Vegan, gluten free, eco-friendly. [www.shopdellaterra.com](http://www.shopdellaterra.com)

#### **DoTERRA Essential Oils & Wellness**

Whether you are looking for the tools to combat everyday health problems quickly and easily with doTERRA essential oils & supplements, or looking for an opportunity to work from home to create your ideal life, we have the best solutions for you. Those who want a more in-depth conversation can set up a 30 minute video chat consultation after the expo. Guiding you on your wellness adventure, [www.TotallyColleen.com](http://www.TotallyColleen.com)

#### **Dr. Z Tarot Consulting**

Dr. Z's Tarot Consulting is opening paths and supporting your alignment by sharing divine guidance on every question about career, family, finances, love, interpersonal challenges, and more. Dr. Z, the Tarot Teddy Bear, is author of "Tarot & The Healing Arts: Develop Your Wisdom and Transform Your Clients." Dr. Z helps illuminate your present condition by observing the current energies that are surrounding and affecting your quality of life. Through the wisdom of the Tarot, Dr. Z will share with you all the transformational paths available to you, as you Journey through this moment, that is the human experience. Let Dr. Z show you how the Tarot can be your guide! Come and see Dr. Z at Booth #115. Discounted pricing offered advanced booking now available via the website at <http://drztarot.com/schedule-an-appointment>. Purchase Dr. Z's eBook: [amazon.com/author/drz](http://amazon.com/author/drz) Follow Dr. Z on YouTube: ZWeaver3185 Follow Dr. Z on Instagram: DrZTarot

#### **ECKANKAR: Experience the Light and Sound of God**

Simple spiritual exercises, such as singing the word "HU," can awaken you to your divinity as Soul. ECKANKAR offers classes and support to help you gain a deeper understanding of your unique spiritual un-

## Enlighten & Offer Lots Of Wonderful Products

foldment for your journey home to God.  
www.eckankar.org

### Elevated Wisdom, LLC

We offer a wide range of classes, services, products, trips, and retreats that can put you on the path to finding your true self. Let us help you find joy and bring purpose to your life.  
www.ElevatedWisdom.com

### Eleven Eleven Candles & More

My homemade intention candles are carefully hand-poured & created with loving intentional energy and a unique hand-crafted design containing essential oils, positively charged healing crystals, and natural botanicals. Wooden wicks have been carefully selected to deliver a soft crackling sound with a cone shaped flame to extend the candle's reach beyond the sense of smell.  
www.eleven-eleven-candles.com

### EMFs Protect/BEMER

EMFs protection for cellphone & body. Free BEMER sessions. Research-backed: LullaBeat comfort speaker, therapeutic music played in hospitals, dog shelters and in over 3.4 million homes. Quickly calms infants, children, and adults. Cords of Steel charging cables, and Buddha Gear head wear.  
www.emfprotect.com

### EMF Remediation & Pain Relief

Neutralize EMF radiation for body and home. Relieve physical and emotional pain, and distress. Open and balance chakras. Restructure water. Pendants, bracelets that open to genesa crystals, feedback loops, acu-vac coils, mediation rings and more.  
www.TensorRing.Com

### Esangi, LLC

Esangi is a natural skin care brand founded by a Dominican woman, Esther Sangiovanni. She crafts perfectly balanced products with ingredients like cacao butter, rawcacao powder, cocoa CO2 extract, cacao absolute, and chocolate extract, as well as raw coffee, and coffee oil. Esangi products are 100% natural, all plant based based, and vegan. Esangi also has a line of candles which are designed with aromatherapy fragrance oils. Esther has been formulating her personal skincare for years. After many years of families and friends enjoying her creations, she has decided to share her chocolate and coffee natural skin care products with the world.  
www.esangi.co

### Financial CHKRAS™

We specialize in helping holistic minded business owners build a business you can enjoy!  
www.ashshukla.com

### Fitness Forever, Inc. Professional Wellness

Therapeutic reflexology and seated chair massage services

### Four Directions Wellness

Four Directions Wellness, affiliated with the GW Center for Integrative Medicine, focuses on intuitively connecting body, mind, emotions and spirit. Stop by our booth to meet Mara and receive a past life session or intuitive energy reading plus learn more about the FDW offerings!  
www.fourdirectionswellness.com

### Four Quarters Interfaith Sanctuary

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

### GemCords - Handmade Semi-Precious Jewelry

GemCords are all hand made from natural semi-precious druzi, agate, crystal, geode agate, tiger eye, hematite, malachite and other stones. Some with rhinestone accents. Mixed metal findings - some silver tone, some gold tone.  
www.gemcords.com

### The Gifts of Healing co

The Gifts of Healing Company offers a variety of all-natural high quality handmade items for internal and external healing.  
www.thegiftsofhesingco.com

### The Golden Lighthouse Metaphysical Center

Soni Weiss, intuitive Tarot reader, will be available to answer those questions about your personal, professional, and emotional life. She has 30+ years of experience to help guide you to the right path. Dino Calabrese will help guide you through your path with clarity and joy. Channeling for the past 20 years, Dino now travels all over the country helping people move forward in their adventures of life. Connect with your guides and have questions answered.  
www.soniweisstarot.com  
www.thegoldenlighthouse.com

### GPS Your Path

Bonnie Patterino is one of a few IHA Certified Hand Print Analysts in the world! Print your hands to accurately reveal your Soul Psychology, life lessons, gifts & authentic life purpose. Bonnie decodes your life blueprint to reveal amazing details about your Life Agenda after the Expo: Experience a life changing one-hour phone reading & coaching session within a few weeks and receive the recorded call to keep. Print today at a lower rate. The results are worth the wait!  
www.gpsyourpath.com

### Guatalife

All the magic and wonders of the universe are here for us to discover; minerals for EMF protection, magical beauty wands, shamanic clearing energy items from the Amazon. These items can help shield you from harmful obstacles and maintain your beauty.  
www.Guatalife.com

### Habeebah's Herbs

Habeebah Muhammad, certified reflexologist, certified aromatherapist & certified massage therapist in traditional services and Sufi Unani preparation. She has a wholistic line of natural and organic body products that are spiritually heart created and righteously made. "It's About Chemistry and Creativity."  
www.habeebahherbals.com

### Halcyon Tarot: Readings With Sparkle

Anna Osinski is an intuitive reader from Maryland. Anna specializes in helping clients connect with their own intuition while channeling real world messages and positive guidance. Described as "eerily accurate", Anna's readings are unique in her use of pop culture analogies, music, and

crafty advice.  
www.HalcyonTarot.com

### Hands of Light-Geoffrey Morell

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

### Harmony Collaborative for Holistic Health: Emotional Trauma/Health/Skin Analysis

1) How heavy is your Emotional Baggage? Find out! Free emotional trauma assessment. 2) HEALY - Bio-energetic frequencies to analyze and balance health, sleep, energy & emotions. 3) Skin analysis and recommendations for problem areas including acne, uneven texture, dark spots.  
www.highestharmony.guru

### Healing & Spirit Messages with Ella

Ella is a psychic medium and energy healer. Her experience with trauma, loss & chronic health issues prepared her for what is now her healing ministry - to guide others to heal in mind, body & spirit. After scanning your aura and body, your session is customized to the needs detected using a combination of energy healing modalities, such as crystals, sacred geometry, shamanic, angelic, Celtic and more. As a psychic medium, she shares messages from your body, loved ones (living and in spirit), angels, animals, and other spirit guides.  
www.facebook.com/ella.fales

### Hearts Center Community

The Heartscenter features assorted publications for sale from spiritual authors and teachers worldwide. We will also have orgonites, Angels, elementals ascended master pictures, as well as FREE new age booklets/literature. Our mission is to realize personal enlightenment through our higher self and assist others to do the same.  
www.heartscenter.org

### Heartwise Holistics

Dedicated to rebuilding your internal heart wisdom, knowledge connection, and to assist you with reimagining, recapturing and rediscovering the you that YOU have always wanted to be. Tumblers, tees, and whimsical items for sale that represent a more mystical purpose and welcome more creativity in your life  
www.heartwiseholistics.com

### HeartMath® Techniques and Technology

HeartMath® is a science-based technique that has shown when in a state of internal coherence, you can experience a harmonious function of the body's mental, emotional and physical systems. Stop by to see what living from the heart is all about!  
www.schedulicity.com/scheduling/HHHV7Y

### Hello Wellness Naturals - Organic Bodycare

Hello Wellness Naturals is a collection of handmade personal care products for the face, body, and hair. Highly effective, safe, and non-toxic, our products are made from natural and clean ingredients sourced from around the world.  
www.hellowellnessnaturals.com

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

I am your personal advocate for living an energized and abundant life. I offer individual consultations and workshops on

weight loss, facts about sugar, label reading, prevent or improve chronic diseases, spice as medicine, healthy living, love and forgiveness, cooking classes, health food Store tours, fitness, meditation & healing with Reiki.  
www.facebook.com/coachhemali

### Holistic Veterinary Healing

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

### Hypnosis Silver Spring

Explore the powerful modalities of hypnosis and NLP, core transformation and wholeness experience hypnotic trance, and learn how it can enable and empower you to transform on both the unconscious and conscious levels, opening up new directions and possibilities, and new ways of feeling, thinking, doing, and being. I help my clients resolve anxiety and stress, lose weight, stop smoking--to make changes that enable them to lead more productive, happier, fulfilled lives.  
www.hypnosissilverspring.com

### Indigo Moon

Indigo Moon features a variety of merchandise that spans from stunning wall hangings, to exquisite purses, Indian clothing, and sterling toe rings. The items come from the exotic lands of Thailand, India, and Nepal. Indigo Moon exhibits at festivals, college centers, and Eastern Market in Washington, DC.  
www.facebook.com/indigomoonclothing

### Inner Circle Gifts

Offering Starborn Creations, mineral and crystal jewelry, tools for transformation, and sacred geometry jewelry that will include instructions how to cleanse and program these power pieces. Also offering Pre-Colombian line of jewelry for Ancient Alien fans. Tools for Transformation jewelry fashioned for the highest spiritual energy. Starborn Creations Jewelry with low pricing on crystals & gems. Gorgeous genuine Vogel crystal, amethyst and labradorite display pieces, grape chalcedony, dumortierite crystals, and so much more!

### Inspired By Angels

Gena Wilson, LCSW. Gena is an Angel messenger, psychic, medium, animal communicator and Reiki Master. She has psychic vision and can see with her third eye. Lots of detailed information about your major concerns in life. She can also connect with loved ones who have crossed over, including pets.  
www.inspiredbyangels.com

### Intuitive Wellness

A center for spiritual and holistic healing located in Bethesda MD, offering intuitive energy healing, hypnotherapy, access bars and intuitive development classes. Sherri will be offering mini access bars and Chakra spinning sessions. Jamie Belton is a doula and energy healer and will be offering mini Thai massage sessions. Jenny Chau is an artist and energy worker who creates art pieces through Intuitive guidance and collaboration with her light team. North Dinh is an acupuncturist that specializes in scalp acupuncture and neurological disorders.  
www.IntuitiveWellness.com

## NATURAL LIVING EXPO

# Enjoy Shopping From A Wonderful Selection Of

### **Jamila White, Psychic**

One of Pathways' most popular practitioners, Jamila is a psychic, medium, clairvoyant, life coach, and Reiki Master/Teacher who helps people get unstuck: money, love, career, past lives, soul purpose, Akashic records & more. Her readings are empowering, engaging, uplifting, and fun! Jamila teaches intuitive development classes online. Come to a workshop today! In-person, phone & Skype appointments in New Orleans, and D.C.  
[www.InspiredJamila.com](http://www.InspiredJamila.com)

### **Joyful Bath Co.**

Local, women owned business, hand-crafting natural and organic bar soaps, bath and foot soaks, bath bombs, shower steamers, hemp ultra therapy, balms, soy candles and more. Made with vegan, cruelty-free, sustainably sourced ingredients. Pure, natural and healing for the whole family.  
[www.joyfulbathco.com](http://www.joyfulbathco.com)

### **Julie Joy**

Artistic and unique spiritual jewelry.

### **J. Lyons Designs**

J. Lyons Designs offers a collection of thoughtfully designed, handmade jewelry crafted from all-natural, intentionally selected materials. Each piece is created to accentuate the unique beauty of its components while leveraging their metaphysical power in service of its wearer.  
[www.jlyonsdesigns.com/shop](http://www.jlyonsdesigns.com/shop)

### **Konstanza Morning Star, Certified Medium**

Konstanza offers highly evidential mediumship readings, tarot card readings and shamanic healing. She teaches mediumship and psychic development in Silver Spring. She authored the book *Medium: A Step-By-Step Guide to Communicating with the Spirit World*.  
[www.mediumshamandc.com](http://www.mediumshamandc.com)

### **LearnPSI -- Turtles and Crows**

Visit our booth to learn more about our new course for developing your psychic skills and intuition with a mindset-focused, skill-based approach! We also offer traditional divination services including card readings, renaissance geomancy, and Tibetan astrology for calculating yearly obstacles.  
[www.turtlesandcrows.com](http://www.turtlesandcrows.com)

### **Life Transforming Hypnotherapy**

I feature information about spiritual hypnotherapy (past-life regression, life-between-lives therapy, natal regression, counterpart selves, future-life progression, etc.) & other hypnotic modalities. I give crystal skull readings at the booth and sell my newest book, *Ending the Endless Conflict: Healing Narratives from Past-Life Regressions to the CIVIL WAR*, as well as my earlier book, *The Present Power of Past Lives*.  
[www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)

### **LOVE YOURSELF HAPPY with The Work of Byron Katie**

Struggling with anxiety, feeling overwhelmed, guilt, or issues with health, finances, and relationships? Discover the healing inherent in your greatest challenges and how to harness this "symmetry" to evolve yourself so you have more clarity, freedom, fun and connection in your life.  
[www.shawnmahshie.com](http://www.shawnmahshie.com)

### **The Lotus and The Light Metaphysical Center**

The Lotus and The Light Metaphysical Center formerly known as Lotus Wellness Center is your spiritual hub in Northern VA. Come enjoy classes and services for spiritual development, healing and growth!  
[www.thelotusandthelight.com](http://www.thelotusandthelight.com)

### **Mahalo Minerals**

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

### **Marie-Claire Wilson**

European intuitive consultant, spiritual advisor, direct clairvoyance, Tarot consultation with my own deck, Medium for Spirits.  
[www.marie-claire.tv](http://www.marie-claire.tv)

### **Martha Garland, Certified Holistic Practitioner**

Holistic recovery from Lyme disease and chronic illness. Using a natural and comprehensive approach, I work with people according to their needs, their abilities and their wishes. I employ various modalities such as reflexology, flower remedies, detoxification practices, ionic foot bath, and more.  
[www.creativespirithealingarts.com](http://www.creativespirithealingarts.com)

### **Master Sha Soul Healing Group**

Tao Academy Healing Hands Practitioner & Teacher offers wisdom on five keys to wellness, discounted books by Master Sha, and the opportunity to receive healing blessings with one of the most powerful healing tools, an original Tao calligraphy.  
[www.soulhealingcollegeparklanham.com](http://www.soulhealingcollegeparklanham.com)

### **Melody Krafft, Visionary Artist**

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

### **Metropolitan Headache and Spine Center**

Metropolitan Headache and Spine Center is a wellness clinic that specializes in chiropractic, physical therapy, and massage therapy. We focus on treatment of neuromusculoskeletal disorders. This includes headaches, neck pain, low back pain, joint pain, tmj, and more.  
[www.HeadacheAndSpineCenter.com](http://www.HeadacheAndSpineCenter.com)

### **The Mindfulness Center**

The Mindfulness Center in Bethesda, Maryland is a charitable community wellness center offering individual services, classes and workshops in mind-body practices including yoga, meditation, Tai Chi, acupuncture, Nia dance, professional teacher trainings, retreats, mindfulness, stress reduction and mind-body therapies for chronic conditions. Stop by our booth to enjoy a demo session of our services and therapies with our experienced practitioners!  
[www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

### **Mindful Soul Wellness**

Visit Mindful Soul Wellness and experience the pure bliss of vibrational sound therapy. Himalayan singing bowls are placed at key areas on and around the

body to induct sound waves directly into your physical and subtle energy layers. Relax, restore, and harmonize your body's internal rhythms!  
[www.mindfulsoulwellness.com](http://www.mindfulsoulwellness.com)

### **Moonbeams and Fairydust**

We are a metaphysical book and gift store offering everything needed for your spiritual journey including divination tools, crystals, incense, handmade gifts, holistic wellness items, and books.  
[www.moonbeamsandfairydust.com](http://www.moonbeamsandfairydust.com)

### **M R Langley Creative Guidance**

Monique Langley uses one on one connection and creativity to blossom real time clarity for an individual looking for spirit animal guidance and presence. Mixed media, canvas, and love make each onsite painting a present tool for the client to mediate, reflect, and remind them of the energy manifested in their art.  
[www.nikdapoohtdesigns.com](http://www.nikdapoohtdesigns.com)

### **National Integrated Health Associates (NIHA)**

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

### **NKU – The Power of Shea!**

Handcrafted shea products: body, hair, and pet paw butters. The more shea there is in a product, the better it is for the skin. The key ingredient in the NKU Butter line of products is unrefined African shea butter.

### **Nutritional Healing Center**

Chiropractors and nutrition response testing practitioners. Nutrition response provides a non-invasive system of analyzing the body to determine the underlying causes of ill or non-optimal health getting to the root cause of ailments. Addressing weight Issues, menopause, insulin resistance, diabetes, PCOS, IBS chronic fatigue/lack of energy, autism, ADHD/ Behavioral Issues depression, anxiety, infertility and much more! Our chiropractic services use the Activator Method. A gentle, low force approach for the entire family, this unique system of administering spinal adjustments using research-based analysis and the Activator Adjusting Instrument can help restore spinal balance safely and comfortably.  
[www.nutritionalhealingcenterllc.com](http://www.nutritionalhealingcenterllc.com)

### **Nutrition Master Foods**

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

### **Oasis Soul Scent Co.**

Oasis Soul Scent Co. explores the interplay between the senses to craft luxurious handmade scented candles and bath & body treats inspired by soulful music. Products are handmade with love in Maryland using natural ingredients. Candles, shower steamers, body scrubs, linen sprays, body oil, body butter, coconut wax,

phthalate-free fragrances, and lead-free cotton wicks.  
[www.oasissoul.com](http://www.oasissoul.com)

### **OM Botanical - Best Natural Skin Care**

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

### **Paige's Promotions for Wyndham**

Please come and visit our Wyndham booth! There will be drawings for free weekend getaways and gift certificates of all kinds. Come get your free Mardigras beads, too. Have fun at the Expo!

### **Peace & Laughter, Cheryl Giannelli**

Peace & Laughter, Cheryl Giannelli is a crystal intuitive, spirit messenger, and energy healer. She uses her intuition to craft intention-based crystal energy wands in glass vials designed to insert into your drinking vessel, held for insight, placed in your surroundings, or laid on the body to infuse and aspire with the energy and vibration of the crystals. Crystal spheres, points, and other specialty items. Gemstone bracelets and gift sets of crystals. Cheryl's services include: Spirit messaging, crystal readings, mediumship, or soul-to-soul guidance. Energy healing, Reiki, home blessings or clearings, and crystal sessions for recommended crystals to use in your day-to-day life.  
[www.peaceandlaughter.com](http://www.peaceandlaughter.com)

### **Pleiadean Cosmic Healing Discs**

Pleiadean Cosmic Healing Discs is dedicated to bringing high-quality, hand-crafted tools that are easy to use and can be felt on an energetic level by most individuals looking to work with alternative methods of healing themselves or others. These tools are hand-crafted by Shari Lynn, who has taken this technology and progressed the original intention, to be very valuable tools of light for optimum health & well-being, as well as protection.  
[www.cosmichealingdiscs.com](http://www.cosmichealingdiscs.com)

### **Psychic Mara Berman**

Mara's Psychic information is derived from aura colors, a light source using twelve dimensional rings, starseed energy, and the energy flow of the vortex. Readings involve Tarot cards, palmistry, and psychology to decipher complex questions.  
[www.maraberman.net](http://www.maraberman.net)

### **Prayosha Ayurveda Store**

Ayurveda - Natural Science of Life since thousands of years. Explore your body type Ayurveda way (Vata, Pitta, Kapha) FREE by Dr. Purvi Vyas. FREE Diet Suggestion according to Ayurveda. Ayurveda Medicine also available.  
[www.prayosha33.com](http://www.prayosha33.com)

### **Psy-Twins**

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

## Artwork, Natural Clothing, Jewelry, Crafts & Crystals

### Purrs & Whispers

All Things Positive (Purrsful) For Your Success: Join Nelda Fink, coach, for success empowering videos, programs & techniques. Also crystals, essential oils, and Dr Jess aroma jewelry, all available for purchase, with at least 10% of proceeds being donated to local cat rescues. [www.neldathewhisperer.com](http://www.neldathewhisperer.com)

### Real Time Pain Relief

Creams and lotions infused with 17-25 nature's ingredients, penetrating the skin and resulting in fast, on the spot relief for 100 types of arthritis, bursitis, plantar fasciitis, back and knee pains, bruises, cramps and more. Free of harsh chemicals. Works in minutes, but lasting 4-6 hours. Products include: Original Pain Relief, MAXX, MAXX Plus, Hemp Oil Plus, Sports Cream, George Foreman Knockout Formula, Hand Cream, Foot Cream, Vegan-Select, Eczema Cream, Night-Time Cream.

### The Reconnective Healing Experience

Explore dynamic healing with a whole new level of freedom! Stop by for a demonstration, sign up for your personal session, and learn how you can access greater levels of harmony and balance for yourself and others! [www.TRshort.com/NY2020](http://www.TRshort.com/NY2020)

### Reflections Healing

Reflexology, Reiki, and healing meditation. Rachel Hartenstein is a coach and healer who helps her clients break free of pain, frustration, and struggle so they can finally tap into the joy-filled life they are meant to have. [www.reflectionshealing.us](http://www.reflectionshealing.us)

### Reflexology and Beyond

Brigitte Wiss, clairvoyant & gifted certified holistic reflexologist since 2000, will rejuvenate you physically, emotionally & spiritually through her unique practice. She will customize your session to your personal needs. Not a foot massage! Not your typical Reflexology! Best for stress and more! See my website for the list. [www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

### Relax Saunas of Momentum 98

Relax Saunas and Momentum 98 Natural Health Store is dedicated to providing superior health products for renewal and rejuvenation of the mind, body, and spirit. The Relax Sauna is the centerpiece of our store and for health conferences. The quality of the Relax Sauna is found in its superb design and technology. It is the only portable sauna integrated with medical grade technology, produces 95%-99% pure Far Infrared energy (incredible for detoxification!), and has gained worldwide success assisting in healing diabetic ulcers, Lyme disease, fibromyalgia, rheumatoid arthritis, severe migraine headaches, and heavy metal detoxification, such as lead, mercury, and cadmium.

### Remnants of Magic

Remnants of Magic creates the highest quality, handcrafted, one-of-a-kind wire wrapped jewelry, both sterling silver and 14k gold filled wire. Offering power bead bracelets, crystal wands and much more. Power bead bracelets can help attain love, money, health and more. Every item sold through Remnants of Magic is chosen for its beauty and metaphysical properties thus ensuring you get a piece that is as magical as the person who wears it. [www.remnantsofmagic.com](http://www.remnantsofmagic.com)

### RK Arts Studio

RK Arts Studio supports your intentional patterns of daily living into sacred self-care, mind-body-spirit wholeness, and life-journey openness through bodywork, energy work, and transformational spirit art. [www.rkartsstudio.com](http://www.rkartsstudio.com)

### Renewal By Andersen

Renewal By Andersen offers custom replacement, energy efficient windows and doors. [www.renewalbyandersen.com](http://www.renewalbyandersen.com)

### Sacred Grove Animal Communication

Maribeth Decker is an intuitive animal communicator. She works with people who want to have a two-way communication with their pet. Maribeth works with behavioral and end of life issues. [www.sacredgrove.com](http://www.sacredgrove.com)

### Sacred Reiki

A Reiki Master Practitioner of 25 years who has spent time treating and training many, including in Japan. With this experience, I am now offering Reiki Treatments and Training in the Usui and Holy Fire III Reiki Methods to help you harness your momentum from your spiritual practice with the Reiki energy for increased healing.

### Salt on Main - Halotherapy Wellness Center

Discover why everyone is talking about dry salt therapy! Halotherapy or dry salt therapy, is a relaxing experience that detoxifies the respiratory system, soothes skin conditions, calms stress, and promotes an overall feeling of wellness. Visit our booth to sign up for a "Salty Preview" and enjoy a 15-minute session! [www.saltonmain.com](http://www.saltonmain.com)

### SamiChakra LLC

We offer premium organic products produced responsibly, including dark chocolate, spice blends, and superfoods from the Andes, while illustrating best practices around social development and the preservation of farmlands. [www.samichakra.com](http://www.samichakra.com)

### Sanctuary Roots - Theta Healing

Become more aware of your thought processes and discover what beliefs you have buried deep in your unconscious brain with the Theta Healing method. By focused meditation utilizing a "Theta" brainwave, you can witness the Creator/God create instantaneous physical and emotional healing. [www.sanctuaryroots.com](http://www.sanctuaryroots.com)

### Shades of Healing by Andrea

Readings and energy healing with the archangels

### Shea Inspiration

Enjoy Shea Inspiration's natural non-water based whipped scented & unscented shea butter! You will indulge in the feeling and fragrance of your skin! Choose from our wonderful menu of many fragrances! [www.sheainspiration.com](http://www.sheainspiration.com)

### Shelly's Rock Shop

I come to you from Virginia Beach, VA. I sell some of the most beautiful tumbled stones you will ever see! I work with a master geologist who hand selects rough rock from around the world. He hand breaks it for the best color, shape, and size, and then tumbles and polishes them

himself. These stones will blow your mind! [www.facebook.com/shellysrockshop/](http://www.facebook.com/shellysrockshop/)

### Shen Yun Symphony Orchestra

Shen Yun Performing Arts in the Kennedy Center. Come and find out more about this premier classical Chinese dance and music show that you might have heard but missed all these years! [www.shenyun.com/dc](http://www.shenyun.com/dc)

### Smile Herb Shop

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

### Sole Healing

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site corporate Wellness programs, business and private events, girls night out parties.

### Soul Mind Body Alignment, LLC

Reiki Master offers: Reiki, life guidance, and soul communication. Sessions address questions related to overall wellness, a specific condition, or question. Consultations could include blessings and/or soul communication with Akashic records. Practices/resources/teachings for wellness and to serve others offered. [www.SoulMindBodyAlignment.org](http://www.SoulMindBodyAlignment.org)

### The Soul Shepherd, LLC

The Soul Shepherd is an intuitive empath, psychic/medium, and medical intuitive who will be doing 20 and 40 minute readings during the show. Her work also includes many healing modalities one of which is the John of God Crystal Bed with energy work. [www.thesoul shepherd.com](http://www.thesoul shepherd.com)

### Soul Source

Offerings: Past life & life between lives regression®, spirit releasement, hypnotherapy w/Joanne Selinske, and healing thru the Akashic records w/Bill Sanda. [www.theSoulSource.net](http://www.theSoulSource.net)

### Souls Talisman Crystals

Our creations include high quality gem stones in each handmade hanging crystal, hand knotted Mala necklace, gem bracelets, gem elixirs, variety of loose stones, agate and heart stone art and pendulums. Each talisman supports a specific purpose based on the different gemstone used in all of our creations. Each beautifully balanced talisman is created using intuition, positive intention and deep soul listening. [www.soulstalismancrystals.com](http://www.soulstalismancrystals.com)

### Sounds of Healing with Karen Olson, Ph.D.

At my booth I will be promoting my bestselling book, *SoundPath: Using the Power of Sound and Silence Health, Harmony and Happiness*, as well as my eight award-winning CDs. I will also be offering vibrational sound healing sessions

as the participant lies on a massage table, display a brochure about my non-profit, SoundsTogether: fine tuning lives and relationships. Also available will be purses and KAJO bags, with some of the proceeds going to support my non-profit. [www.karenolson.com](http://www.karenolson.com)

### Spiritual Medium Rhonda - Soul Portraits

Evidential spiritual psychic medium & spirit guided artist Rhonda blends art, music, and mediumship. Rhonda channels only the highest vibrations offering psychic and mediumship readings, Tarot, hand analysis (palmistry) and One-Of-A-Kind Soul Portrait – both three color & full soul portraits. [www.spiritualmediumrhonda.com](http://www.spiritualmediumrhonda.com)

### Spiritual Spectra - Tarot & Medium Readings

Spiritual Spectra is a spiritual and holistic healing practice offering an array of services that increase wellness through the mind-body-spirit connection. Located in Howard County, Maryland, psychic medium Jennifer Garcia, founder of Spiritual Spectra, will be offering spiritual Tarot consultations and medium readings at this booth. She will also be presenting "Messages from Spirit" so please check the schedule for time and location. [www.SpiritualSpectra.com](http://www.SpiritualSpectra.com)

### The Summit Lighthouse® of Washington DC

Teachings of the Ascended Masters® as taught by the Messengers Mark and Elizabeth Clare Prophet. Offering transformative books, pictures, CDs and DVDs on spirituality, personal growth and healing; published by Summit University Press®. [www.tsldc.org](http://www.tsldc.org)

### Susan Lynne's Mediumlink

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

### Takoma Metaphysical Chapel

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

### Tarot Card Reader Sonia Subaran

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

### Terrie Christine Intuitive Energy Healer

Feeling blocked? What's holding you back? As an intuitive energy healer and psychic medium, I am able to connect to your energy, tell you the age, by whom, and what occurred, then shift that block from your subconscious. [www.terriechristine.com](http://www.terriechristine.com)

### Therapeutic Thymes Magazine

Therapeutic Thymes is a quarterly print magazine dedicated to promoting a more natural, therapeutic, and sustainable way of life. We bring the experts to you! Back issues and subscriptions available! [www.therapeuticthymes.com](http://www.therapeuticthymes.com)

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

## Tibet Sky Emporium

Tibet Sky Emporium is a social entrepreneurship. I donate 10-20% of the profits to the village region in Tibet that I left so long ago. I offer unique, mostly hand crafted, clothes, jewelry, scarves, bags, and various accessories and cultural items from Tibet, Nepal and India. My long-term goal is to expand my NGO activities in Tibet and make all of the products eco-friendly and fair trade.  
www.tibetskyemporium.org

## Tim's Tarot

Tarot Readings by Tim Boyd, internationally renowned certified Tarot providing 20-minute Tarot consultations.  
www.Timstarot.com

## To the Point Tarot

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

## Touch N Heal

Touch N Heal therapies are designed to manage pain & illness in a natural approach, with long-lasting results and no side-effects. We have taken a step ahead by combining various techniques such as pyramid, water and color therapy. This is besides her expertise in Su Jok Ayurvedic reflexology using seeds, magnets and color.  
www.touchnheal.com

## Truth In Light Coaching and Healing

As an intuitive life empowerment facilitator and energy shifter, I utilize my modalities and tools to bring users to wholeness. I offer natural stone jewelry with Egyptian themed charms and pendants, biohacking and activation supplements, and energy shifting/empowerment sessions.  
www.nadiakimcoach.com

## United Metaphysical Churches

Come discover the Roanoke Retreat Center, where you can attend a weekend of various disciplines, experiences, or enter an education program to become ministers, healers, and mediums, start a study group/church, or rent the facility for your own program.  
www.Unitedmeta.org

## Urantia Book Fellowship Interfaith Committee

The Urantia Book is an anthology of highest concepts of science, philosophy, and personal religion. The 5th Epochal Revelation to our planet, is a book for all faiths. For information see the book online at www.urantiabook.org

## Victory Nutrition International

Activate the power within! Change your cells, change your life! Patent pending disruptive technology is changing the nutrient absorption and utilization paradigm in the wellness industry. Published clinical studies show impact on hemoglobin and in the blood within five minutes of ingestion, 100% of the time. Restores cellular ability to use and transport oxygen, water and nutrients, the most important tools needed to empower your journey.  
www.empoweryourcells.com

## Visions by Vernessa

Vernessa provides intuitive services and gives them with love and light. Her services includes: Tarot, medium services, angel card readings and twin flame manifestation.  
www.visionsbyvernessa.com

## Visions of the Heart Ministries

Visions of the Heart Ministries is a spiritual community in Takoma Park, MD. We hold spiritual wisdom and healing circles rooted in love, wisdom, and truth. We offer Reiki, shamanic and intuitive readings, and healing massage.  
www.visionsoftheheart.org

## Whale and Dolphin Energy Medicine

Whales assist clearing contracts that no longer serve your soul's progression. Whale sounds are used to realign your chakras and your energy field, replacing with higher vibration. Old memories blocking you from living in joy, success, and love are removed!  
www.dragonflymessages.com

## Wonderful Wellness

Medical mediumship and spiritual clearing practitioner. I visually see inside your body and reach into the matrix of the body and clear issues causing problems in a client's life. I offer much deeper sessions where I unfold time and clear the core imbalances in time and everything that came through time creating specific issues in your life. Very few practitioners in this country offer the level of sessions I offer. I will give you great details about what I cleared during a session!

## Workout Around My Day Inc

WOAMD is in the business of providing personal development services to women in one-on-one settings, group coaching, as well as live workshops under the Replenish Me Live! Brand.  
www.cordeliagaffar.com

## World Trendz

Goddess clothing; skirts, dresses, blouses, shawls, scarves and ruanas, jewelry, metaphysical tapestries, statues, bags, singing bowls. Also offering Belly Dance costumes, Turkish lamps, and other home décor items.  
www.worldtrendz.com

## The World Teacher For All Humanity Is Now Here

This is a momentous time in the history of our planet, with the emergence of the World Teacher, Maitreya; His group, the Masters of Wisdom; and the help of our Space Brothers. As our world is facing many crises, there is more hope and help than ever.  
www.share-international.us/ne/

## Woven Psyche

Woven Psyche merges the practices of Tarot and self-care to offer unique mindfulness programming in the DC area and beyond. Services include group and individual Tarot readings, Tarot classes & workshops, and self-care events & retreats.  
www.wovenpsyche.com

## Yoga Meditation Spirituality Vegetarianism Ayurveda

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

## Zoetic Workshops

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

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# Classes & Learning Centers

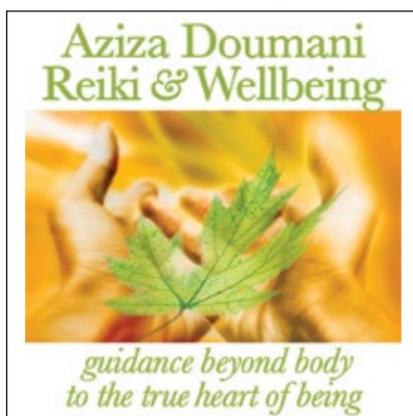


Claudia's public group classes, specialty classes and trainings have inspired hundreds to pursue yoga as a life practice. Claudia Neuman, MSW, ERYT-500, YACEP was born in Los Angeles and began her formal yoga trainings in 1984 at Yoga Works in Santa Monica, CA. She is currently the director of the Yoga Teacher Training program at Blue Heron Wellness. This comprehensive program satis-

fies the Yoga Alliance 200 Yoga Teacher Training requirements but also goes beyond the ordinary curriculum to give students a solid introduction to the historic and energetic underpinnings of the yoga tradition. Her own certification process in Para Yoga, and her many years of study with Yogarupa Rod Stryker informs this training. Trainees emerge with the skills they need to structure public group classes,

structure their own home practice, and respond to their lives with more compassion and insight.

To learn more about the 2020 Teacher Training with Claudia, and to find out about the next YTT information session, please visit: [www.blueheronwellness.org](http://www.blueheronwellness.org). To learn more about Claudia, please visit: [www.alignwithgrace.com](http://www.alignwithgrace.com). Email: [Claudia\\_neuman@yahoo.com](mailto:Claudia_neuman@yahoo.com).



Private healing sessions. Transformative classes. Workshops. Compassionate guidance in self-care, transcending trauma, renewing the spirit, and living with ease. Nurturing environment of healing, grace, and superb instruction.

All remote sessions and events are LIVE, never pre-recorded!

Reiki Practitioner Mentoring

One-on-one, customized sessions from short, virtual meetings to hands-on with real clients. These motivating immersives develop skills, cultivate business acumen, promote confidence

and authority, and help practitioners gain credentials and effectiveness. Make adjustments to approaches or techniques. Get business guidance. Hold client sessions and give running a practice a trial run.

Reiki Classes

- Usui Reiki First and Second Degrees
- Usui Advanced Reiki Practitioner (available separate from ART/Master)
- Usui Holy Fire Reiki Master
- Kundalini Reiki (all levels)
- Holy Fire Karuna Reiki (all levels)
- Reiki for Children and Teens — "Little Lightworkers", "Teen Tribe"

• "Teaching the Teachers"—Masters develop classes and prepare for teaching.

Workshops

Meditations • Yoga Nidra • inamo-jo™ Children's Wellbeing Storydance  
Aziza Doumani Reiki & Wellbeing  
Reiki Master Teacher & Practitioner  
Doula for Aligning Inner Life with Outer Life  
[www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)  
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Ellicott City, MD



De-stress, build strength and resiliency to defend your body and mind against the coronavirus. Blue Heron Wellness offers yoga, meditation and pilates class conveniently and affordably online-enjoy them in your own living room! Nutrition consults also offered online. Massage, organic skincare, acupuncture, and more all in

one location.

~ Nutritional services offered virtual connection. Schedule a nutrition consult now. [blueheronwellness.com/nutrition-consulting-for-healthy-living/](http://blueheronwellness.com/nutrition-consulting-for-healthy-living/)  
~ See our schedule of virtual classes at [blueheronwellness.com](http://blueheronwellness.com)  
~ Bring mindfulness services to your office through our Workplace

Wellness Program.

Blue Heron Wellness  
10723B Columbia Pike  
Silver Spring, Maryland 20901  
**301-754-3730**  
[info@blueheronwellness.com](mailto:info@blueheronwellness.com)  
[www.BlueHeronWellness.com](http://www.BlueHeronWellness.com)



"Be still as a mountain. Move like a great river."

Tai Chi is a series of 37 gentle, flowing movements that has been practical as a health exercise since ancient times. Based on natural laws, it teaches relaxation, erases tension, and boosts energy. Performed in a calm peaceful manner, it works for all, regardless of age.

Michael Ward teaches the Yang Style short form as taught by re-

nowned master of the art, Professor Cheng Man-ch'ing. Mr. Ward is a senior student of Robert Smith, the first Western student of Professor Cheng. Michael Ward was given permission to teach Tai Chi by Robert Smith.

Beginner through Advanced/Corrections classes are offered Wednesday evening in Silver Spring at Crossings, a Center for the Healing Traditions; and Sunday at the City Dance Center in the Music Center at Strathmore in

North Bethesda. Thursday evenings on Wisconsin Avenue, N.W. across from the Tenleytown-AU Metro in Washington, DC is Advanced/Corrections level only. For more information on these, private, or workplace classes, please call **301-525-8266**.

**All Classes are Now Online Only**  
Email: [info@cloudhandstaichi.net](mailto:info@cloudhandstaichi.net)  
[www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)

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For more information about Eckankar: 1 800 LOVE GOD  
Central Maryland Eckankar Center  
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Silver Spring, Md. 20903  
310-439-2120

We will have events at our ECK Center or online. Please go to [www.EckankarMaryland.org](http://www.EckankarMaryland.org) for the latest

information. Remember you are Soul and loved by God.

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# Classes & Learning Centers



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 60 years experience in T'ai Chi and have been teaching at Glen Echo Park for 30 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. Due to Montgomery County restric-

tions, currently all classes are being taught online by way of video and audio guides sent weekly to students. FaceTime consultations are also available on an individual basis. In-person classes will resume when restrictions are lifted.

Continuing Beginners Spring classes April 19-June 28 are currently online for students with some prior experience. Instruction in second third of form. In person classes meet 11:00 Sundays. Please contact instructor for permission to drop-in per class.

Corrections Classes Spring April 19-June 28 are currently online. Instruction in final third of form. In person classes meet 9:30-11:00 am Sundays. Please contact instructor for per-

mission to drop-in per class.

Review for Returning Students Class April 14-June 16. An intensive review with detailed posture instruction for each of the 37 postures, with three postures each class to be covered in depth. In person classes meet 10:00-11:00 am Tuesdays.

Spring classes start in April and go to end of June, then stop.

There is one Summer class that starts July 12-August 9.

Please contact instructor for permission to drop-in per class.

More information at [www.glenechotaichi.com](http://www.glenechotaichi.com), [www.glenechopark.org](http://www.glenechopark.org), or email to [emearskenn@aol.com](mailto:emearskenn@aol.com).



Meditation Museum I & II (MD & VA)

The Meditation Museums I and II offer unique spaces of silence and wisdom. You will view exhibits that guide you on the journey within 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!

The museums 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. These are national treasures, 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 I is located at 9525 Georgia Avenue, Suite 101, Silver Spring, Maryland; the Meditation Museum II is located at 1984 Chain Bridge Rd., Suite 201, McLean, VA.

Our Museums are temporarily closed but we are offering daily online sessions. For info and workshop listings, please visit <http://meditationmuseum.org>, or call 301-588-0144 (MD) or 703-992-6887 (VA). Like us at: [www.Facebook.com/Meditation-Museum](http://www.Facebook.com/Meditation-Museum) and subscribe to our YouTube Channel. Tune in to the America Meditating Radio Show at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating), on all the major podcasts, or on our free "Pause for Peace" app.



New Future Society Center is in residential Rockville. It is a special place where one's inner spark can be nourished to burn brighter. Experience a private class or healing session for the Body, Mind and Spirit with Savitri Bach. Or experience with a group: Meditation, Yoga, Qigong,

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Phone: 301-452-7780, email: [savitri@newfuturesocietycenter.com](mailto:savitri@newfuturesocietycenter.com)

For more information or sign up for the newsletters: [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com). Like our Facebook page: New Future Society Center.

Experience the Power of the Flower  
Bach Flower Remedies



Barbara Binney, BFRP  
Bach Foundation Registered Practitioner  
and Teacher

Rainbow Chi Energy Healing  
This practice offers a blend of healing services in support of stress management and promoting relaxation to enhance wellness and well-being. Services offered are class instruction on Bach Flower Remedies, Bach Flower Remedy Consultations, Healing Touch, and Reiki.

Introductory Course on the Bach Flower Remedies seminar introduces Dr. Bach's simple system of healing, teaching how to use flower remedies to reduce stress, alleviate worry and improve self-confidence and well-being. Flower essences are energetic water infused remedies which are different from essential oils and aroma-

therapy. (Approved for 12.5 continued education hours for several certification boards.)

Course dates -- October 3 & 4, 2020, or, March 6 & 7, 2021

For additional information and registration, visit [Rainbowchihealing.com/classes](http://Rainbowchihealing.com/classes) or contact: Barbara Binney - [rainchi2014@gmail.com](mailto:rainchi2014@gmail.com)



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# Classes & Learning Centers



## 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**, visit us at [www.reikicenter.info](http://www.reikicenter.info), or visit our Facebook page for more info.

Healing Sessions – Currently offered by Zoom or telephone with Distant Reiki or Integrated Energy Therapy® by appointment. A \$25 45-minute Sample session is available for those who are currently ill with COVID-19 or unemployed, along with our regular session types of 60, 75, 90 or 120 minutes.

Integrated Energy Therapy® Classes – Face-to-face with masks and social distancing- Basic: August 8, Intermediate: August 29; Advanced: August 30; Master Instructor: Decem-

ber 5 and 6.

New Moon Meditations (by Zoom): June 20, July 20, and August 18. Cost is \$10 for the public or \$5 for RCGW students or clients.

Lightarian Reiki®, Rays® or Angel-Links® Sessions and attunements. Deepen your connection with Ascended Masters and Angels. By appointment at our center with social distancing or via Zoom or telephone.

IET Distant Healing Sessions: – Allow those attending to receive deep healing transformations using the IET Steps to Transformation as they share with a Zoom community. June 2, July 7, and August 4 at 7:30pm. Cost is \$25.

\*Intuitive Development: I: Learn and practice with your intuitive gifts with an experienced Medium. One-on-One by appointment.

Reiki and IET Shares. Via Zoom on June 14, July 18, or August 9 at 10am.

\*Reiki Master Practice Groups: Via

Zoom on June 2, July 28, or August 25.

\*Sekhem-Seichim-Reiki (SSR) Classes – Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Master/Teacher Facets I-VII: Via Zoom on August 1-3, 2020 or by appointment.

Shamanic Classes – Classes teaching how to use Shamanic tools in healing and meditation. (These workshops may be via Zoom or Face-to-Face with Social Distancing). Shamanic Reiki II: September 11-13; Crystal Journeying: July 19.

Usui Reiki Classes – Intensive courses in the original system of Reiki. All through July will be via Zoom, after that, may be via Zoom or with Social Distancing: Level I: June 20-21, July 25-26, August 22-23; Level II: June 27-28; Master/Practitioner: November 28-29, 2020; Teaching Reiki I: October 24-25.

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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.

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**3. EMPATHS, SEEKING A BETTER LIFE?** Learn a trademarked system that gently helps empaths use their full potential. Discover the difference for yourself!

Empath Empowerment® helps you to own, embrace, and manage your special empath gifts. Start with the

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Free Intro to Rose Rosetree's interactive online workshops on Empath Empowerment Coaching—often imitated, never equaled.

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"Without Energy Spirituality, I'd still be endlessly searching for That Thing that makes this crazy life make sense."

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[www.rose-rosetree.com](http://www.rose-rosetree.com)



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:

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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.

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- 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
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- 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 "Tyrle" Rooker  
[Tyrle@ShamanicSpring.com](mailto:Tyrle@ShamanicSpring.com)  
[www.ShamanicSpring.com/](http://www.ShamanicSpring.com/)  
**301-891-1288**

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# Classes & Learning Centers



The Shamanic Way, uniquely created and taught by Marsheen, offers you an opening to the dimensional world of Earth/Sky medicine. Pathways to inner guidance, power animals and Spirit guides are made accessible—awakening you to one's true self identify, soul gifts, and healing grace.

Individual soul readings, shamanic trainings, and ritual circles synchro-

nize one's life to the greater cycles of Earth, Star, Sun, and Moon.

The ancient saying, "What you know, there you can go" defines the core of Shamanic Spiritualism. The Shamanic Way unites you to the meaning of oneness, weaving one's personal experience from ritual and "journeying" into being Heart Wisdom. All of creation is blessed.

Marsheen Helgeson is a Holistic Practitioner serving the DC and NoVA area for 30 years. Marsheen's private practice includes polarity therapy, cranial sacral therapy, soul readings, intuitive counseling, and the teaching of polarity and shamanic studies. 703-379-8633



At the beginning of every cosmic cycle and in times of great crisis, a teacher is sent forth to show us the next steps on our evolutionary journey. This time, a group of perfected beings is entering our world for the first time in 98,000 years, to guide human-

ity out of its current predicament.

The World Teacher, Maitreya, and His group, the Masters of Wisdom, are entering our lives today to help us transition in these difficult times into a new era of harmony and justice. And we must each play our part in this

great transformation and awakening of humanity.

For more information, visit: [www.share-international.us](http://www.share-international.us)



Emily Stout, Owner & Worker Bee  
Shine Coaching & Consulting, LLC

Shine Coaching & Consulting is a business coaching & marketing consulting practice. Shine specializes in the following:

- Brand Identity
- Logos
- Website Design
- Marketing Consulting
- Business Coaching

Emily's goal is to create a visual representation that captures the true essence of her client's personality and their business. Creating a visual expression of her clients' ideas and helping them build a strategy around their business goals is incredibly gratifying for her. For many, it ends up being a deeply personal and transformative

experience, and Emily feels truly honored to be part of their journey.

Are you starting or rebranding your business? Connect today for your free initial consultation!

Emily@shinecandc.com  
Shinecoachingandconsulting.com  
Facebook.com/Emily.shinecc  
Instagram.com/type.a.hippie



A Healing Arts Center

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

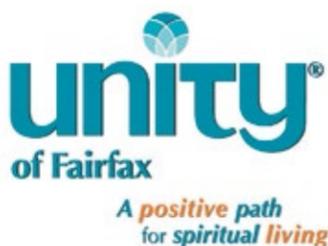
- Develop energy touch skills and protocols according to Universal energy principles
- Learn energy movement postures to facilitate wellness
- Learn elemental nutrition for healthier, conscious eating
- Develop intuitional skills to awaken high consciousness
- Develop and build your healthcare business 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.  
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Email: SETherapies@gmail.com  
[www.SETherapies.com](http://www.SETherapies.com)



Unity of Fairfax is your online community (and in-person when possible) for spiritual inspiration, education, and connection, offering live-streamed services on Sundays and Wednesdays, and numerous classes and events using teleconferencing during Covid-19 restrictions. Unity of Fairfax is a positive, progressive, and inclusive spiritual community focused on

transformation of consciousness and awakening the spiritual light in all. As a spiritual center for education, practice and service, Unity offers classes, study groups, and programs online and in-person when restrictions are lifted. Regular services are live-streamed on Sundays at 11 a.m., as well as a noon meditation service every Wednesday, and you can see re-

plays in the archives. Unity of Fairfax is a local ministry of Unity, an international movement founded in 1889 that provides spiritual publishing, education, prayer and events for over three million members worldwide. For information on all online activities and reopening information visit [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events)



The Mindfulness Center is a 501(C)3 nonprofit wellness institute specializing in therapeutic mind-body practices, professional teacher training programs, and clinical research to further the scientific body of medical understanding of our holistic offerings.

Through our online healthcare platform, SOMA: The Science of Mindful Awareness, we offer an array of classes, services, and educational programs that foster meditative awareness, stress reduction and optimal well-being. Virtual classes and telehealth services include: Meditation, Yoga and Yoga Therapy, Breathwork, Tai Chi, Nia Dance,

Hypnosis, Medical Qigong, Psychotherapy, Acupuncture, Reiki, and Wellness Programs for Cancer, Fibromyalgia, Pain & Chronic Fatigue and other conditions. We offer professional programs and CEUs (Online and On-Site) for Yoga Teacher Training, Advanced Yoga Therapy Training, Meditation Teacher Training, and a range of other therapies to help you realize optimal personal well-being both in your body and career.

To register for programs or for more information, please visit our website, [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

# Health Services

DISCOVER A PERMANENT SOLUTION  
TO YOUR HEALTH CONCERNS



Helena Amos Acupuncture  
and Natural Medicine Clinic

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Amos Acupuncture and Nature Medicine Clinic is an essential business and is OPEN, adhering to all health and safety best practices in our sanitized offices to continue meeting the needs of our patients.

Combining her alternative medicine expertise with her medical knowledge, Dr. Amos answers your questions, addresses your concerns and treats your conditions. By focusing on causes rather than suppressing symptoms, she provides her patients with the highest quality care.

Are you concerned about aging? Fatigue? Recurring infections? Pain and stiffness? Are you bothered by food or environmental allergies? Do you understand how hormonal imbalance and inflammation can affect your ability to lose weight? Did you know insomnia, anxiety, depression and memory loss can be related to menopause, andropause, and adrenal insufficiency? Dr. Amos' holistic, comprehensive approach includes:

- Letting your nutrition and supple-

ments work for you.

- Applying efficient, fast, painless techniques for fascia and trigger points pain management and relief.
- Using computerized bio-energetic organ/meridian and allergy/sensitivity testing.
- Choosing individualized remedies for intestinal issues, candida, sluggish liver, and gall bladder and pancreas complaints to complement detoxification and rebuilding.
- Healing Lyme symptoms, brain fog, numbness, joint pain, facial palsy and more.
- Creating efficient custom weight loss protocols.
- Addressing thyroid imbalances & adrenal fatigue to support healthy hormonal aging.
- Treating sinusitis, asthma, migraines and more.

NEW! TELEHEALTH SESSIONS (Zoom, phone) are now available for antiviral education and all natural protocols. Receive personal attention to address specific health and wellness

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NEW! DIRECT-SHIP CUSTOM SUPPLEMENTS, including immunity-boosting, antiviral and all health-related supplements are available. Your customized program—a wide variety of vitamins, minerals, herbals, and overall lifestyle tips for optimal outcomes—is assembled and mailed directly to you.

You deserve a balanced approach to your health from a skilled and experienced health care provider. Call **301-881-2898** to schedule a free 20-minute consultation, make Telehealth appointments, and to order direct-ship custom supplements.

Helena Amos, M.Ac., L.Ac., Euro. Physician

Acupuncture & Natural Medicine Clinic

11140 Rockville Pike, Suite #530

Rockville, MD 20852

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

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

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Blueberry Gardens Healing Center provides wellness services for groups and individuals. We offer acupuncture, physical therapy, massage and other related body work modalities such as Muscle Release Technique™, Rosen Body Work™, Trager Body Work™, Zero Balancing®, Reiki and private yoga sessions by highly

qualified certified practitioners. We also offer regularly scheduled classes such as Yoga, T'ai Chi, Biodanza and Meditation.

Our lovely octagon room of approximately 1000 square feet is available for wellness workshops and trainings, so please contact us if you are looking for space for your workshop or event.

Blueberry Gardens is located in Ashton, MD, just east of Olney on the Montgomery/Howard County line, with seasonal produce and blueberries available from our fields and greenhouse.

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Dr. Helena Amos is specially trained and licensed in Facial Rejuvenation treatments. She was voted one of the Washington, DC metropolitan area's best alternative healthcare providers by *Washingtonian* magazine.

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NEW! TELEHEALTH SESSIONS (Zoom, phone) are now available for anti-aging and Facial Rejuvenation self-help education. LEARN HOW TO READ YOUR FACE, and how your face represents the different areas of your body and health.

NEW! DIRECT-SHIP CUSTOM SUPPLEMENTS are available. Your

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For more information about the procedures, to schedule a 20-minute free consultation, or to set up your Telehealth and other appointments, call **301-881-2898**.

Helena Amos, M.Ac., L.Ac., Euro. Physician

Acupuncture and Natural Medicine Clinic

11140 Rockville Pike, Suite #530

Rockville, MD 20852

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

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# Health Services



Intuitive Wellness is a center for Spiritual and Holistic Healing located in Bethesda Maryland. Our new location is now: 4720 Montgomery Lane., Suite 440, Bethesda, MD. Sherri Divband, the owner, is an Intuitive Transformational Healer. She is a Master Transpersonal Clinical Hypnotherapist, Reiki Master/Teacher, Mul-

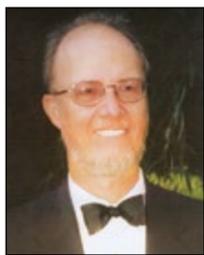
tidimensional Healer, HypnoBirthing Practitioner, Intuitive Life Coach, Access Bars Practitioner, and Intuitive Development Coach. She specializes in pregnancy, infertility, trauma, PTSD and overall wellness. If you are looking to gain more clarity and balance in your life contact Sherri for a session today. If you are looking to connect with your

higher self or your angels, Sherri offers transformative healing sessions that include a direct connection with the divine to assist you in your life. Sherri teaches Intuitive Development classes as well as Reiki Levels 1-3. **IntuitiveWellness-Center.com**

## Pain Management & Relief, Amos Acupuncture and Natural Medicine Clinic



Helena Amos,  
Acupuncturist



Bill Amos,  
Physical Therapist

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Pain management and relief can be achieved when you receive professional, expert care from Helena Amos, Licensed Acupuncturist, and Bill Amos, Physical Therapist.

If you SUFFER from...

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- muscle aches
- back/neck pain
- numbness or poor circulation
- neuropathy (diabetic & others)
- ankle/foot, shoulder/elbow, hip/knee pain

...we TREAT with:

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- Acupuncture
- Electrotherapy
- Manual Therapy
- Myofascial Release
- Ultrasound therapies
- Trigger Point Therapy
- Detoxification & nutritional therapies
- Cold Laser (with full spectrum therapies)
- Fu's Subcutaneous Fascial Release Therapy
- D-Actor Shock Wave Trigger Point Therapy

NEW! TELEHEALTH SESSIONS (Zoom, phone) are now available for treatment follow-ups and to provide exercise regimens for pain manage-

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NEW! DIRECT-SHIP CUSTOM SUPPLEMENTS are available. Your customized program—a wide variety of vitamins, minerals, herbals, and overall lifestyle tips for pain management and optimal outcomes—is assembled and mailed directly to you.

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# Metaphysics



The Akashic Librarian  
Delia Golden, Astrologer  
240-812-1012  
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with  
Alix Moore & the Archangels

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Want to co-create your heart's desire in the middle of planetary transformation? You need a powerful metaphysical toolbox.

Hi. I'm Alix. I'm a psychic, soul healer, and channel for the wisdom of the Archangels. I love helping people learn how to work with the power of Source to co-create the lives, loves, and abundance they desire.

Please join me for my new, FREE, online workshop series, The Angel

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# Metaphysics

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- Astrological Medical Forum—see website under Medical Astrology

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- Educational Services:
  - Online courses on Medical Astrology: [www.astrocollege.org](http://www.astrocollege.org)
  - Teaching Manuals on: Beginning & Ending Planets; Planets in the 12th House, The Numerology of Your Social Security Number & Your Career Orientation; DEPRESSION: The Acute Mars Dysfunction; The

Progressed Moon

- The website contains articles for free downloading—readers can ask questions about the articles.

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

Local Lectures In Washington Area:  
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The Center for Spiritual Enlightenment

The Center for Spiritual Enlightenment, NSAC, is a Spiritualist church and educational center that offers opportunities for healing, meditation, and spiritual development. We offer numerous classes for adults with a variety of speakers and workshops designed to address every level of

spiritual development from beginner to advanced students of Spiritualism.

Our Sunday healing service begins at 10:00 a.m. and our devotional service starts at 10:30 a.m. One special feature of our devotional service is the opportunity to receive spirit messages delivered by our Center’s mediums.

These messages are designed to provide evidence of the continuity of life in keeping with our teachings.

Our Center is located at 222 N. Washington St., Falls Church, VA.  
703-645-8060. Visit our website at [www.TheCSE.org](http://www.TheCSE.org).

Inspired By Angels  
Gena Wilson, LCSW



Gena Wilson, LCSW, is a respected Social Worker, Psychic, Medium, Angel Messenger, Animal communicator, Psycho-spiritual therapist, Hypnotist, Teacher, Reiki Master and published author of Reiki Divination cards. She can introduce you to your Guardian Angel or Angels. The Angel messages are spiritual in nature and will clarify

your soul’s purpose and make karma issues crystal clear.

As a metaphysician, she teaches: Reiki, Dream interpretation, Animal communication, Meditation, Psychic development and essential counseling skills for Healing Arts Practitioners. She further assists new intuitives on their path, providing education, guid-

ance, and support.

She utilizes her intuition, and non-traditional techniques in her psycho-spiritual counseling practice. She is a certified hypnotist and provides past-life regressions. Always in Universal Love & Light. Contact 301-441-4526 or [www.inspiredbyangels.com](http://www.inspiredbyangels.com)



S. Alice “Alicja” Jones

S. Alice “Alicja” Jones is a psychic, medium, and intuitive healer who gives spiritual and past life readings. She communicates with the Angels, Archangels, Ascended Masters, the Devic Kingdom, Cosmic Brotherhood of White Light, the Council of Twelve, Karmic Board, Universal Mind, and your ancestors to bring you messages about relationships, your health, your career choices, educational decisions, and life purpose. These messages many times include Past Lives and how they impact your current life,

solutions to pressing problems, or a loved one in spirit to comfort you.

A Reiki Master, Alice is a gifted intuitive energy healer, an associate lead minister and board member of Rays of Healing Church, and facilitates a course in miracles at Sacred Circle in Old Town Alexandria.

Certified in Access Consciousness, Quantum Touch, Karuna Reiki, Usui Reiki Teacher and Practitioner, intuitive healer, using Reiki and Metatron’s healing methods (see website).

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Author: *Own Your Power: Day by Day*, Available through [www.Alicja-Jones.com](http://www.Alicja-Jones.com) or, on Amazon.



Annie Larson  
Certified Psychic Medium

Annie Larson, a certified psychic medium who was featured in Posh Seven Magazine and on national radio, provides evidence based mediumship readings from loved ones on the other side and psychic readings that offer guidance, direction, and clarity. She has been a guest speaker

at the Women’s Health and Wellness Summit, World Tia Chi and Qigong Day, and a guest reader and teacher at many metaphysical churches and psychic events. Annie, a certified astrologer with a bi-monthly horoscope published in a Metropolitan magazine, teaches yoga, meditation, Reiki,

and mentors and certifies other mediums and psychics. Annie is available for psychic/medium/Tarot card readings, astrology/numerology, past-life regression and Reiki healing sessions either in-person at her office in Dulles, Virginia or via phone.  
[www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)

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# Metaphysics

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Juli Richardson is a Certified Psychic Medium, Angel Messenger, Spiritual Consultant, & Reiki Master Teacher located in Old Town Manassas. Juli is able to connect with Angels, Spirit Guides, and loved ones on the other side to deliver messages of love,

guidance, support, and healing. She is an evidential medium who works with Spirit to provide identifying information as well as heartfelt messages.

Offering Life Path/Intuitive, Mediumship, & Animal Communication

readings (in person, phone & Skype readings available) as well as monthly classes & workshops.  
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**Marie-Claire Wilson  
European Intuitive Consultant**

Consultations by Phone in English of French. I have over 35 years of professional experience as a clairvoyant and Tarot reader. The divinatory arts run in my family: my great-grandmother was a very well-known medium outside of Marseilles, France. I would be happy to pro-

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Mindful Soul Wellness  
Tracey Renee McKee

Mindful Soul Wellness LLC Tracey Renee McKee is a Reiki Master, Licensed Vibrational Sound Therapist, Soul Coaching® Practitioner, Past Life Regression Therapist, and Certified Hypnotist. As an intuitive healer and owner of Mindful Soul Wellness located in the heart of Historic Old Town Manassas, she is committed

to help others harness their innate healing powers. Her services include Reiki, Vibrational Sound Therapy, Soul Coaching, Past Life Regression, and Advanced Soul Hypnosis. In addition, she provides monthly events and workshops to include Tibetan Bowl Sound Baths, Usui Reiki Certification Classes, Hypno-Regression

Meditations, Drum Circles, Group Soul Coaching, and the ever popular 'Love Your Body' program which incorporates soul coaching and hypnosis to support a strong and healthy mind-body-soul connection.  
tracey@mindfulsoulwellness.com  
571-882-1816  
www.mindfulsoulwellness.com



MultiDimensional Healing  
with Gia Mary

I AM Gia and I AM honored to be serving as a Healing Channel, Teacher, Medium, and Spiritual Counselor. I continue to be grateful and hold the intention to bring forward the highest vibrational energies to help others find balance, wholeness and purpose.

My training as a Certified Yoga Instructor and Reiki Master Teacher combined with a background in Psychology are utilized as spirit shares how to support others along their

journey, whether they are experiencing physical, emotional, spiritual or mental unrest or perception of separateness.

I take special joy in working with children and families, offering classes in Pre-Natal, Couples, Family, Baby and Kids' Yoga. I love to provide support for beings of all walks of life, including animals.

My goal is to reveal, support and encourage the inner light in each

person, allowing them to self-heal and expand their awareness of their true potential. A few of my services are:  
• MultiDimensional Healing Sessions  
• MultiDimensional Yoga Sessions  
• Reiki I/II/III Classes  
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Rosalyn Kincaid  
Soul Healing with Roz, LLC

Understanding the lessons from our experiences and using that wisdom to step into our power is essential to creating positive and lasting change.

Roz is an intuitive, Healer, Mother, and Entrepreneur. Her formal training as a Reiki Master Teacher, Psychic and Evidential Medium, along with her natural gifts, enable her to connect

with Spirit for divine guidance. She uses that knowledge and ability to support her clients as they grow into the version of themselves that their soul desires.

Roz is dedicated to supporting people as they navigate their process of healing and personal transformation in this faith walk called life.

Services include:  
• Reiki  
• Spiritual Coaching  
• Intuitive Readings  
• Space Clearing  
Manassas, VA  
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Contact  
**Hanna@tideturnerslightworkers.com** to schedule a session by phone or Zoom. Spirit is calling us all to heal so we may Turn the Tide to a better world!

**EXPLORE [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com) for Hundreds of Local Resources and Events**

# Psychology & Therapy



Mentoring to Manhood with Alex Rounds

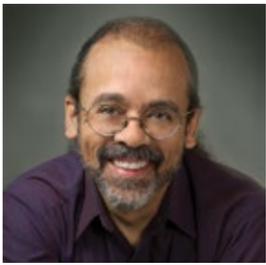
Alex Rounds offers professional mentoring to help foster the innate good character, self-awareness, and self-esteem of middle and high school boys. His mentoring practice combines meaningful conversation with creative woodworking projects. All boys can benefit from the support of compassionate adults as they navigate the challenging emotions of adolescence!

Alex Rounds has over 30 years of experience supporting youth as an educator, crisis counselor, mentor, and father. He holds an MA from the George Washington University School of Education and Human Development. In addition to private mentoring, Alex currently facilitates two mentoring circles in Howard County at Hammond Middle School and Thomas Viaduct M.S. Alex has been a facilitator for incarcerated youth

through the Alternatives to Violence Project (AVP) at the Youth Detention Center in Baltimore. Alex was a 2019 recipient of the ManKind Project's distinguished service award for his work with Boys to Men in AVP.

Alex works out of his home office in Takoma Park, Maryland.

He can be contacted at: [nurturekid-snature@gmail.com](mailto:nurturekid-snature@gmail.com) or by phone at: **240-338-7049**.



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## Your Life's Your Story: Creating Yourself as You Go Along! ...continued from page 49

sion," a commitment to how you see your life.

### Evaluate Your Story

Is your story primarily your own, or is it borrowed, inherited, or crafted as a defense? Do you spend most of your energies living for yourself or do you exhaust your premium resources in deflecting real or perceived criticisms, satisfying the demands and expectations of others? Have you a plan for growth, or only for survival? What parts of your story do you like most? What parts do you most dislike? What aspects of your story contribute to your well-being and what seems to hold you back?

### Decide Where You Want to Go from Here

Are you satisfied enough with your story that you are going, in effect, to leave it the way it is? If not, then take a close look at what you believe you can change, things large and small. If, for instance, you are willing to put your "I'm never-satisfied" stories in cold storage and bring out your "It's OK to feel content" stories, then commit yourself to paying attention to these possibilities and make plans for them to happen. Begin to expect that these new themes will occupy more psychic and calendar space.

This is a tough step, the turning point for reshaping your story. Be soberly aware. This is not wishful thinking but a struggle of the mind and soul to decide to experiment with new ways of modeling your life. You will need a "Yes" that is born of a commit-

ted collaboration of mind, will and soul.

### Demote Worn-Out Stories

Go through your old stories and exile the ones that don't serve your most valued concerns. The ones you can't, create whatever distance possible between them and your core self. If you are a person who is always late, you may be able to compensate by making more prominent your story that you are also one who values others enough to meet them on time. If being a victim has played a large part in your life, you might let yourself become involved in attending to persons victimized by abuse or poverty that you will use your old story to gain entry to this population and become so busy that your victim-history becomes the basis for your empowered present. New stories can transform the old by using the pain and disappointments in vital new configurations.

### Keep Your Stories Real

Don't fake your stories. A new story that is phony, however glittery or "officially approved of," will get you nothing better than what you had. If you have gone around feeling lousy about yourself for twenty years, making yourself "King of the Mountain" won't give you more than a momentary high before the usual crash. But courageously trusting your actual experience and intuition, you can cast an honest story that has the pleasure and substance of personal integrity. Make your story from the material you have. Actually, nothing else is available. Yours is enough, in fact you have quite a bit more than you have paid attention to. Now your story is yours, not the autobiography of someone else.

A personal word: The first seven years of my professional life were spent as a minister. After about six years, though I found my work rewarding in many ways, I came to the realization that the dogmatism of the church coupled with so many duties that seemed routine were prompting me to reevaluate my career commitment. I asked myself: "What am I doing that is deeply satisfying?" After hard thinking and soul-searching, I came up with two things. I liked being with persons in critical situations—bereavement, facing a major operation, meeting with the adults in my church who were committed to the social changes reshaping our country in the 60's. I realized that intense human engagement was what beckoned and energized me. I asked myself: How many hours per week do I spend so engaged? The answer—three or four. I asked myself: How many hours do I work? The answer—fifty to sixty. Something seemed wrong with this picture. I began to think seriously about finding a new venue for my energies, and along came a story which I could make mine: the Human Potential Movement, with its embrace of both spirituality and innovative psychotherapy—interests I had had for many years but had not made centrally compelling. Within two years I visited Esalen, studied encounter groups, founded Quest Growth Center—with the enthusiastic help of more experienced persons than I, undertook a comprehensive training program with a senior supervisor, and began leading groups and practicing psychotherapy. My life energies and interests and my story began to merge.

In the Genesis story, the first thing God does after creating the world is ask Adam and Eve to walk around

the Garden of Eden and name the animals. In naming the creatures, the work of creation becomes actual and functional. Naming gives concreteness to existence. Naming gives substance to and institutionalizes experience, a necessary process for us to build on our past and move meaningfully and skillfully into the future. Seal your commitment to your new stories by naming them: "The person who makes things happen," "The man who could say "no." "The woman destined for love," "Empowered journeyman." Giving titles to your emerging expectations for yourself will help you know that what you are about is for real. Make a major title, and departmental titles, as many as you need to bring patterns and plans that you honor and that honor you to the forefront. If your new titles—stories—fit your experience well, you are on your way. If they don't you will know that your new story is not complete, and you can return to your experience to help you shape a more honest—and empowering one. In so doing you will begin to grow into the consciousness and patterns of your new self, and these stories that you will be creating as you go along will give life to the more highly aware self you are. Your life is your story. You can make it a rich one, indeed.

*Robert Caldwell, LCPC, passed away in the Spring of 2008. He was a powerful therapist; a cutting edge thinker and a contributing editor at Pathways for many years. We sometimes feature some of Bob's timeless work from past issues. This article first appeared in the Fall 2006 issue of Pathways. Go to [www.psychsight.com](http://www.psychsight.com) for a collection of Bob's works.*

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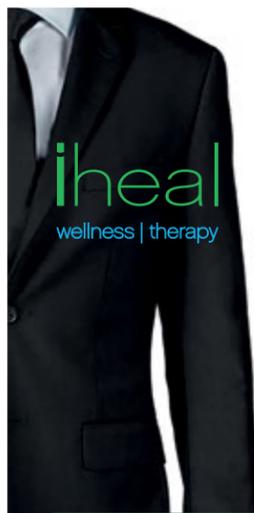
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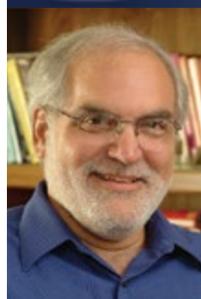
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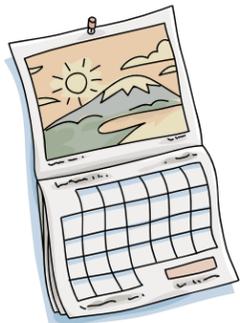
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- Support team for scheduling with extended hours
- In-house billing department
- Marketing is covered
- Career advancement opportunities

**Benefits:**

- 1099 independent contractor model
- Work as little or as much as you wish
- Virtual work environment
- Part-time to full-time hours
- 8 a.m. to 8 p.m. available 365 days per year
- Earning potential – up to \$85 per billable hour (depending on licensure type and commensurate with experience)
- Opportunities to earn CEUs and bonus incentives
- Regular in-house professional development

**Our mission is to aid in the betterment of mental health workers to make our families and communities healthier. Send your vitae with a cover letter indicating areas of expertise to [care@ihealwellness.com](mailto:care@ihealwellness.com)**

# ONLINE CONNECTIONS

## ACUPUNCTURE

Facial Rejuvenation - Amos, MD, Helena ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
Meridian Healing Works ..... [www.meridianhealingworks.com](http://www.meridianhealingworks.com)

## ALLERGY

Amos, MD, Helena - Allergy Elimination ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)

## ANGELS

Alix & the Archangels, Alix Moore, LLC ..... [www.yoursoulstruth.com](http://www.yoursoulstruth.com)

## ASKASIC READER

Akashic Librarian ..... [www.akashiclibrarian.com](http://www.akashiclibrarian.com)

## ASTROLOGY

Amethyst Astrology Services ..... [www.lynnkoiner.com](http://www.lynnkoiner.com)

## AURA PHOTOGRAPHY

Avillion Aura Imaging Photography ..... [www.Avillion.org](http://www.Avillion.org)

## AYURVEDA

Center for Health & Wellness ..... [www.marylandhealthandwellness.com](http://www.marylandhealthandwellness.com)

## BACH FLOWER REMEDIES

Rainbow Chi Energy Healing ..... [www.rainbowchihealing.com](http://www.rainbowchihealing.com)

## BIOTUNNE

Pink Cosmos ..... [pinkcosmos.online](http://pinkcosmos.online)

## BOOKS // GIFTS // JEWELRY // MUSIC

Mountain Mystic Trading Co ..... [www.MountainMystic.com](http://www.MountainMystic.com)  
Sacred Circle ..... [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)  
Solartopia ..... [www.solartopia.org](http://www.solartopia.org), [www.harveywasserman.com](http://www.harveywasserman.com)

## BUSINESS CONSULTING

Shine Coaching & Consulting, LLC ..... [www.shinecoachingandconsulting.com](http://www.shinecoachingandconsulting.com)

## BUSINESS SERVICES

Barter Systems ..... [www.bartersystemsinc.com](http://www.bartersystemsinc.com)

## CANNABIS PRODUCTS

Cannabis Karma ..... [www.cannabiskarma.com](http://www.cannabiskarma.com)

## CHIROPRACTIC

Gardner Chiropractic ..... [www.easyspine.com](http://www.easyspine.com)

## CHURCHES & SPIRITUAL CENTERS

Baha'i Faith ..... [www.bahai.org](http://www.bahai.org)  
Center for Spiritual Enlightenment (NSAC) ..... [www.TheCSE.org](http://www.TheCSE.org)  
Centers for Spiritual Living Metro ..... [centersforspiritualiving-greaterdcregion.org](http://centersforspiritualiving-greaterdcregion.org)  
Circle of Worship ..... [www.onecircle.net](http://www.onecircle.net)  
Four Quarters Interfaith ..... [www.4QF.org](http://www.4QF.org)  
Superet Light Center ..... [www.spopmwashdc.com](http://www.spopmwashdc.com)  
Takoma Metaphysical Chapel ..... [www.TakomaChapel.org](http://www.TakomaChapel.org)  
Telespectral LLC ..... [www.angeltalktv.com](http://www.angeltalktv.com)  
Unity of Fairfax ..... [www.unityoffairfax.org](http://www.unityoffairfax.org)  
Washington DC Teaching Center ..... [www.washdctc.org](http://www.washdctc.org)

## CLASSES & LEARNING CENTERS

Learn PSI ..... [www.turtlesandcrows.com](http://www.turtlesandcrows.com)  
Rainbow Chi Energy Healing ..... [www.rainbowchihealing.com](http://www.rainbowchihealing.com)  
Share International ..... [www.share-international.us/ne](http://www.share-international.us/ne)

## COACHING AND COUNSELING

Carol Burbank Storyweaving Coaching & Healing ..... [www.storyweaving.com](http://www.storyweaving.com)  
Culp, LCPC, LPC, Courtenay J ..... [www.counselingandcoaching.com](http://www.counselingandcoaching.com)  
Go Forward Personal Coaching ..... [www.go4wardnow.org](http://www.go4wardnow.org)  
Healing Light Center, LLC ..... [www.healinglc.com](http://www.healinglc.com)

iHeal Wellness Therapy & Consulting ..... [www.ihealwellness.com](http://www.ihealwellness.com)  
New Vision ..... [www.newvisionstrategiesllc.com](http://www.newvisionstrategiesllc.com)

## COMMUNITY

Community Crisis Services, Inc. (CCSI) ..... [www.ccsimd.org](http://www.ccsimd.org)  
Olney Holistic Chamber of Commerce ..... [www.holisticchamberofcommerce.com/olney](http://www.holisticchamberofcommerce.com/olney)

## CRYSTALS

S & A Beads ..... [www.crystalsbysabeads.com/](http://www.crystalsbysabeads.com/)

## DENTAL

DC Dentist, Terry Victor, DDS ..... [www.theddentist.com](http://www.theddentist.com)  
Dental Excellence Integrative Center ..... [www.dental-alexandria.com](http://www.dental-alexandria.com)  
Fischer, DDS, Richard ..... [www.evergreendentalwellness.com](http://www.evergreendentalwellness.com)  
Modern Smile Dental ..... [www.dentistofficegaithersburg.com](http://www.dentistofficegaithersburg.com)  
NIHA Dentistry ..... [www.NIHAdc.com](http://www.NIHAdc.com)

## ECKANKAR

Eckankar - Maryland Satsang ..... [www.eckankarmaryland.org](http://www.eckankarmaryland.org)  
Eckankar of Northern Virginia ..... [www.eck-virginia.org](http://www.eck-virginia.org)

## EMPATH COACHING

Rose Rosetree Energy Spirituality ..... [www.rose-rosetree.com](http://www.rose-rosetree.com)

## ENERGY HEALING

Soul Healing with Roz, LLC ..... [Rozkincaid.com](http://www.Rozkincaid.com)  
The Sky Beckons - Chris Gates Energy Healer ..... [www.theskybeckons.com](http://www.theskybeckons.com)

## EVENTS

Natural Living Expo ..... [www.naturallivingexpo.com](http://www.naturallivingexpo.com)

## FINANCE

Bach, Eric ..... [www.ericbachcpa.com](http://www.ericbachcpa.com)

## GARDENING

Washington Gardener ..... [www.WashingtonGardener.com](http://www.WashingtonGardener.com)

## HAND PRINT ANALYSIS

GPS Your Path // Vows And Wows, Inc./Handwriting ..... [www.gpsyourpath.com](http://www.gpsyourpath.com)

## HEALING & HEALING CENTERS

Firefly Wellness Center ..... [www.fireflywellnessmd.com](http://www.fireflywellnessmd.com)  
Intuitive Wellness ..... [www.intuitivewellnesscenter.com](http://www.intuitivewellnesscenter.com)  
Mindful Soul Wellness ..... [www.mindfulsoulwellness.com](http://www.mindfulsoulwellness.com)  
Somatic Energy Therapies ..... [www.SETherapies.org](http://www.SETherapies.org)  
Spiritual Spectra ..... [spiritualspectra.wordpress.com](http://spiritualspectra.wordpress.com)

## HEALTH & WELLNESS CENTERS

Acupuncture and Natural Medicine Clinic, Dr. Helena Amos ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
Blueberry Gardens ..... [www.blueberrygardens.org](http://www.blueberrygardens.org)  
Blue Heron Wellness ..... [www.blueheronwellness.org](http://www.blueheronwellness.org)  
Cohen, Dr., NIHA ..... [www.nihadc.com](http://www.nihadc.com)  
iHeal Wellness Therapy & Consulting ..... [www.ihealwellness.com](http://www.ihealwellness.com)  
National Integrated Health Associates (NIHA) ..... [www.nihadc.com](http://www.nihadc.com)

## HEALTH FOOD // NATURAL FOOD STORES

Glut Food Co-op ..... [www.glut.org](http://www.glut.org)  
MOM's - Mom's Organic Market ..... [www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Spiral Path Farm ..... [www.spiralpathfarm.com](http://www.spiralpathfarm.com)

## HERBS & HERBAL EDUCATION

Green Comfort Herb School ..... [www.greencomfortherbschool.com](http://www.greencomfortherbschool.com)  
Smile Herb Shop ..... [www.smileherb.com](http://www.smileherb.com)

## HOLISTIC COUNSELING

Holistic Counseling LLC - Bharati Devkota ..... [www.bharatidevkota.com](http://www.bharatidevkota.com)

## HOLISTIC HEALTH

Gennaro, MD, Margaret ..... [www.drmgennaro.com](http://www.drmgennaro.com)  
Tapscott, Dr. NIHA ..... [www.nihadc.com](http://www.nihadc.com)

## HYPNOSIS

Hollow Reed Healing // It's Not Therapy ..... [www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)  
Life Transforming Hypnotherapy ..... [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)  
Soul Source Spiritual Center ..... [www.theSoulSource.net](http://www.theSoulSource.net)

## INTUITIVE HEALER

Amos Snider Medical Intuitive ..... <https://amosnider.com/>

## KOMBUCHA

Mad Magic Kombucha ..... [www.madmagickkombucha.com](http://www.madmagickkombucha.com)

## MESSAGE // MESSAGE SCHOOLS

Robert Jordan Health Services ..... [www.RobertJordanHealthServices.com](http://www.RobertJordanHealthServices.com)  
Potomac Massage Training Institute (PMTI) ..... [www.pmti.org](http://www.pmti.org)

## MEDICAL MARIJUANA

K&M Law Firm ..... [www.kinnermcgowan.com](http://www.kinnermcgowan.com)

## MEDITATION

Meditation Museum ..... [www.meditationmuseum.org](http://www.meditationmuseum.org)  
Peace of Our Minds Meditation ..... [www.PeaceOfOurMinds.org](http://www.PeaceOfOurMinds.org)

## MEDIUMSHIP

Carlos the Medium ..... [www.carlosthemedium.com](http://www.carlosthemedium.com)  
Tide Turners Light Workers .com ..... [tideturnerslightworkers.com](http://tideturnerslightworkers.com)

## METAPHYSICAL

Andora's Healing Light ..... [www.andorashealinglight.com](http://www.andorashealinglight.com)  
Inspired by Angels ..... [www.InspiredbyAngels.com](http://www.InspiredbyAngels.com)  
Past Life with Soni Weiss ..... [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com)  
The Lotus and The Light Metaphysical Center ..... [www.lotus-wellness-center.business.site](http://www.lotus-wellness-center.business.site)

## MULTIDIMENSIONAL HEALING

MultiDimensional Living ..... [www.giahoooper.com](http://www.giahoooper.com)

## PAIN MANAGEMENT

Pain Management - Helena Amos ..... [www.rockvilleacupuncturemd.com/](http://www.rockvilleacupuncturemd.com/)

## PSYCHICS

Jones, Alice ..... [www.alicjajones.com](http://www.alicjajones.com)  
Light Works Reiki & Psychic Mediumship Readings ..... [www.lightworks.biz](http://www.lightworks.biz)  
Marie-Claire ..... [www.marie-claire.tv](http://www.marie-claire.tv)  
Morning Star, Konstanza ..... [www.mediumshamandc.com](http://www.mediumshamandc.com)  
Psychic Medium Annie Larson ..... [www.MediumAnnieLarson.com](http://www.MediumAnnieLarson.com)  
The Soul Shepherd ..... [www.thesoulshpherd.com](http://www.thesoulshpherd.com)  
Voice of the Gatekeepers ..... [www.voiceofthegatekeepers.com](http://www.voiceofthegatekeepers.com)  
Wolf's Haven for Institute of Art ..... [www.robynwolf.com](http://www.robynwolf.com)

## REFLEXOLOGY

Wiss, Brigitte ..... [www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

## REIKI

Aziza Doumani Reiki & Wellbeing ..... [www.azizadoumanireiki.com](http://www.azizadoumanireiki.com)  
Heart Centered Reiki, LLC ..... [heart-centeredhealing.com](http://heart-centeredhealing.com)  
Reiki Center of Greater Washington ..... [www.reikicenter.info](http://www.reikicenter.info)

## SALT THERAPY

Salt on Main ..... [SaltOnMain.com](http://SaltOnMain.com)

## SHAMANIC STUDIES

Axis Mundi Shamanic Studies ..... [www.axismundishamanicstudies.com](http://www.axismundishamanicstudies.com)  
Shamanic Spring ..... [www.ShamanicSpring.com](http://www.ShamanicSpring.com)

## TAI CHI

Cloud Hands Tai Chi ..... [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)  
Glen Echo Tai Chi ..... [www.GlenEchoTaiChi.org](http://www.GlenEchoTaiChi.org)

## TAROT

Boyd, Tim ..... [www.timstarot.com](http://www.timstarot.com)

## TELE THERAPY

iHeal Wellness Therapy & Consulting ..... [www.ihealwellness.com](http://www.ihealwellness.com)  
Hollow Reed Healing // It's Not Therapy ..... [www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)

## VOLUNTEERS

A Wider Circle ..... [www.widercircle.org](http://www.widercircle.org)  
Montgomery County Stroke Association ..... [www.mcstroke.org](http://www.mcstroke.org)  
The New Dream ..... [www.newdream.org](http://www.newdream.org)

## WOMEN'S HEALTH

Birth Care & Women's Health ..... [www.birthcare.org](http://www.birthcare.org)

## WRITING COACH

Brave Healer Productions, Laura Di Franco ..... [www.bravehealer.com](http://www.bravehealer.com)

## YOGA

Align with Grace Yoga ..... [www.alignwithgrace.com](http://www.alignwithgrace.com) // [www.yogafiveo.com](http://www.yogafiveo.com)  
New Future Society Healing & Yoga Center ..... [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com)

## September Calendar

...continued from page 53

-16-

**Mindful Eating Community Dinner.** Mindful Eating is a community cooked meal that brings together to local harvest, delicious plant-based recipes, and an opportunity to share a meal with your neighbors. 6-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

-18-

9/18-19 **Suzanne Giesemann, One Big Web and The Awakened Way:** Unity of Fairfax welcomes Suzanne back for two fascinating opportunities to expand your awareness and connection to higher consciousness. Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Details at [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

-20-

**22 Proven Processes to Improve Your Point of Attraction.** A class that focuses on abundance processes and based on the book Ask and It Is Given by Esther and Jerry Hicks. 1-3pm online through Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.22-proven-processes.eventbrite.com](http://www.22-proven-processes.eventbrite.com)

**Autumnal Equinox Kundalini Yoga & Singing Bowl Meditation.** Honor the passage through this important seasonal gateway with time spent in yoga and meditation, followed by a joy-filled potluck. 5-8pm. 3630 Poffenberger Rd, Jefferson, MD. Donation. [www.foxhavenfarm.org/events/](http://www.foxhavenfarm.org/events/)

## UPCOMING

10/3-4 **Introductory Course on the Bach Flower Remedies** seminar introduces Dr. Bach's simple system of healing. Visit [www.Rainbowchihealing.com/classes](http://www.Rainbowchihealing.com/classes) or contact: Barbara Binney -rainchi2014@gmail.com

12/4-5, **2-day workshop, The Knowledge Tour: A Channeled Event.** Hot Springs, VA at the beautiful Homestead Resort from 10-4pm both days. Carol Collins channels the Entity, James. Through the use of her voice, James offers Universal Knowledge on who They are, what their connection is to us, and how we can harness the power of the Universe. Audience participation and questions are encouraged! James always has something new to say about learning to Love Life and why happiness is the key to not only living abundantly but also strengthening your innate abilities of intuition and direct communication with Them. Cost is \$325 for the 2-day workshop. [www.thecarolanncollective.com/register](http://www.thecarolanncollective.com/register)

3/6-7, 2021 **Introductory Course on the Bach Flower Remedies** seminar introduces Dr. Bach's simple system of healing. Visit: [www.Rainbowchihealing.com/classes](http://www.Rainbowchihealing.com/classes) or contact: Barbara Binney -rainchi2014@gmail.com

## ONGOING

**A Course in Miracles Daily Conference Call with Rev. Jim Webb,** Takoma Metaphysical Chapel. Start your day off right! Held daily (Mon. - Fri.) at 7am. Call 712-775-7000, code 635833#.

**A Course In Miracles Study Group, facilitated by Donna Marie Carey Jones** every Thursday from 7-8:30pm at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Adyashanti Study Group,** studying the teachings of American mystic Adyashanti, every other Wednesday, 7-9pm. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Donation. Check calendar for dates: [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

continued on page 78

# PATHWAYS GUIDE TO NATURAL FOOD STORES

BETHESDA, MD

## MARYLAND NATURAL FOOD STORES



**Whole Foods Market, Bethesda**  
5269 River Road, 20816  
410-573-1800  
[www.wholefoodsmarket.com/stores/bethesda](http://www.wholefoodsmarket.com/stores/bethesda)  
8am-9pm, Monday - Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

COLLEGE PARK, MD



**MOM's of College Park**  
9827 Rhode Island Ave., 20740  
301-220-1100  
[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

FREDERICK, MD

## The Common Market

eat • shop • learn

**Common Market - Frederick**  
Frederick's only natural and organic food co-op.  
5728 Unit 1-B Buckeystown Pike, 21704

We feature a wide variety of natural and organic products with an emphasis on supporting local farmers. We offer high quality, local and organic produce; natural and organic meats; sustainable seafood; cheese; groceries; bulk foods and wellness products.

ANNAPOLIS, MD



**Whole Foods Market, Annapolis**  
200 Harker Place, Suite 100, 21401  
410-573-1800  
[www.wholefoodsmarket.com/stores/annapolis](http://www.wholefoodsmarket.com/stores/annapolis)  
8am-10pm, Monday - Saturday  
8am-9pm Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

BOWIE, MD



**MOM's of Bowie**  
6824 Race Track Rd., 20715  
240-556-1700  
[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

## Smile Herb Shop

Your Friendly Emporium for Healthful Living

**Smile Herb Shop, College Park**  
4906 Berwyn Rd., 20740  
301-474-8791  
[www.smileherb.biz](http://www.smileherb.biz)  
Mon: 10am-6pm, Tues-Fri: 10am-8pm,  
Sat: 10am-6pm, Sun: 12pm-5pm

Smile offers bulk organic herbs and spices, vitamins and supplements, aromatherapy, unique gifts, organically grown live plants and herbal education.



**MOM's of Frederick**  
5273 Buckeystown Pike, 21704  
240-566-1444  
[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon. - Sat: 9am-9pm, Sun: 9am-8pm

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

CABIN JOHN, MD



**Bethesda Co-op Natural Food Market**  
6500 Seven Locks Rd., 20818  
301-320-2530

Indulge your "Inner Gourmet"  
Since 1975, Fine Wines & Microbrews  
Local & Organic Produce • Gourmet  
Cheeses & Delicacies • Organic Foods  
Fresh Pastries & Artisan Breads • Vitamins  
& Body Care • Unique Gifts, Cards •  
Clothing...and more! Open 7 days a week.

COLUMBIA, MD



**David's Natural Markets**  
5430 Lynx Lane, 21044  
410-730-2304  
[www.davidnaturalmarket.com](http://www.davidnaturalmarket.com)  
Mon - Fri: 8am - 8pm  
Sat: 9am - 7pm Sun: 10am - 6pm  
A full service market specializing in natural & organic foods and products at three locations. Weekly specials and an in-house nutrition consultant available. David's Café with specials, vegan/vegetarian selections also offers catering and cooking classes.

GAITHERSBURG, MD



**Whole Foods Market, Kentlands**  
316 Kentlands Blvd., 20878  
301-258-9500  
[www.wholefoodsmarket.com/stores/kentlands](http://www.wholefoodsmarket.com/stores/kentlands)  
8:00 am- 9:00 pm 7 days a week  
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

The staff at Pathways thanks these Natural Food Stores for providing their communities with healthy, natural products.

BETHESDA, MD



**Village Green Apothecary, Bethesda**  
5415 Cedar Lane, 20814  
301-530-0800  
[www.myvillagegreen.com](http://www.myvillagegreen.com)

Mon-Fri: 8:30am-6pm, Sat: 8:30-5pm  
Expert guidance, knowledge and a custom-tailored mix of nutritional and pharmaceutical products; working closely with nutritionists, chiropractors and holistic physicians through our custom compounding lab; discounts and delivery

CLARKSVILLE, MD



Areas leading natural food market!

**Roots Market - Clarksville**  
5805 Clarksville Square Dr., 21029  
443-535-9321  
[www.rootsmkt.com](http://www.rootsmkt.com)

Mon-Sat: 9am-8pm, Sun: 10am-7pm  
Local and independently owned market specializing in natural, organic and gourmet foods and products.



**MOM's of Columbia East**  
7351 Assateague Dr. #190, 20794  
Columbia East Shopping Center  
410-799-2175  
[www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

GREENBELT, MD



**Greenbelt Co-Op Supermarket and Pharmacy**  
121 Centerway, 20770  
301-474-0522 • [www.greenbelt.coop](http://www.greenbelt.coop)  
A true cooperative, we are owned by our more than 6,000 local members. The primary mission of the Co-Op Supermarket & Pharmacy is to meet the food, pharmacy, and everyday needs of the Greenbelt community. Freshness, Value, Quality and Variety at fair and reasonable prices. Co-Op is open to everyone, you don't have to be a member to shop and save with us.

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## HYATTSVILLE, MD



### Market

**Yes! Organic Market, Hyattsville**  
5331 Baltimore Ave., Suite 101, 20781  
301-779-1205

www.yesorganicmarket.com  
Mon-Sun: 7am - 10pm

"Your one-stop health food store"  
Offers vitamins, herbs, body care products, essential/ fragrance oils, books, produce, bulk foods, sandwiches, soup and sushi.

## ROCKVILLE, MD



ROCKVILLE

**Dawson's Market, Rockville**  
225 North Washington St., 20850  
240-428-1386  
www.dawsonsmarket.com

Dawson's Market is a locally focused organic & natural grocer in Rockville, offering everything from wine & beer to made from scratch breakfast, lunch and dinner items. Powered 100% by wind & committed to sourcing locally (within 100 miles), Dawson's Market encourages supporting community, environment and health.

## SILVER SPRING, MD



**Whole Foods Market, Silver Spring**  
833 Wayne Ave., 20910  
301-608-9373

www.wholefoodsmarket.com/stores/silverspring  
8am-10pm, 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

## DC NATURAL FOODS



**Everlasting Life Health Complex**  
2928 Georgia Ave. NW, Washington 20001  
202-232-1700

Sun: 11am-9pm and Mon-Sat: 9am-9pm.  
Specializes in all vegan foods, all the time. We feature a diverse line of vitamins, food supplements and Tahitian Noni Juice. The Source of Life Juice Bar showcases live raw foods. In addition, we offer shakes, tonics, drinks, vegan sweets and soy cream. Eat-in or carry-out. Nutritional consultations and access to Health Practitioners available.

## KENSINGTON, MD

### KNOWLES APOTHECARY



#### Knowles Apothecary

10400 Connecticut Ave., Suite 100, 20895  
301-942-7979 • fax/301-942-5544  
www.KnowlesWellness.com

Mon.-Fri: 9am-6pm, Sat.: 9am-1pm  
Full service pharmacy, complete line of vitamins, supplements and homeopathic remedies.  
See page 3 for discount coupon.



#### MOM's of Rockville

5566 Randolph Rd, 20852  
301-816-4944

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

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

## TAKOMA PARK, MD



#### TPSS Co-Up, Takoma Park

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

www.tpss.coop

Open 9am-9pm Daily.

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

## SECRETS OF NATURE

SecretsofNatureHealth.com



#### Coy G. Dunston

3923 SOUTH CAPITOL ST., SW  
WASHINGTON, DC 20032

PHONE  
202.562.0041

#### Secrets of Nature

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

With Over 35 years of experience, our health food store has a lot to offer. We have herbs, vitamins, teas as well as raw and natural foods. We also have quite an extensive library of information for you to educate yourself and family on the growing concerns of nutrition, your health and wellness.

## MOUNT RAINIER, MD

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

#### Glut Food Co-op, Mt. Rainier

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

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

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

## SEVERNA PARK, MD



### ORGANIC MARKET

#### Goodlife Organic Market

485 Richie Hwy North, 21146  
410-544-9515

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

## DC NATURAL FOOD STORES



### Senbeb Natural Food Coop & Senbeb Cafe

#### Senbeb Natural Foods Co-Op

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

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

## OLNEY, MD



Areas leading natural food market!

#### Roots Market, Olney

16800 Georgia Ave., 20832  
301-774-1344

www.rootsmkt.com

Mon-Sat: 9:00-8:00, Sun: 10am-7pm  
Local and independently owned market specializing in natural, organic and gourmet foods and products.

## SILVER SPRING, MD

### ECOLOGY HEALTH FOOD

#### Ecology Health Food, Silver Spring

904 Bonifant Street, 20910  
301-589-2188

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

## Blue Nile

#### Blue Nile Botanicals

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

www.bluenilebotanicals.com

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



### Market

#### YES! Organic Market, Brookland

3809 12<sup>th</sup> St., NE, Washington 20017  
202-832-7715

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

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## DC NATURAL FOODS, CONT'D



### Market

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

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

## DC NATURAL FOODS



### Market

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

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

## FALLS CHURCH, VA



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

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

## SPRINGFIELD, VA



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

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



### Market

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

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

## VIRGINIA NATURAL FOOD STORES



### ALEXANDRIA, VA



**MOM's of Alexandria**  
3831 Mt.Vernon Ave., 22305  
703-535-5980  
www.momsorganicmarket.com  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

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

## HERNDON, VA



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

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

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

## WARRENTON, VA



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

Store hours: Mon-Fri 10am-6pm Sat. 10 am - 5 pm. Organic Deli Hours : Mon - Sat 10 am - 4 pm. We specialize in Organics offering a variety of Groceries, Meats, Dairy, Fresh Produce, Vitamins, Herbs, Homeopathy, Cosmetics, and a large selection of Allergy-Free Foods as well. We offer a unique experience in customer service, selection of products, atmosphere, nutritional guidance & wellness therapies.



### Market

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

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

## LEESBURG, VA

### For Goodness Sake Natural Foods

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

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

## WOODBIDGE, VA

### Natural Grocer Health Food

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• Celebrating 26 Years!

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

## FAIRFAX, VA



**MOM's of Merrifield**  
8298 Glass Alley, Fairfax 22031  
703-663-8810  
www.momsorganicmarket.com  
Mon. - Sat: 9am-9pm, Sun: 9am-8pm

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

## MCLEAN, VA



Nourish Market, McLean  
8100-E Old Dominion Dr., 22102  
703-288-3031  
www.nourishmarket.com  
Mon-Sat: 6:30am-8pm • Sun: 10am-4pm

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



### Market

**YES! Organic Market, U St. Corridor**  
2123 14th St., NW, Washington, 20009  
202-232-6603

www.yesorganicmarket.com  
Mon- Fri: 7am-10pm, Sat./Sun: 8am-10pm,  
Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

**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 Online or on  
[www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)

# ADVERTISER INDEX

Acupuncture and Natural Medicine, Dr. Amos..... 24	DC Dentist , Terry Victor, DDS ..... 30	Marie-Claire ..... 66	Rolfers ..... 22
Akashic Librarian ..... 64	Dental Excellence Integrative Center ..... 40	Marie-Claire ..... 29	Rose Rosetree Energy Spirituality..... 61
Align with Grace Yoga ..... 34	Eckankar - Maryland Satsang ..... 59	Mary Kay-Massage..... 68	S & A Beads..... 37
Align with Grace Yoga ..... 59	Eckankar of Northern Virginia..... 43	Maryland Psychiatric Research Center ..... 31	Sacred Circle ..... 36
Alix & the Archangels, Alix Moore, LLC ..... 53	Facial Rejuvenation - Amos, MD, Helena..... 63	Meditation Museum ..... 60	Salt on Main..... 41
Alix Moore, LLC ..... 34	Firefly Wellness Center ..... 70	Meridian Healing Works ..... 68	Shamanic Spring ..... 61
Alix Moore, LLC ..... 64	Fischer, DDS, Richard ..... 39	Mindful Soul Wellness ..... 30	Shamanic Way, The..... 62
Allergy Amos, MD, Helena - Allergy Elimination .... 63	Four Quarters Interfaith ..... 20	Mindful Soul Wellness ..... 66	Share International ..... 62
Amethyst Astrology Services ..... 65	Gardner Chiropractic ..... 19	Modern Smile Dental..... 25	Shine Coaching & Consulting, LLC ..... 35
Amos Snider Medical Intuitive ..... 70	Gennaro, MD, Margaret ..... 28	MOM's - Mom's Organic Market..... 13	Shine Coaching & Consulting, LLC ..... 62
Andora's Healing Light ..... 18	Glen Echo Tai Chi..... 60	Montgomery County Stroke Association..... 72	Smile Herb Shop ..... 10
Avillion Aura Imaging Photography..... 58	Glut Food Co-op..... 71	Morning Star, Konstanza ..... 71	Somatic Energy Therapies ..... 62
Axis Mundi Shamanic Studies ..... 72	Go Forward Personal Coaching ..... 58	Mountain Mystic Trading Co..... 45	Soul Healing with Roz, LLC..... 33
Aziza Doumani Reiki & Wellbeing ..... 59	GPS Your Path ..... 44	MultiDimensional Living..... 36	Soul Healing with Roz, LLC..... 66
Bach, Eric ..... 68	Green Comfort Herb School..... 46	MultiDimensional Living..... 66	Soul Source Spiritual Center ..... 15
Baha'i Faith..... 68	Healing Light Center, LLC ..... 43	National Integrated Health Associates (NIHA)..... 4	Spiral Path Farm..... 47
Barter Systems ..... 50	Heart Centered Reiki, LLC ..... 44	Natural Living Expo ..... 80	Spiritual Spectra ..... 72
Birth Care & Women's Health..... 63	Holistic Counseling LLC - Bharati Devkota..... 69	Natural Living Expo ..... 2	Sticks and Stones..... 68
Blueberry Gardens ..... 63	Hollow Reed Healing / It's Not Therapy..... 67	Naturopathy Services - Knowles ..... 39	Stones That Heal - Knowles Apothecary ..... 38
Blue Heron Wellness ..... 59	Hollow Reed Healing / It's Not Therapy..... 32	New Future Society Healing & Yoga Center..... 60	Superet Light Center ..... 53
Boyd, Tim..... 51	iHeal Wellness Therapy & Consulting ..... 5	New Future Society Healing & Yoga Center..... 50	Takoma Metaphysical Chapel..... 12
Boys to Men..... 67	iHeal Wellness Therapy & Consulting ..... 17	New Vision..... 48	Telespectral LLC..... 38
Brave Healer Productions..... 42	iHeal Wellness Therapy & Consulting ..... 23	NIHA - Cohen ..... 26	Terra Bella Spa Collection ..... 48
Cannabis Karma..... 46	iHeal Wellness Therapy & Consulting ..... 73	NIHA Dentistry..... 27	The Lotus and The Light Metaphysical Center..... 8
Carlos the Medium ..... 72	iHeal Wellness Therapy & Consulting ..... 69	NIHA-Dr. Tapscott..... 26	The New Dream ..... 52
Carol Burbank Manuscript..... 52	iHeal Wellness Therapy & Consulting ..... 53	Pain Management - Helena Amos ..... 64	The Sky Beckons - Chris Gates Energy Healer .... 49
Carol Burbank Storyweaving Coaching & Healing 49	Inspired by Angels..... 65	Past Life with Soni Weiss ..... 71	The Soul Shepherd..... 21
Carroll, Kathleen..... 71	Intuitive Wellness..... 64	Peace of Our Minds Meditation ..... 32	Tide Turners Light Workers .com..... 66
Center for Health & Wellness ..... 40	Jones, Alice ..... 65	Pink Cosmos ..... 48	Turtles and Crows // Learn PSI..... 52
Center for Spiritual Enlightenment (NSAC) ..... 65	K&M Law Firm..... 51	Potomac Massage Training Institute (PMTI) ..... 16	Unity of Fairfax Church Events..... 62
Centers for Spiritual Living Metro ..... 42	Knowles Apothecary..... 3	Psychic Medium Annie Larson ..... 65	Voice of the Gatekeepers ..... 72
Circle of Worship ..... 69	Kuceris, Misty ..... 24	Rainbow Chi Energy Healing..... 53	Washington DC Teaching Center ..... 49
Cloud Hands Tai Chi..... 59	Life Transforming Hypnotherapy ..... 70	Rainbow Chi Energy Healing..... 60	Washington Gardener ..... 52
Community Crisis Services, Inc. (CCSI)..... 69	Light Works Reiki and Psychic Mediumship..... 66	Reiki Center of Greater Washington..... 61	Wiss, Brigitte..... 51
Culp, LCPC, LPC, Courtenay J ..... 69	Mad Magic Kombucha..... 50	Robert Jordan Health Services..... 14	Wolf's Haven for Institute of Art ..... 70

## Ongoing Calendar

...continued from page 74

**Ageless Wisdom Teaching: free talks and classes** on the return of the Masters of Wisdom into our modern world since Atlantis, their plan for humanity and our role in the evolution of consciousness on our planet, the path of initiation as well as the most potent form of spiritual development and service. Please inquire at skourangis@gmail.com.

**All Message Service.** Receive messages from several message bearers. Held on the 2nd Sunday of each month at 1-2:30pm at the Takoma Metaphysical Chapel, 10501 New Hampshire Ave., Silver Spring, MD. No RSVP needed. \$20 members; \$25 friends. Info at [www.takomaparkchapel.org](http://www.takomaparkchapel.org).

**Be sure to follow Healing Crystals & Minerals Showroom** in Dulles, Virginia on Facebook ([www.facebook.com/healingcrystalsshowroom](http://www.facebook.com/healingcrystalsshowroom)) for weekly sales announcements. Call for more information 703-828-4325, or view our online catalog at [www.healingcrystals.com](http://www.healingcrystals.com). We offer a wide variety of cut and polished crystals and pride ourselves on our friendly staff.

Come and explore the beautiful crystals in the Healing Crystals Showroom. We have: amethyst geodes, crystal jewelry, tumbled stones, large mineral specimens and MORE.

**Classes & Workshops on a variety of personal development topics:** Managing Stressing; Dealing with Anger & Anxiety; Improving Relationships; Karmic Laws; Vegetarian/Vegan Cooking; Positive Thinking & lots more at the Meditation Museums (MD/VA). Calendar at [www.meditationmuseum.org](http://www.meditationmuseum.org) or 301-588-0144. Community Yoga

**Comunidad Hispana de Unity of Fairfax**, el ministerio hispano de Unity de Fairfax, se reúne los lunes en la tarde de 7pm en la Internet. ¡Bienvenidos todos los hispanohablantes! [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events).

**Daily Online "Spiritual Vaccine" Sessions with Sister Jenna**, director of the Meditation Museums, on different topics pertaining to spirituality, health & wellness, personal development & self-help. Free events 7 Days a week, 6:30-7:30pm ET. Watch at [\[www.Facebook.com/MeditationMuseum\]\(http://www.Facebook.com/MeditationMuseum\). Visit our website at \[www.MeditationMuseum.org\]\(http://www.MeditationMuseum.org\).](http://www.YouTube.com/Meditation-</a></p>
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**Daily Prayer Study Call** – Charge up and tap into Spirit weekdays at Noon! Led by the Takoma Metaphysical Chapel. Call 712-775-7000, code 635833#.

**Every last Saturday is Psychic Saturday:** affordable mini-readings. More info: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

**Every Wednesday evening Mediumship** classes. More info: [www.arlingtonmeta.org](http://www.arlingtonmeta.org).

**Expo Exhibitors Wanted for July 19 and November 1, 2020**, Holistic Energy Expo, Embassy Suites, Ashburn, Virginia. Readers, healers, holistic & metaphysical businesses, and handcrafted items. To learn more and apply [www.HolisticEnergyExpo.com](http://www.HolisticEnergyExpo.com).

**Free Meditation Class Sunday's at 1pm.** Visit: [www.arlingtonmeta.org](http://www.arlingtonmeta.org)

**Goddess Circle, 3rd Sunday of every month.** 7:30pm-9pm. The Takoma

Metaphysical Chapel invites you to join us in honoring the Goddess in traditional and innovative rituals of worship with Reverend Cynthia Tootle, at her home, 756 Silver Spring Ave, Silver Spring, MD. All are welcome. Love donations will be cheerfully accepted. Info at [www.takomaparkchapel.org](http://www.takomaparkchapel.org).

**Heart & Soul of Mediumship, Melody Krafft;** an evening of messages & mediumship development. Every class is different but will include a message from your Spirit Guide as well as practice using your psychic and mediumship abilities. Every Wednesday Night at 7:30pm. Register at [www.arlingtonmeta.org/messages-spirit-guides-mediumship-development/](http://www.arlingtonmeta.org/messages-spirit-guides-mediumship-development/)

**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.

continued back on page 48

## THE HERB CORNER

### Did You Know...? Herbal Wellness Worth Talking About The Smile Herb Staff Pick Their Favorite Herbal Healing Topics ...continued from page 9

#### Using Castor Oil to Thicken and Regrow Eyebrows, Eyelashes and Hair

Hair oils are popular for increasing hair darkness, growth, strength or thickness, and castor oil is believed to achieve all of these characteristics. Its sticky, thick consistency means that it's often passed over for oils that are easier to apply, but other oils can be combined with castor oil to make it thinner. Find out why castor oil can prevent the hair on your eyebrows, eyelashes and head from falling out and thinning.

Castor oil is a vegetable oil that comes from castor beans, which are part of a plant that thrives in China and some areas in Brazil. The oil is popular for its antibacterial, anti-inflammatory and laxative properties, and a high amount of ricinoleic acid gives it antifungal properties that can prevent fungus from hindering hair growth. Its thick consistency could prevent hair loss by simply coating the hair and protecting it from falling out.

There are high amounts of omega 9 fatty acids in castor oil, and its low molecular mass allows them to penetrate the skin to nourish the hair follicles and pores. It also delivers gloss and shine to hair and can be used to control frizziness.

#### How to Use Castor Oil

You can create a castor oil treatment with 1 part castor oil and 1 part of another oil such as almond, avocado or coconut. Add a couple drops of essential oil such as peppermint or rosemary to mask the smell. Warm the treatment in a bowl of hot water for two to four minutes; do not put it in a microwave.

A few drops of castor oil go a long way, so it's best that you only use a little at a time. For eyebrows and eyelashes, use a dropper to control how much is applied to the area, taking care not to get the solution in your eyes. For the hair on your head, you can use a dropper to apply multiple drops to your damp scalp. This prevents using so much that it makes your hair appear greasy. Otherwise, using your fingers works just as well.

After application, wait for at least 30 minutes before washing out the treatment. If shampoo doesn't get it all out, leave some conditioner on your hair for 10 to 20 minutes. It may take doing this treatment once or twice a week for four weeks before you see any results.

#### What are the Benefits of a Cleanse and Detox?

Have you ever wondered what benefits you could receive from go-

ing through a detoxification? Here is a short list of benefits to learn what a detox could do for your body.

#### 1. Energy Boost

Detoxification flushes harmful toxins out of your body and leaves you feeling refreshed and full of restored energy. Replacing your intake of sugar, coffee, trans fats, and saturated fats with healthy fruits and vegetables, your body is jolted by a natural energy boost which doesn't produce a crashing effect like sugary energy drinks are known to do.

#### 2. Eliminate Excess Waste

Getting rid of any stored excess waste is the primary purpose of a detox. These programs were designed to push the body towards cleansing and disposing itself, including functions in the liver, kidneys, and colon.

#### 3. Weight Loss

While some see detox only as a short-term way of losing weight, long-term weight loss can be achieved if healthy eating habits are adopted during the detox process.

#### 4. Healthier Immune System

Detoxing leaves your organs clean and functioning properly. Your body is also better able to absorb nutrients and vitamin C from food.

#### 5. Healthier Skin

Detoxing improves your overall health, and skin is the largest organ we have. Naturally, improved health leads to healthier, radiant-looking skin.

#### 6. No More Bad Breath

A constipated colon can contribute to bad breath, and since detoxing improves the colon's ability to function, your breath will also see an improvement that occurs naturally.

#### 7. Increased Mental Focus

This may be thanks to the reduction of sweet, sugar-filled snacks and drinks, which lead to confusion and lethargic reactions when consumed by most people.

These are just a few of the benefits to a natural body detox. As with any lifestyle change, detoxes should be approached with a general understanding, dedication, and perseverance. As long as you utilize common sense, appropriate the detox to your specific goals and needs, and stay motivated, there are many more benefits that can be garnered from a good detox program.

*Since 1975, Tom has co-owned the Smile Herb Shop in College Park, Maryland, and is a Registered Herbalist (American Herbalists Guild) who, along with the Smile staff, including wife Susan, teaches classes throughout the year about all aspects of growing herbs and healing with herbs.*

*Visit Smile's website, [www.smileherb.com](http://www.smileherb.com), for a list and description of classes, information on individual herbs, and to read their blog on a variety of herbal topics. Volunteer opportunities are also available to assist with Smile's garden upkeep. See the ad for Smile Herb Shop on page 10.*

## TO YOUR HEALTH

### Your Health in Summer: The Five Element Theory & the Season of Abundance and Joy ...continued from page 11

Exercise for a healthy heart and circulatory system. The season invites warm weather and sunshine, and outdoor and water sports abound. Movement helps to cleanse toxins by sweating, and builds up Vitamin D.

Enjoy the nutritional bounty of the season! Eat cooling foods, especially vegetables and fruit in season. Bitter greens are a taste of summer and nourish Fire element organs. Avoid sugar, preservatives, water contaminants, and processed food.

Detoxify the small intestine according to your condition. Use a food combining approach to relieve discomfort when indigestion or other abdominal distress occurs.

Vitality, circulation and anti-inflammatory herbs as well as antioxidants will help the Heart and Small Intestine functions. Digestive and anti-inflammatory enzymes can also be beneficial. Consider adding these supplements to your diet. Extra testing by your practitioner may be required if more, or specific symptoms appear.

Go through a personal checklist of hormone function with your practitioner to prevent any future imbalances.

And no matter what the season, practice sleep hygiene!

Summer floods us with light and energy. You can experience an abundance of both in your life when you maintain good health and practice good habits. Be well!

*Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician, and natural medicine practitioner since 1986. She is the owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for in-office and telehealth complementary consultations. Call 301-881-2898, email [doctorhelena@gmail.com](mailto:doctorhelena@gmail.com), and visit [rockvilleacupuncturemd.com](http://rockvilleacupuncturemd.com) for more information about clinic services. LIKE on Facebook @AmosAcupunctureAndNaturalMedicine. See also her ad on page 24.*

Visit our website for a larger, constantly updated calendar of events • [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)

## MIND • BODY • SPIRIT



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### Love & Kindness During Catastrophes

....continued from page 13

going. Keep all of our business owners in mind as we try to get through this economic crash.

- Say "I love you" to people you love.
- Donate to local food banks and other important causes.

- Send sincere wishes to people for their health and safety.

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You can read more about mindfulness meditation and related topics in *Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times* by Patricia Ullman, available on [amazon.com](http://amazon.com), and articles and blog postings on her website: [www.PeaceOfOurMinds.org](http://www.PeaceOfOurMinds.org)

Contact Ms. Ullman for information on individual and group mindfulness sessions online in your home or workplace during the pandemic.



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ENERGY HEALING • FACE READING • FENG SHUI • HEALTH PRODUCTS • HERBS • HOLISTIC DOCTORS • HYPNOSIS  
JEWELRY • LEARNING CENTERS • MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NUTRITION • PAIN MANAGEMENT  
PALM READING • PHARMACIES • POLARITY THERAPY • PSYCHICS • PSYCHOLOGY • QIGONG • REFLEXOLOGY • REIKI  
SHAMANS • SKIN CARE • SPIRITUAL CENTERS • TAI CHI • TAROT • WEIGHT LOSS • YOGA • MUCH MORE • SPEND THE DAY!**

## **The Pathways Event Of The Year**