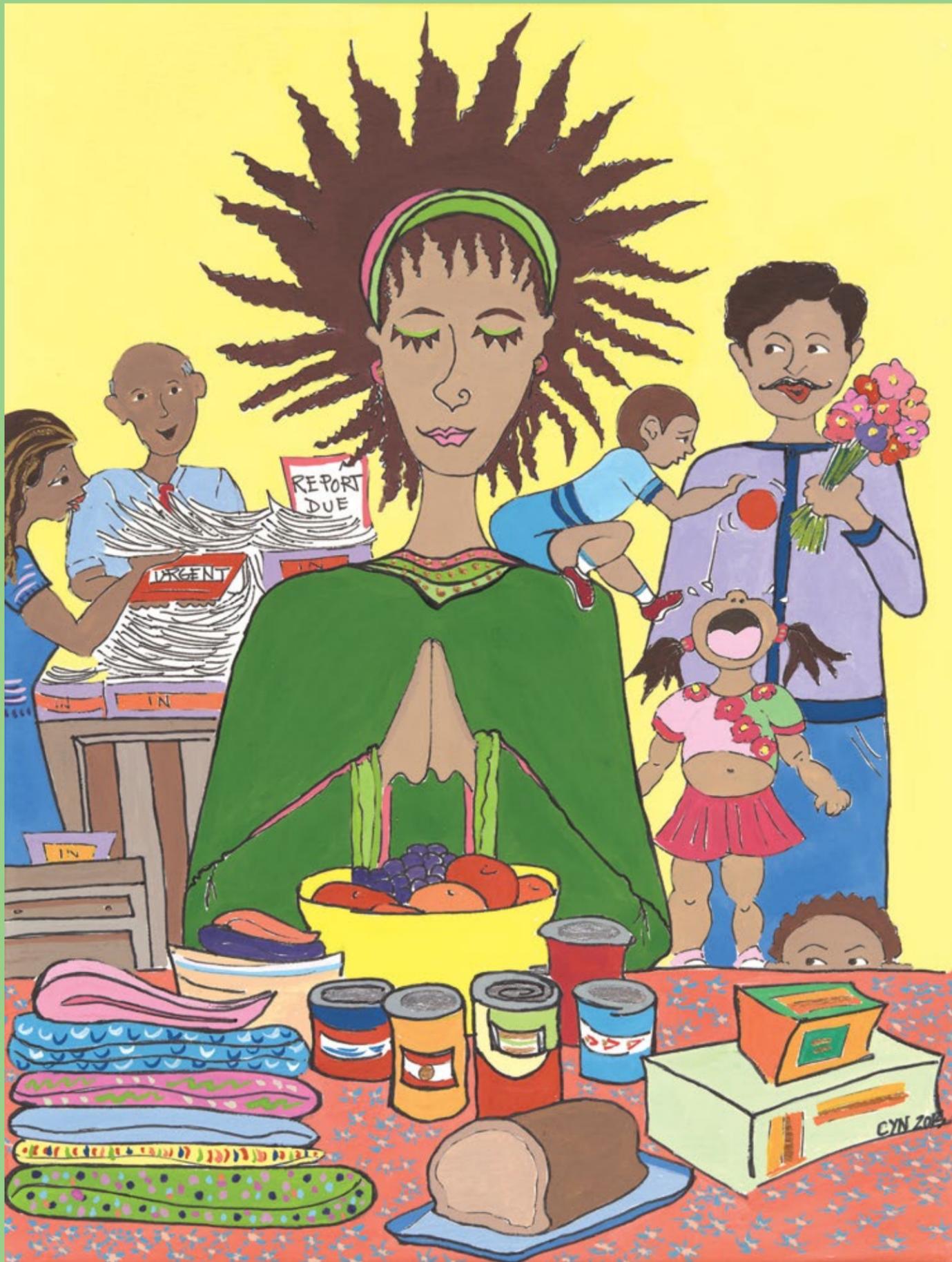


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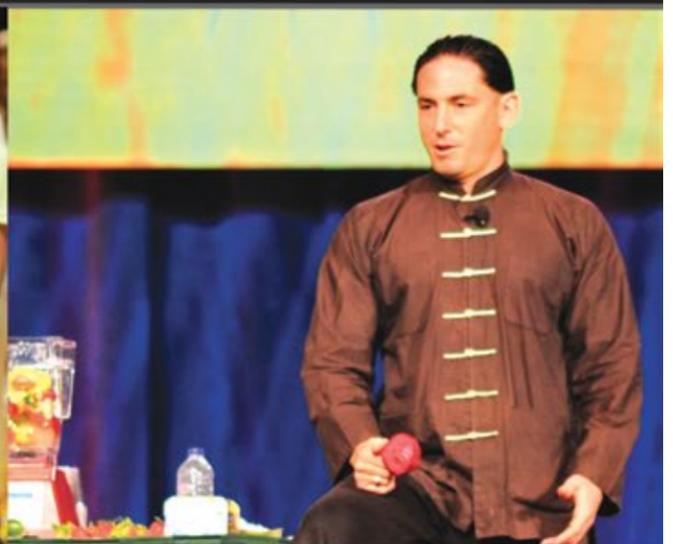
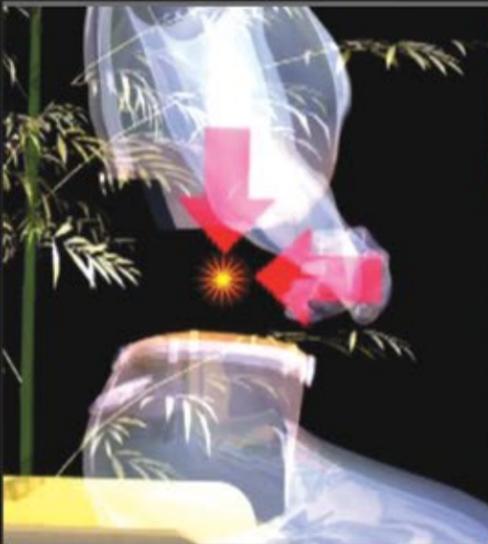
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*The world public has become disenchanted with both the political and financial leadership, which it no longer trusts to solve the problems of historical crises. Further more, all the individuals of humanity are looking for the answer to what the little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

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

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

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

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

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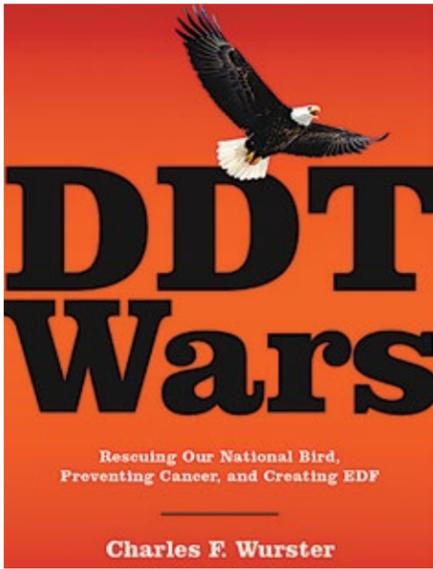
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# Aging with Grace, Aging in Place

Specialist discusses the obstacles and opportunities for successful aging

INTERVIEW BY MICHELLE ALONSO

From the time we are born, we begin to age. It is a universal human inevitability from which there is no escape. Growing up is the portion of our lives filled with wonder, excitement and anticipation. However, at some point, the scales begin to tip from growing up to growing old, and this means different things for different people. While aging itself cannot be stopped, *how* we age is an individual experience and within our ability—to a certain extent—to control.

Today there are nearly 75 million Baby Boomers (ages 51-69) in this country, according to population estimates released this spring by the U.S. Census Bureau. But for the next fifteen years, an average of 10,000 people each day will reach age 65, so that by 2050, this country will have 89 million senior citizens who are 65 and older. People are living longer and working longer, so the landscape of aging—and doing so successfully—has evolved.

To assist aging baby boomers with the long list of challenges associated with growing old is a wide contingent of services and professionals. Among them is Gretchen Vidergar, an Occupational Therapist (OT) and a Certified Aging in Place Specialist (CAPS). For over twenty-two years, she has helped individuals and families address the consequences and complications of disability and aging. After receiving her Masters degree from Tufts University-Boston School of Occupational Therapy, her career started in the field of Inpatient Neuro-rehabilitation at the National Rehab Hospital in Washington, DC, followed by seven years of outpatient therapy with an affiliated satellite clinic. From there she was employed as an OT at Adventist Home Health, which eventually led to her current position with the Howard County (Maryland) Office on Aging.

For the last four years Gretchen has worked specifically with low-income clients in Montgomery County, focusing on her Aging in Place specialty. The Aging in Place certification allows her to be listed in a nationwide database of specialists who provide these specific services.

Gretchen thinks a great deal about what it means to age successfully. In this interview, we discuss her work as an OT and Aging in Place specialist, the concerns that come with aging, the issues faced by both caregivers and elderly individuals, and the insight she's gained about what successful aging means.



Gretchen Vidergar, Occupational Therapist

*For those of us not familiar with this specialized field of health care services, describe exactly what an Occupational Therapist does?*

Occupational therapists, or OTs, define occupation as anything you do that fills your time. We help people solve problems that impact their ability to perform everyday activities, from using the toilet, to traveling on an airplane. We address impairments in cognition, vision, mental health, strength, balance, motor control, mobility and coordination. We work with infants, children, students, workers, people with disabilities, whether congenital or acquired, trying to find the right fit among the person, his or her abilities and their environment.

*Under this umbrella, how is a Certified Aging in Place Specialist (CAPS) an extension of what you do?*

OTs are expert problem solvers, so I see this role as using all of my skills and the tools at my disposal to

solve the problems that arise when people change, but their environment doesn't. CAPS see things in the home a bit differently as well, looking at how they can modify the environment to maximize a person's abilities as her or she ages.

In my mind, OTs evaluate environments in terms of how easy it is to function within it, so it is natural to help people age in place. More and more OTs are turning to this specialty as the population ages, but I think the challenge is making themselves available to all who wish to make adjustments and working within those constraints.

As an Aging in Place Specialist, I can work specifically with the areas that are problematic for my clients to ensure they are able to perform their tasks as they wish, which for most people means independently. And that often means getting over the biggest challenge of all, the mental one. Most people see modifications or devices as signs of 'disability'—my goal is to get them to see them as 'enablers' that give them more than they take away.

*What would you say are the most common problems that develop with aging?*

The most obvious change that anyone over 45 can relate to is the change in vision that starts with a gradual arm lengthening as we try to read anything. After some time of avoiding the inevitable, we break down and buy our reading glasses because our reading ability becomes limited by the length of our arms! But later, what happens is the lens hardens and yellows, which makes it more difficult to read in lower light conditions and to transition from well-lit spaces to lower light ones.

Sensations other than vision become altered as well. Hearing changes occur with losses in the upper ranges. Senses of smell and taste dull, which alters taste for food, sometime to the point where people may not have a great desire to eat, which can lead to weight loss. Sense of touch is less acute as we age, so being able to feel objects to manage fasteners or manipulate jewelry lead to changes in self perception if one has to dramatically alter the types of clothing he or she wears.

Our aging bodies can experience changes in our ability to digest certain foods, causing us to alter the types of food eaten, which can impact nutrition. Loss of bladder control impacts both men and women, which can cause a decrease in fluid intake and can lead to dehydration.

Musculoskeletal changes also take place, including a widening of the gait, decreased balance due to a loss of flexibility in the ligaments, and wearing of joint cartilage that accompanies arthritis—another common change. Osteoporosis and the increased risk of falls with the conditions I've mentioned contribute to people moving less instead of more.

*In addition to this mixed bag of physical changes, what are some of the emotional and psychological issues associated with growing older that you witness?*

From the time we are born, we are aging. The biggest problem in our society is that we celebrate all of the early milestones and then somewhere in middle age, we dread all of the rest of them, and are taught to fight them.

I would say that many of the emotional and psychological changes that occur are dealt with in similar ways. People start to notice things are different, so they begin avoiding certain activities that have become challenging until they can no longer be done. However, what I would want them to do is try to find a way to keep doing the things they love, which is the goal of occupational therapy—to keep

*continued on page 111*



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# Yoga for Neck and Shoulders: Two Guitarists Talk Yoga

BY CLAUDIA NEUMAN



Debra Devi, who is a professional rock musician and author of the popular blues glossary, *The Language of the Blues: From Alcorub to Zuzu* (Foreword by Dr. John). She is a Jivamukti Yoga practitioner, and a remarkable guitar player.  
Photo by Guzman

If you suffer from chronic pain in the shoulders and neck, there are yoga poses that can help! The reality of our human structure is such that the muscles through the front of the chest, called the Pectoral muscles, are large, whereas, the muscles in the upper back, the Rhomboids, are small and delicate. If you also consider the fact that we stand upright, and that our 25 pound skulls sit on top of our shoulders, it follows that the large muscles in the front of the chest combined with the weight of the head can, and in most cases do, cause the collapsing of the shoulders into a forward 'slouching' sort of position.

This forward slouch can also compromise the neck itself, which will have a tendency to flatten out and pull the head forward. Once the neck is compromised, the nerves going through the arms, such as the Ulnar nerve, which originates from the C8-T1 (the point where the C8 & T1 nerves meet) can become less than optimally functional.

I mention the Ulnar nerve because it is the largest unprotected nerve in the human body, so injury is common, especially if you use your arms, or stand upright and use your arms—and who doesn't, right?

Conditions such as Cervical Herniated Discs can develop, leading to numbness in the arms, hands and fingers. The term 'Military Neck' refers to the straightening out of the 'C' curve in the cervical spine. Without proper alignment and strengthening of the muscles throughout the back

of the neck and the upper back, the neck grows weaker and the discs, and nerves, are vulnerable.

Think about how many people use their upper bodies extensively in their careers. The list is long and varied. But because I am also a musician, this particular line of work jumps to the forefront of my mind. How do professional musicians deal with the physical wear and tear on their bodies, especially the strain on the neck and shoulders that comes from their brand of "occupational hazard"—playing an instrument?

A regular Yoga practice can be a vital source of relief. Specifically, there are many yoga poses that are excellent for stabilizing and balancing the distribution of strength in the upper body.

I was fortunate to meet up with Debra Devi, who is a professional rock musician and author of the popular blues glossary, *The Language of the Blues: From Alcorub to Zuzu* (Foreword by Dr. John). She is a Jivamukti Yoga practitioner, and a remarkable guitar player. Devi's favorite mantra is *lokah samasta sukhino bhavantu*, which means, "May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all."

I also caught up with another guitar 'shredder', Tobias Hurwitz, who has authored 15 books on rock guitar. He is lead guitarist for The Baltimore Ravens Rhythm Section, and has numerous awards and endorsements as well. Tobias is both an accomplished musician and a very busy guitar teacher; in fact, there is a guitar strapped around his shoulders just about all day, everyday.

Both of these hard working musicians are also long-time practitioners of Yoga. As with most people who discover Yoga, the benefits of the practice go far beyond the physical relief. Both Devi and Tobias have experienced improvements in their overall ability to do live performances, teach others and maintain their sense of wonder and inspiration for their craft.

Because both of them have been in the business for so long, I wondered about their connection to Yoga. I interviewed these two professional yogi-guitar players to gain some insight as to how Yoga has helped them deal with any pain they experience because of and during playing.

*How long have you been playing guitar?*

Tobias: 38 years.

Devi: Long enough to find my



Tobias Hurwitz, has authored 15 books on rock guitar. He is lead guitarist for The Baltimore Ravens Rhythm Section, and has numerous awards and endorsements as well.

voice, and long enough to know it will take a million more lifetimes to explore a small percentage of what the guitar is capable of inspiring.

*Why did you start doing Yoga?*

Devi: I started practicing yoga because I felt a great deal of tension in my neck, shoulders and arms from slinging a 12-pound electric guitar around. I'll never forget how difficult my first shoulder stand was. I could barely breathe!

*Do you think that yoga is essential for musicians and for musicians who perform?*

Devi: No, I don't think yoga is essential for anyone. If you're drawn to it, great. If not, that's fine, too. It's important to remember that yoga is not an evangelical tradition and should never be pushed on anyone. That said, asana practice can be wonderfully helpful for any musician seeking to avoid injuries like carpal tunnel syndrome, and for any musician or performer seeking to become a more open channel for music.

Tobias: I don't think it's essential, considering I've been a pro musician most of my life without it. But I do remember coming to a crossroads and getting into Zen Guitar in the 1990s. [Zen Guitar is a method originated by Phillip Toshio Sudo aimed at unleashing the 'song of your soul'.] I needed a way to think about my musical life—or stop thinking about it—that would enable me to just be a musician, play

music in the moment, and de-stress about it. The same ideas are found in yoga, which teaches a person how to do difficult things while breathing steadily and staying focused and calm. This is very valuable for any musician. Also, if a longtime yogi happens to also be a musical performer, their style may have a supercharged energetic quality that is quite an asset and a joy to the audience. In hindsight, I've become a loyal fan of musicians because of this energetic performance style.

*What poses have helped you the most?*

Tobias: As a guitarist my shoulders are hunched over and my posture suffers from that. I find that all of the "chest and heart opening" postures help reverse the damage that guitar playing does, and also unlock emotional baggage at the same time. It's pretty wonderful!

Devi: Downward and upward dog have strengthened my wrists and fought off carpal tunnel issues very effectively. Before I began practicing [Yoga], I had painful tendinitis in my wrists and forearms and pinched nerves in my neck. I could barely hold a pick at one point. The first few months I practiced downward dog I had sharp knifing pain in my wrists. I was afraid I was hurting myself, but in fact the practice was stretching open and relieving painful contracted areas. I believe it has helped me avoid many of the physical problems that plague guitarists. Probably some of the mental ones, too! I also like standing on my head to strengthen the muscles in my neck...and because it's fun!

*Do you find that there is a specific type of yoga practice that helps you the most?*

Devi: I mostly practice Jivamukti Yoga, which is a fast-paced, challenging Vinyasa practice with a strong spiritual component, including a deep commitment to Ahimsa, or non-harming. I also like the Ashtanga primary series. A physically challenging practice helps me work out tension [which, as Jivamukti co-founder Sharon Gannon likes to say, is really just trapped energy] and get some good tapas [purifying heat] going.

What we think of as "Yoga," of course, is really just one Yoga practice called asana, which means seat. Other practices, such as Pranayama (breath retention), Bhakti (devotion), and Nada Yoga (deep listening) are also beneficial for musicians.

*continued on page 68*

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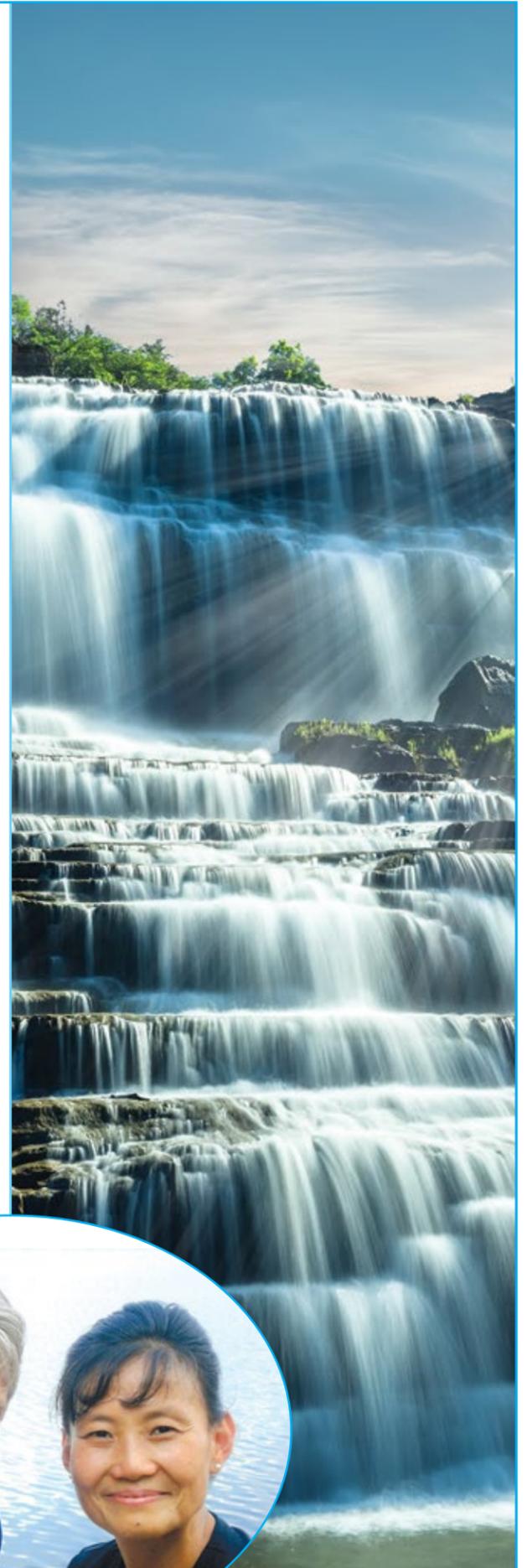
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*“As I see it, every day you do one of two things: build health or produce disease in yourself.” — Adelle Davis*



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# Healing Herbs for Gut Health

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

So what a joyous day it is that Western science now agrees with ancient evolving herbal wisdom observing that 70-80% of immune cells are in the gut. Friends, according to Ayurveda (the herbal tradition of Yoga) and Traditional Chinese Medicine, the gut is the seat of transformation. In these troubled times, it behooves us to keep our ability to transform in good shape. I don't know about you but the current world makes my gut struggle—Jesus promising rivers of living water in the belly sounds pretty good to me. So, come with me on a tour through the herbal garden of healing to explore what the green herbal angels can do for the gut. Let us see if we can get rivers of living water in our bellies.

Let us look at the three main organs of the gut according to Ayurveda and Traditional Chinese Medicine. In both of these systems, transformation in the gut is central to healing, with the three most important organs (3 of the "Fu" or receptive organs) being the stomach, small intestine and large bowel. When I first went to India in 1997 I found the simplicity of Ayurveda to be off putting as I then thought something this simple could not be of value compared to Western knowledge. Boy was I arrogant in my Western-based judgment of simple herbal-based wisdom grounded in a deep understanding of how the gut works. Furthermore, let us consider the herbal allies and remedies that assist the simple trinity of the stomach, the small intestine and the large bowel with their 24/7 job of transforming all that food.

Simply put, the stomach transforms and grows with the sweet taste of the element earth. The small intestine is paired with the heart to hold the element of fire and the hot taste. Finally, the large bowel is paired with the lungs to transform in a balanced manner the element of air and the bitter taste. When respiration (Air), digestion (Fire) and elimination (Earth and Water) are in harmony, then all is well in the energy of our being.

Within this very simple understanding are dozens of herbs waiting to help heal the gut. Let's go through the three main organs, the tastes which lead you to the right herbs, and the elements acting in each stage of digestion and see which herbs can be very helpful allies.

## Stomach: The Earth Element

The element of earth (Kapha) collects in the stomach and makes things grow big and grow where they should not be. With epidemics of obesity and Diabetes at record levels, there's not better time to turn to these herbal heroes to help bring balance and health to this organ.



In the last day, that great day of the feast, Jesus stood and cried, saying, "If any man thirst, let him come unto me, and drink. He that knows me, as the scripture hath said, out of his belly shall flow rivers of living water".

*Gospel of John 7:37-38*

Mine eyes do fail with tears, my bowels are troubled, my liver is poured upon the earth, for the destruction of the daughter of my people and the children.

*Lamentations 2:11*

Moreover, it has recently become obvious that alterations of these gut microbial communities can cause immune dysregulation, leading to autoimmune disorders.

*"The role of gut microbiota in immune homeostasis and autoimmunity," National Institutes of Health Website, May 7, 2016*

The crucial position of the gastrointestinal system is testified by the huge amount of immune cells that reside within it. Indeed, gut-associated lymphoid tissue represents almost 70% of the entire immune system; moreover, about 80% of plasma cells reside in Gut Associated Lymphoid Tissue.

*Allergy and the Gastrointestinal System, National Institutes of Health Website, May 7, 2016*

Holy Basil (*Basilicum sancticum*) stabilizes blood sugar and reduces cortisol levels. Sweet Ease is a blend from Banyan Botanicals and is a Kapha-reducing formula (Kapha is Earth and Water combined in Ayurveda) created to support healthy blood sugar levels and the proper function of the pancreas. Shardunika, a main ingredient, is known as "the destroyer of sweet." Modern studies suggest that it helps the pancreas maintain healthy blood sugar levels already in the normal range by supporting the production of insulin. Along with shardunika, Sweet Ease combines other Ayurvedic herbs like neem and turmeric that have been used together for centuries to support the pancreas and to help the body digest sweet, unctuous and heavy substances. This formula also bolsters the immune system while toning the urinary tract and supporting healthy urination, which always helps the kidneys.

Beating Diabetes Tea is a blend that originates with my favorite Australian herbalist Claudia Joy Wingo. (She really is a Joy.) Her blend combines four Western herbal actions to treat this epidemic disease now affecting 1 in 10 Americans and that the CDC (Centers for Disease Control and Prevention)

predicts will affect 35% of Americans by 2030. The four actions are: (1) reducing blood sugar directly; (2) fooling the taste buds into thinking they are getting sugar when they are not; (3) providing herbs that are sweet without any glycemic load (pressure on the pancreas); and (4) using herbs to protect the organs at risk from Diabetes.

The associated herbs with their actions listed are: Gymnema, Blueberry leaves, Ginkgo, Hawthorn, Dandelion, Cinnamon, Cloves, and Goat's Rue:

- Gymnema slyvestris, or Shardunika, is known as 'Sugar Destroyer' in Ayurveda. In addition to reducing blood sugar directly, it is one of the herbs that fools the tongue into believing it is getting sugar when it is not.

- Blueberry leaves (*Vaccinium sp.*) protect the eyes.

- Ginkgo (*Ginkgo biloba*) protects against macular degeneration.

- Hawthorne (*Crataegus sp.*) protects the heart, which along with the kidneys and eyes are the three organs at most risk from this deadly disease.

- Dandelion leaves (*Taraxacum officinalis*) flush the kidneys, which are the organ most affected by Diabetes. Diabetes has the dubious honor of being the largest cause of kidney disease in this world.

- Cinnamon (*Cinnamomum sp.*) lowers blood sugar and is sweet without glycemic load.

- Cloves make the tea taste good.

- Goats Rue (or French Lilac) is from where Metformin and the class of drugs Western physicians use to treat Diabetes came.

## Small Intestine: The Fire Element

The element of fire (Pitta) collects in the small intestine and causes things to be "in flames," otherwise known as inflammation. In our herbal classes we refer to it as "in flames a ton."

High Blood Pressure Tea is Smile's most popular herbal tea blend and is the result of my tweaking of David Hoffmann's blend from research David and I did in 1997. Many of our faithful customers rely on this time-tested formula. With the presence of Hawthorne, it is one of the most studied herbal combinations for help in hypertension. David and I found over 600 studies that support the reduction of High Blood Pressure from these herbs (as well as Garlic).

Following is the list of healing herbs the High Blood Pressure Tea contains along with their actions:

- Hawthorne Berries (*Crataegus sp.*) is, in doctor speak, positively inotropic and positively chronotropic, which means it strengthens the heart and regulates the rhythm of the heart. The species we used in the 1997 High Blood Pressure study (and which was presented to the annual meeting of the Society of Teachers of Family Medicine in Atlanta 1997) was oxycantha. Hawthorne leaves and flowers broaden the effect of Hawthorne by using all parts of the tree. This is the first year we are growing a Hawthorne tree in the Smile garden.

- Linden is a perfect herb (actually it is a tree) for the vascular system as it relaxes the pressure on the heart by freeing up the flow of blood throughout the veins and arteries.

- Yarrow (*Achillea millefolium*) is a diuretic that is Western medicine's first line of defense against high blood pressure. Yarrow is also great as a bitter, which helps the liver do its job in metabolizing cholesterol.

- Cramp Bark (*Viburnum opulus*) is a mild Viburnum, which relaxes the nerves and, to some degree, the muscles.

High Blood Pressure Tea Directions: Pour 1 cup of boiling water over 1-2 teaspoons of herb, cover, and steep for 10-15 minutes. Strain and drink 3-5 cups daily.

Other herbs for fire (Pitta) in your belly are:

- Marshmallow Root (*Althea officinalis*) is the most soothing herb I know for inflamed tissue in the gut.

*continued on page 69*



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# 30 Ways Chernobyl and Dying Nuke Industry Threaten Our Survival

BY HARVEY WASSERMAN

April 26 marked the 30th anniversary of the catastrophic explosion at the Chernobyl nuclear power plant.

It comes as Germany, which is phasing out all its reactors, has asked Belgium to shut two of its nukes because of the threat of terrorism.

It also comes as advancing efficiencies and plunging prices in renewable energy remind us that nukes stand in the way of solving our climate crisis.

And it makes us remember the second and third biggest lies told us by the atomic power industry: that no commercial nuke could explode, and that no one would be harmed by reactor fallout.

Prior to the 1986 disaster at Chernobyl, there was at least one minor explosion (on March 28, 1979) at Three Mile Island (TMI) in Pennsylvania. Thankfully, TMI Unit 2's containment dome was uniquely solid. The site is in the flight path of the Harrisburg airport. Citizen activists had demanded Unit 2's containment be able to withstand a jet crash. So they forced construction upgrades that may have saved millions of lives when the reactor was stretched to its limits.

TMI's owners long denied there was a meltdown at all; but robot cameras later showed otherwise. The industry still denies anyone was harmed by TMI's fallout. But the Pennsylvania Department of Agriculture and the *Baltimore News-American* reported that downwind farm and wild animals died in horrifying droves. Parallels reported by researcher Tim Mousseau are now coming from areas downwind from Chernobyl.

*Village Voice* reporter Anna Mayo (recently deceased and greatly missed), photographer Bob Del Tredici, and filmmaker Robbie Leppzer all documented TMI's immense human toll. In 1980, I interviewed dozens of local downwinders enduring radiation-related illnesses including cancer, emphysema, heart disease, stroke, sterility, birth defects and Down's syndrome.

Recent studies by nuclear engineer Arnie Gunderson indicate TMI2's containment may have cracked, releasing far more radiation than generally suspected. Even now, nobody knows exactly how much did escape, what it consisted of, where it went or who was impacted. TMI's owners have quietly paid at least \$15 million in damages to downwinder families, including at least some payments for Down's syndrome.

By 1979 new reactor orders



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*An abandoned school room in Chernobyl. According to studies by three top European scientists, first published in 2009, more than 985,000 people have died from Chernobyl's fallout.*

had already stopped due to the industry's horrific inefficiencies, bad economics and lack of answers for decommissioning and radioactive waste storage. The industry's biggest lie—that atomic power would be “too cheap to meter”—was already obvious. But when Chernobyl blew up 30 years ago, it exposed lies number 2 and number 3: that a commercial reactor could not explode and that the industry's radiation would kill no one.

Here's a short list of 30 ways these two tragic flaws are killing us all. They were discussed with experts Joe Mangano and Dr. Janette Sherman on my April 21st Solartopia show (listen here: <http://prn.fm/solartopia-green-power-and-wellness-hour-04-21-16/>):

1. According to studies by three top European scientists, first published in 2009, more than 985,000 people have died from Chernobyl's fallout.

2. Impactful radioactive contamination is still in evidence in soil throughout Ukraine, Belarus and as far away as Scotland.

3. By some estimates, children born throughout regions downwind of Chernobyl have suffered radiation-related diseases at rates affecting up to 80 percent of those born in critical areas.

4. Reindeer, sheep and other animals across northern Europe are still too heavily contaminated to be safely consumed.

5. Radioactive fallout from Chernobyl hit northern California

within 10 days of the explosion, followed by a 60 percent drop in bird births recorded at the Pt. Reyes sanctuary north of San Francisco.

6. Epidemiological studies by Mangano, Sherman and others show that nearby infant death rates rise when commercial reactors open, and drop when they shut.

7. Epidemiological studies show direct links between reactor operations and cancer rates downwind, including a 70 percent excess of thyroid cancer in the four counties surrounding New York's Indian Point reactors as opposed to the nation as a whole.

8. When Chernobyl blew up, industry apologists emphasized that such a disaster at a Soviet reactor had nothing to do with American nukes. But on March 11, 2011, four General Electric reactors exploded at Fukushima (three melted, and their cores have yet to be found).

9. The explosions at Fukushima by estimates of at least one Japanese scientist have spewed at least 30 times as much Cesium 137 as was released by the atomic bombs at Hiroshima and Nagasaki.

10. The Fukushima disaster still dumps at least 300 tons of radioactive water into the Pacific Ocean every day.

11. Thousands of tons of contaminated water are being held in flimsy storage tanks at Fukushima, at least some of which are likely to give way. Serious leaks of radioactive water are also ongoing at Indian Point, Florida's Turkey Point, numerous

other commercial reactor sites, and at the Hanford (Washington) military reservation.

12. The Japanese government and Fukushima's owner (Tepco) are hinting strongly they would like to dump still more thousands of tons of radioactive water directly into the Pacific.

13. At least 7,000 cleanup workers are still being exposed to radiation at Fukushima every day.

14. It remains unclear exactly where the cores from Units 1, 2 and 3 might be, what can be done to contain them and exactly what kinds of long-term dangers they pose.

15. Thyroid abnormalities among children in the Fukushima area are far beyond normal.

16. Physicians for Social Responsibility predict at least 68,000 downwinders will die from Fukushima's fallout. Dr. Chris Busby estimates additional cancers alone at more than 400,000. Arnie Gunderson estimates the ultimate toll on par with Chernobyl, of up to 1,000,000.

17. Radioactive hot spots clearly linked to Fukushima are being found throughout Japan, some as far away as Tokyo.

18. Japanese activists have kept all but three of Japan's 54 reactors shut since Fukushima, but the pro-nuke Abe regime wants to stage some 2020 Olympic events near the stricken reactor site.

19. Some 11,000 highly radioactive fuel rods are still strewn around the Fukushima site with no prospects for safe long-term storage. Nowhere on earth has safe long-term storage of atomic wastes been proven.

20. Though the explosions at Fukushima have been linked to the tsunami that wiped out back-up generations, primary damage (especially at Unit 1) was caused by an earthquake whose epicenter was 120 kilometers distant, far further than many fault-lines near scores of other reactors around the world.

21. Two U.S. reactor sites (Perry in Ohio and North Anna in Virginia) have already suffered significant damage from earthquakes.

22. Among many others, reactors at Diablo Canyon, California and Indian Point, New York, are very near major fault lines, with the potential death tolls in downwind Los Angeles and New York City stretching into the millions.

23. Dr. Michael Peck, resident Nuclear Regulatory Commission (NRC) safety inspector at California's Diablo Canyon has warned that the two huge reactors there cannot withstand a likely earthquake delivered by any of the dozen seismic faultlines surround

*continued on page 109*

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# The Magician's Altar:

## As Above, So Below

BY REVEREND GERALDINE AMARAL

*Manifestation is not magic. It is a process of working with natural principles and laws in order to translate energy from one level of reality to another...manifestation is a process of releasing a potential.*

~ David Spangler



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### The Magician's Altar

in certain common ways. Each archetype holds a full spectrum of possible interpretations, from the most negative interpretation to the most positive interpretation. The positive "pole" of a Tarot image is the "gift" and the negative "pole" is called the "shadow."

Each Tarot card has both a gift and a shadow. The gift of the archetype is a useful, helpful and hopeful explanation that can show us a way to live more successfully. The shadow is a more negative interpretation and usually shows a darker aspect of the psyche, a piece most of us would rather not admit we have. The positive gift of the Magician shows us our ability to draw down spiritual energy into our earthly endeavors. It reminds us there is a vast and powerful resource available to us to help with *all* our earthly endeavors when we choose to call upon it.

The positive pole of the Magician provides a model of how to achieve that focus. On the other hand, the shadow of the Magician shows us a darker side of this resource—manipulation, trickery or egomania. The shadow may also include being scattered and unable to focus, or focusing on the wrong or inappropriate issues. The shadow side of the Magician can portray someone who is dishonest about their motives and their desires. For our purposes in this article, the positive pole, or the gifts of the Magician, will be explored as a means to help us use spiritual principles to achieve earthly results; but it is still important to acknowledge its shadow. The shadow holds a gift, too, although perhaps not as readily accessible or as easily understood. (But that is a topic for another discussion!)

The Magician has the *awareness* needed to achieve results. His ability to focus offers a template to help us access our originality, potential, creativity and inner spiritual power. For example, you could use the Magician card in a visualization process in which you "try on" his persona. Use it anytime you want to display confidence, focus, or the ability to create, such as before a job interview to help you present yourself in the most positive way. The Magician may



assist you in acknowledging and then using all your resources. The focused energy will also help you translate your ideas, like those that spring from the imagination of the fool (the Fool is the card immediately preceding the Magician) into actions, resolving any obstacles and achieving results.

### The Magician and the Self

The Magician may also be viewed as the personification of Carl Jung's concept of the "self." According to Jung, the self is the organizing principle of the personality, representing order, organization and unification in which, ideally, all the aspects of the mind are integrated to give the personality cohesion and coherence. As such, the Magician can represent pulling together and integrating various parts of ourselves,

with the important addition of a spiritual aspect. Thus, you could meditate on this card if your self-worth has been damaged. The Magician may be able to provide a mirror for you to project a more positive image of yourself by reminding you that you can draw on energies from a higher vibration to sustain you. Through these spiritual realms, you have the inner powers, abilities and wisdom to achieve whatever you seek.

This concept of unification is further demonstrated by the four symbols of the Minor Arcana—wands, cups, swords and pentacles—which appear right there in one place on the Magician's altar. These four images represent the suits of the Tarot; their presence on the Magician's altar informs us



that we have the mental (swords), emotional (cups), physical (pentacles) and intuitive (wands) abilities we need for success. Not only do we have the tools we need for success, but we also know how to use them!

So now we know that the essence of the card is concentration, focused attention, manifestation, originality, creativity, actualization of potential, self-confidence and self-esteem. It can represent an inventor, creator, or anyone who "operates" on the perceptions of reality. When it appears in your Tarot reading, the Magician invites you to pay attention, be mindful—there is something that requires your utmost attention. This is an "antenna" card, tuning in to the energy around in order to provide a focused result. The Magician represents mastery of one's surroundings, skills and talents. The lemniscate (the sideways figure 8), which appears in most Magician cards from various decks, represents the infinite connectedness of all things. It especially highlights that the wisdom and authority the Magician commands comes from above and is, therefore, timeless and cannot be destroyed by illusion and materialistic pursuits.

### Putting the Magician to Work

If there is a particular Tarot image that portrays your goal or desire, there are many techniques for working with

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### The Two "Poles" of the Archetype

Each Tarot image is an *archetype* that captures a universal human situation, or propensity to experience life

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# True Communication Requires Your Presence

Deepen your listening skills by removing distractions

BY LESLIE SHORE

The most important skill needed in building and keeping a loving relationship is communication. When we begin relationships, we attend to the other person because we want to get to know them. We listen to their likes and dislikes, history, family dynamics, dreams and fears. We spend hours in conversation, discovering each other. No fact too small, no story too long.

The building of the relationship has newness and surprises. Then, over time, real life happens. Work pressure, money issues, no time to connect, and parenting tensions become our ever-present companion. More and more conversations have morphed into an argument or confrontation. How did we get here? Whatever happened to the way we used to communicate?

The Roman philosopher Seneca said, "Who is fair in all the world who listens to us? Here I am—this is me in my nakedness, with my wounds, my secret grief, my despair, my betrayal, my pain,

which I can't express, my terror, my abandonment. Oh, listen to me for a day, an hour, a moment, lest I expire in my terrible wilderness, my lonely silence. *Oh God, is there no one to listen?*"

There is. The person who you love and loves you is there to listen. And like you, they have forgotten the most important component of deep listening—being present. There are two parts of being present, one physical and one emotional. Both of them need attending to if a conversation is to stay rational, adult, and successful.

First, look at the physical aspects of the distraction of technology and multi-tasking. When we add the distraction that comes with multi-tasking, we are in trouble. Listening is a single-minded, reasoning task, and multi-tasking and listening effectively at the same time are mutually exclusive. When we look at technology, with phones ringing, computers popping up e-mail, cell phone ring tones, and text messages beeping, we know technology is at work distracting us from effectively listening. Now, let's add yet another layer of multi-tasking, the kind that is second nature and almost invisible to us as multi-tasking. Many of us are guilty of looking through the mail

while talking; typing a quick email on our smartphone while in conversation; or having a conversation while the television is on.

One of my students made this point in his listening reflection paper, "As a manager, I am required to constantly interact with others every day. When I come home at the end of the day I want nothing more than to sit in silence without the requirement to listen. My wife, however, wants nothing more than to tell me about her day, and so the listening challenge begins. While I have previously heard her talk, I realize now that I have not really listened. I have allowed my needs to get in the way of my ability to be present to what my wife's thoughts and emotions are."

There are some simple steps to pull the distraction of multi-tasking out of our conversations. When sharing a conversation with your significant other, find a place, away from distractions, where the ritual of debriefing is the top priority in each other's eyes. Finding out what happened in each other's day, and how they feel

about the day requires that you choose a physical space away from the television, video games, computer, music, the mail, cooking, children or others who might distract you. Make sure what you are sitting on is comfortable. By creating such an environment, deep listening will take place. And *do* make the debriefing a ritual! Even if you can only get five minutes of uninterrupted time, make it happen at the same time every day.

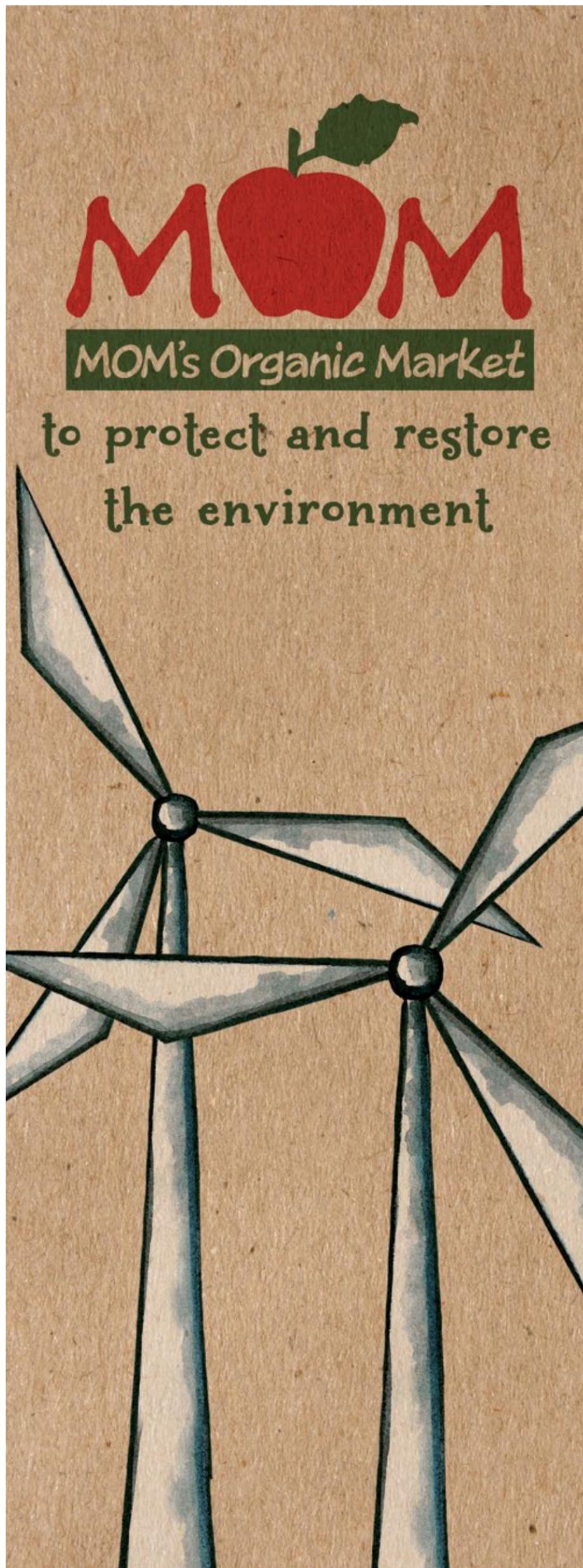
Now we'll tackle 'being present.' We need to do everything in our power to take the "I" out of listening. When we "suspend self" as the listener, we are able to truly take in the speaker's message without filtering the incoming content and emotion through our own listening barriers.

Being "present" is a simple concept, yet difficult to achieve. Being present is the act of being in the moment now in our mind and body with the person we are listening to, not thinking about the past or future. We are not *wishing* to be somewhere else. Being present means practicing self-control. It means suppressing the urge to convey our own thoughts. It means focusing, not on ourselves, but concentrating on un-

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## MIND • BODY • SPIRIT

### True Communication Requires Your Presence Deepen Your Listening Skills By Removing Distractions ...continued from page 19

derstanding what the other has to say and how they are saying it. We need to stop talking!

As difficult as that may be sometimes, *not* talking can move a conversation forward because the speaker gets a chance to develop and finish a complete thought. It is amazing what we can learn about people's lives, what motivates them, what they know, and what they are passionate about if we just listen.

Eckhart Tolle, in *Stillness Speaks*, says it wonderfully, "Far more important than what you are listening to is the act of listening itself, the space of conscious presence that arises as you listen. That space is a unifying field of awareness in which you meet the other person without the separative barriers created by conceptual thinking. And now the other person is no longer 'other.' In that space, you are joined together as one awareness, one consciousness."

Being present is no easy task. It re-

quires taking our ego out of the conversation and keeping our reactive mind under control. However, the brain is an amazing muscle that can be trained and strengthened. In the coming months I encourage you to become aware of when you are present in a conversation and when your mind—and listening—is wandering. When you notice your mind wandering, you can take action by pushing aside for the moment what you are thinking about, and get back to listening fully.

*Leslie Shore is an expert in the surprising and exhilarating power of listening. As the owner of the consultancy Listen to Succeed (www.ListenToSucceed.com), Leslie has worked with corporations, non-profits, entrepreneurs, health professionals, and educational institutions to up-level their intra-personal and inter-personal communication skills. Her book, Listen to Succeed: How to identify and overcome barriers to effective listening, is currently used in four universities.*

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# Satisfy Your Hungry Soul

BY ROSE ROSETREE

Flowers are blooming and you can bloom, too. Yet there can be days, or weeks, or months, when you're yearning for more. When everyday life doesn't seem to satisfy, here's what I do *not* recommend: a really expensive, exotic vacation; marrying five new husbands or wives; 20 new cats. Instead it could be time to learn how to live with more *Soul Thrill*. That means doing what makes your soul happy, really happy.

This article will share secrets of a stronger soul expression, as verified by my work with clients using energetic literacy, and especially by what I've learned from using the skills for Thrill Your Soul Aura Research, which helps people to get easy lifestyle makeovers. I can share a lot of what I've learned so you can apply it to your own personal growth.

Now that I've introduced my relevant background, how about yours? In your life so far, you've had times when you felt very alive, really vibrant. Those were probably times when you were living with a lot of soul thrill. Sometimes this happens automatically. The point of this article



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is you can also *make* this happen more. Accordingly, I'll be calling you "Joyful Reader," because that's how it feels overall when a person lives with a lot of soul thrill. And you can have more of that, starting today.

#### What is Your Soul, Anyway?

What is your soul in human terms? It's your childlike, ever-fresh way of choosing what makes you happy.

But happy compared to what? Your soul's version of finding happiness is different from the kinds of happiness that fulfill other aspects of your life (and their relevant chakra databanks—more about these shortly). It won't make your soul happy, especially when you're doing your duty and/or fulfilling responsibilities; purposely improving yourself; doing what "everybody" says you should be

doing; or trying to win approval from God or Jesus or your guru.

Happiness, plain and simple, is what your soul loves—like what would make a puppy wag his tail.

From the perspective of reading auras, it's important to know you have many parts to your aura, and some of them specifically involve your soul. Within your aura, a.k.a. your energy field, you have energy centers known as *Chakras*. These are loaded with information; but that's just the beginning of what can be researched with energetic literacy.

If you read this column regularly, you know about *Chakra Databanks*, which can be found within your chakras. Yes, Joyful Reader, you have 50 chakra databanks in every one of your chakras, major and minor. If you've studied energy medicine, in contrast to my field of energy spirituality, you may know chakra databanks by a different name, as ancient as "chakra." The traditional term for chakra databanks is "The Nadis."

Whatever you call them, here's the point. Among your hundreds of chakra databanks, certain ones concern the care of your soul. Likewise you have

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## Satisfy Your Hungry Soul

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completely different chakra databanks about your spiritual development *and* your sexuality *and* your creativity *and* your emotional wellbeing *and* your physical health *and* pursuing your ambitions...plus so many more.

If you aim for more happiness, why does this matter so much? It matters because most of your chakra databanks are *not* relevant to fulfilling your soul. By way of analogy, think of your body. Arms and legs matter, and so does your head. Believe me, I'm not knocking them when I say that none of these can substitute for your upper chest. Chakra databanks at your High Heart Chakra—located at the upper chest—is exactly where to research secrets for satisfying your soul.

In the rest of this article I'll get to the bottom line, the practical human what-to-dos.

### For More Soul Thrill, Change the Emphasis

In your soul-related chakra databanks, there's no faking it. Some ways that you spend time can make you happy, really happy, and that matters. Beyond that? There's grunt work and drudgework and getting old before your time.

Whatever's going on soul-wise

shows in your aura. With certain skills of energetic literacy, it's even possible to research the impact of specific choices on what delights your soul, a.k.a. soul thrill. But there's also something you can do that won't require researching your energy field—a very human way to satisfy your soul.

Look, we *Pathways* readers are grownups. We've got rent or a mortgage. We've got to feed ourselves. Oy vey, so many responsibilities! Joyful Reader, when it comes to responsibilities, each person, alone, is responsible for making the best of them. Being wise in the ways of mind-body-spirit, you probably know this as well. For soul-level happiness, do your reasonable best to make this lifetime the best it can be. Have as much fun as possible, minute-by-minute and day-by-day.

"Responsible" doesn't have to mean "Stuck" or "Unhappy." What can make all the difference between a good, dutiful prison of a life versus being a really Joyful Reader? Wake up your soul thrill. Satisfy that hunger. Because everything you do in life can be done in a way that makes it more fun (compared to other ways). That's what I mean by *a change of emphasis*.

For example: Doing your laundry. Unless you've got a house elf, you're

probably responsible for dressing yourself in clothes that don't stink. Laundry duty might include applying stain remover, having to fold your clothes after you wash them, and putting them away, too. Chores, chores, chores! Well, that can be about as fun and exciting to your soul as chewing on yesterday's newspaper.

But...what if you change the emphasis? What if you think "Laundry! Fun!"

- Right before grabbing your laundry basket, you could grasp your iPod and start listening to a favorite podcast, audiobook, or musical performance. TED Talks might go great with every job you do in the laundry room.

- Some laundry-doers have been known to improvise a dance, flinging each item into the washer as a part of the jazzy adventure. It doesn't have to be an official audition for "Dancing with the Stars," just a playful way of having fun. The "Most Enjoyable Reality Show" in the entire universe can be "YOUR LIFE."

- You could experiment with new ways to *fold* that cleaned-up laundry. Check out YouTube for demonstrations. Whoever thought that such a routine job could become so...cute?

- At the end of the sudsy enterprise, what if you were to rearrange the socks

playfully in your bureau? Boldly do it in a new way, every once in a while, just because.

Marie Kondo might not approve, nor Martha Stewart. Ha! Why would you have to tell them what you do with your personal laundry? Do it however you like, getting the job done just fine, and also enjoying yourself.

By now you may be thinking, "But that's just playing. Playing like a kid. Not dignified enough!" Well, so what? Years ago, you played all day long. It is still allowed for you to play a lot—most of your day, actually. Just play in a way that works *along* with your adult responsibilities. Use your creativity to find a way.

Have you ever heard that love can always find a way? The same goes for creativity, your own sacred, personal creativity. Joyful Reader, find your way to gently say things and do things *interestingly*. You'll satisfy a deep soul hunger. Yum!

*Rose Rosetree is a pioneer at Aura Reading, Face Reading, Empath Coaching, and Enlightenment Coaching, with 375,000 copies of her books in print. She offers personal sessions and a Mentoring Program. Info and blog at [www.rose-rosetree.com](http://www.rose-rosetree.com). (That blog, which includes free aura readings for the Enlightenment Life List, has just passed 30,000 comments.) See also her ad on page 78.*

## DENTAL CARE IN A HEALING ENVIRONMENT

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While we must work **with** our physical bodies, we are also free to come from a place where we acknowledge a larger existence. That shift in perspective can change the experience from that of traditional healthcare to one of working **together** to heal our **lives** while on a physical level some **symptom** of dis-ease is being eased.



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

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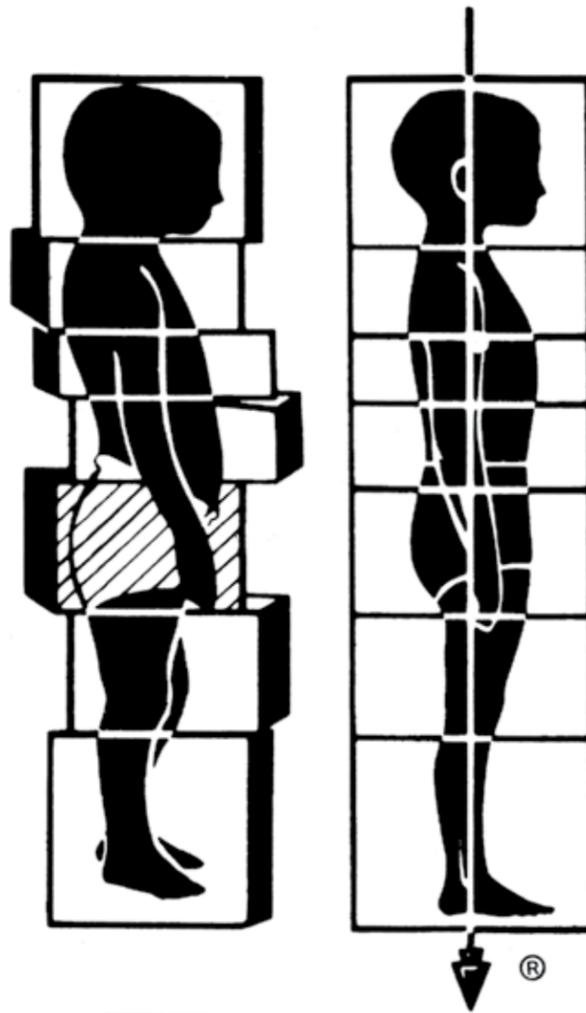
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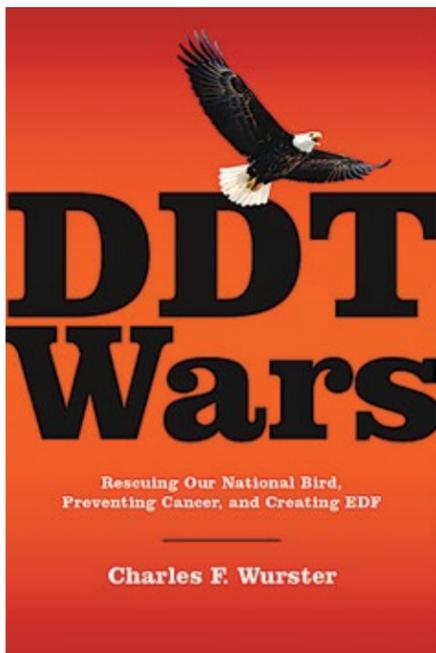


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# DDT Wars: Rescuing Our National Bird, Preventing Cancer, and Creating the Environmental Defense Fund



BOOK REVIEW BY ALYCE ORTUZAR

By Charles E. Wurster  
Oxford University Press: New York  
2015; \$24.95; 230 pages  
ISBN 978-0-19-021941-3 (HB)

When President Nixon and Congress created the U.S. Environmental Protection Agency (EPA) in 1970, its first responsibility was to regulate pesticides and specifically to determine the status of DDT. The U.S. Department of Agriculture (USDA) had consistently viewed its mandate to regulate pesticides as primarily protecting pesticide manufacturers by promoting their products, a paradigm it continues to embrace. Transferring this regulatory authority from the USDA to the EPA, an agency mandated to protect the environment, implied expectations for a different outcome in the context of

public health. In the case of DDT, the indisputable scientific evidence Environmental Defense Fund (EDF) teams had amassed finally compelled a judicial ruling against the use of DDT in this country. The court did leave intact the manufacture and export of DDT to other countries. Our history ultimately shows that the administration in power at the time and the persons appointed to run Federal agencies such as the EPA most often determine an agency's priorities and actions (or inaction).

The legal complexities in this saga "demonstrated the immense legal thicket that existed to protect industry and its products from public scrutiny" and input. The EDF activists realized early on that litigation offered the only effective path for enacting and ensuring the enforcement of rigorous environmental regulations that really protect public health and natural resources, including wildlife. These dedicated

environmentalists and scientists were surprised to find themselves rebuffed when they approached the established environmental organizations for support to initiate lawsuits. The EDF activists learned that filing lawsuits against corporate interests possibly serving on the boards of the more conventional environmental groups created tensions. "Filing lawsuits was just this side of throwing bombs. Respectable people didn't do such things. We would have to do it ourselves." In October of 1967, nine men and one woman signed the Environmental Defense Fund (EDF) certificate of incorporation. "EDF was created and designed to litigate on behalf of environmental quality."

Scientific evidence the EDF uncovered concluded that "when used as directed on the label, DDT is a persistent and uncontrolled biocide in the envi-

*continued on page 72*

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# Life Is Moving Fast

BY MISTY KUCERIS

*Whether you think about the political situation and the upcoming Republican and Democratic conventions in July or whether you think about your own personal life and the direction you want to take, there just seems to be a lot going on in life. It seems like the world is coming at you hard and fast. And this really isn't all that surprising considering the astrological energies that occur during the summer quarter of the year 2016.*

The summer quarter begins with a new Moon in Gemini on June 4<sup>th</sup>. When the new Moon is in Gemini, meaning both the Sun and Moon are in Gemini, there's a lot of talk but not necessarily action. This is normally the time of year when you're open to new ideas. But this time you're going to see

that these new ideas are coming way too fast because the new Moon forms a mutable grand cross with the planets Venus, Jupiter, Neptune, and Saturn retrograde.

The mutable energy is one of transformation and transmutation. Some people like to call it "chameleon" energy because every time you think you understand your current circumstances something new comes along and shifts the dynamics.

It works this way during the cycle of a new Moon. Emotionally you want to have stability in life. You want to know what resources are at your disposal. You want to make future plans based on your dreams, but you want to know your plans are built on a strong foundation. Yet along comes the mutable energy and your foundation starts to shift. The boundaries you created in life seem to dissolve. The old rules of engagement don't work. You'll see



that during this political cycle as much as you'll see it with your daily routine. The only things you can really do are take care of your needs and proceed with caution.

This need to proceed with caution continues on June 17<sup>th</sup> when Saturn retrograde forms a square to Neptune retrograde. Now you feel a bit of tension as you realize the old rules still aren't working. Perhaps they aren't working because they stood in the way of your long-term success. Perhaps you were letting authority figures guide your direction rather than taking action for yourself. Or perhaps you were approaching life from an unrealistic point of view and now it's critical you stop the magical thinking and become more responsible. The best way to use this energy is to determine which part of your life is out of balance. If your life has become too rigid, it's time to reclaim your spiritual nature. If your life has moved forward

without purpose, it's time to find that purpose.

In actuality, this is not the first time you've gone through this dilemma. The first time this square occurred was on November 26, 2015. So it might help to think back to the challenges you experienced at that time; and make a note in your calendar because this square will occur one more time on September 10, 2016. If you don't bring balance to your practical side and spiritual nature at this time, you'll find yourself asking the same questions in September 2016.

Finding that balance now becomes even more important on June 20<sup>th</sup> when three major astrological events occur: the full Moon, Jupiter forming a conjunction to the Moon's North Node, and the start of the summer solstice with the Sun entering the sign of Cancer.

The full Moon that occurs on June 20<sup>th</sup> emphasizes the need for change in your life as the Sun in Gemini is at 29 degrees and the Moon in Sagittarius is at 29 degrees—the ending degree for any sign. If any crisis occurred during the time of the new Moon on June 4<sup>th</sup> it

*continued on page 74*

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# Fire Up Your Life with Feng Shui

BY SHARON RUSK

It's Summer: the season we feel free more than at any other time of the year. The roads are clear of ice and snow, the sun is shining, and warm temperatures beckon us to be active. Heavy coats, clunky boots, or woolen hats that cause helmet hair don't weigh us down. We're glowingly sun-kissed, light weight, eating healthfully, and 'doing' LSD every day—that's Laughing, Singing, and Dancing, and better than a daily vitamin!

In numerology, 2016 is a '9' year (2+0+1+6 = 9), and that's a good thing. Nine is the number of successful completion: completing one cycle to make way for new and positive energy. At this halfway point in the year, we should identify those things in our lives that are not working, perhaps never worked, and allow them to come to their natural completion while laying the groundwork for exciting new beginnings in 2017 (a '1' year, New Beginnings). Do not hold on to that which no longer serves you.

This summer, check in to how you've done on your New Year goals. Today is the perfect time to get fired up to improve your life. Remember: Feng Shui is improving your life by enhanc-

ing your environments, both external and internal. So, how successfully have you improved your home and yourself? Also remember Feng Shui's three principles: Everything is alive;

everything is connected; everything is always changing. *You* are alive; *you* are connected to everything; *you* are always changing.

## Fire and Fame: The Elements of Summer

The season of summer is associated with the Fire element. Fire is pure and simple energy and everything that energizes us to take action. It's represented by movement, sound, heat, light, people, and animals. The most obvious representations (energizers) of Fire are: actual fire (fireplaces, candles); lighting of all kinds (from the sun and moon to table lamps); people and animals (they have it all: movement, sound, heat, energy); all the colors in the red spectrum (there's a reason red suits/dresses and ties are considered "power" clothing); wind chimes (sound and movement), and music (raising emotions). Fire is associated with summer.

Summer is freedom, with pleasurable, sensual temperatures, more daylight hours, and more activities that both energize us and appeal to our senses: sights and sounds of joyful children; inhaling nature's fragrant scents; feeling the earth beneath our feet; and enjoying the taste of garden-fresh foods. Summer clothing gives us more freedom and pure color joy; and summer encourages us to expand and improve our lives by enhancing our environments. Start by energizing the

*continued on page 32*

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## FENG SHUI

### Fire Up Your Life with Feng Shui ...continued from page 31

*Gua* (area) associated with Summer and the Fire element: Fame.

The Fame *gua* of your home is located at the rear center of your home looking from inside your front door; and Fame represents your success at doing what you love. The Fame *gua* is also associated with recognition, reputation, integrity, notability for good things (because no Feng Shui devotee would ever be known for anything but good things), and shining your light on your talents and skills. Fame includes everything from international public acclaim, to national recognition, to being the best at something in your neighborhood or family. Do you expect to win a Nobel Prize some day, or do you strive (or secretly hope) to be the best chocolate chip cookie baker in your townhome cluster? As long as you have a desire to be recognized for something positive, to be special in your expertise, this is the *gua* to work. And summer, this expansive season, is the time to energize this *gua*. Not only does summer weather give us energy, but we also tend to be more friendly, open, and outgoing.

You know that you already have a skill or talent you do exceptionally well, so why not use this time to fire this quality up to the next level?

Is your life calling to you to energize your Fame *gua*? Ask yourself:

- Have I focused on, and developed, my natural (or acquired) talents and skills?
- What legacy would I like to be known for, even if only within my own family?
- *How do people describe me now?* This question is an important one we come back to time and again in Feng Shui and is discussed further below.

In Feng Shui, as in life, your success is affected and determined by the amount and intensity of focus and creativity you bring to your goals. Do you think about achieving your goal once in a while, at holidays, or only when a well-meaning family member brings up the subject? Or do you live and breathe your dream? Have you written down a concrete action or business plan, with actionable steps, that guides you? Seeing your dream in writing is important.

How creative are you about getting your talent, skill, or dream out in the domain you'd like to conquer? Being an expert, or the best at what you do, may be enough to bring fame, or it may not. Always set yourself up for

success. Be creative. Enhancing your home's Fame area (external environment) with Feng Shui energizers is insurance that gives you the edge. Now what about enhancing your internal environment—you?

Thinking about your legacy shouldn't be scary; it includes your reputation both now and later. In fact, it should be stimulating, drive you to action, and fire you up. With fame, as with all of Feng Shui, we need to know what we need to know. No one ever achieves a 'vague' idea; we achieve a specific pursuit. Make your goal your quest, which gives it more importance and urgency. Having a quest differentiates a life of passion from an existence. Get comfortable with that word and also with your action plan in order to achieve that quest.

#### Energizing Your Fame

How do you energize the Fame *gua* in your home? Know that energizing this *gua* will do at least three things: (1) help give you the courage to do what, and be who, you strive to be; (2) help you translate your talent into successful actions; and (3) help you achieve the recognition you deserve. Remember, you must know what you need to know; we don't achieve the vague, so be specific. Success comes to those who lay solid groundwork and build upon a firm foundation. Assume you'll always have some open-ended ques-

tions about your goal; when you have no further questions to resolve, you'll have ceased to grow. The Fame *gua* is not for deciding, "Should I become an astronaut or should I take up surfing?" If that's where you currently are, start working the Cultivation *gua* first—yes, there's a Feng Shui *gua* for every stage in your life.

No matter what rooms comprise your Fame *gua*, walk through them first. See and touch everything knowing, as all Feng Shui devotees know by now, that decluttering is the first thing you do. Laying your hands on every item will energetically tell you whether it stays or goes. Nothing keeps fame elusive from us more than a cluttered and confused environment, either external (our living spaces) or internal (our minds). Both environments work in tandem. See and touch everything and ask: Do I love it? Do I need it? Do I use it often? Is it in perfect condition? *Does it say about me what I want said about me?* (There's that question again, still to be discussed below!)

Once that's done (it's no small task), how do you enhance Fire energy to help create Fame, your reputation, in your quest? Note: All energizers won't work in every room, so ensure that energizing a room does *not* add clutter—never add an item you don't want, need, or love. You may already have the perfect fire Fame energizer currently placed in another space that you can move into



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## FENG SHUI

**Living The Good Life results when we examine our internal and external environments and choose to improve them. You are worth the effort. Living well is your birthright. Get fired up. If not now, when?**

your Fame gua. Some ideas are:

- Place a phone, especially one in the red family (red, orange, pink). With that phone you can receive, or make, calls that provide opportunities to promote yourself and your goal.
- Add lighting, perhaps highlighting something specific to your goal. You can always find (and frame) a quote, affirmation, or picture that pertains to your goal. There are famous quotes for just about every subject on earth!
- Place framed awards, certificates of achievement, letters of thanks, or an invitation that was a great opportunity. The frame could be red for extra star power.
- Display artwork or representations of people or things associated with your goal.
- Hang a mirror, strategically placed

to reflect/double your image and/or an energizer. While mirrors represent the Water element, which figuratively 'puts out' Fire in Feng Shui, each element (fire, earth, metal, water, and wood) should be represented and balanced in each gua, so a mirror is a great energizer in Fame to 'double' your energy here.

- Ensure this area is always tidy and dusted, including light bulbs. Dull bulbs work against you shining your light!

Finally, to address the question: *How would people describe me now? Does everything in my environments say about me what I want said about me?*

Everyone wants to be actively participating in summer: doing things, going places, and enjoying life. We're motivated. Ask yourself: How would people describe me now? Do I show

the world the person I want to be? *Do my thoughts, words, and actions say about me what I want said about me?* Do I surround myself with things that, and people who, reflect living well, successfully, and elegantly? Catch yourself every time you 'slip' into self-limiting habits, which includes associating with language, actions, or people who don't reflect living your best life. Be beautifully honest with assessing yourself. Write down your findings; seeing the written word is very strong medicine. Know what you need to know; do what you need to do. Make an action plan. Achieve your quest. Live your best, elegant, successful life.

Living The Good Life results when we examine our internal and external environments and choose to improve them. You are worth the effort. Living well is your birthright. Get fired up. If not now, when?

Feng Shui encourages a life of infinite possibilities. Feng Shui is Magic, and the Magic is You.

*Sharon Rusk, certified by the Western School of Feng Shui in California in 2006, is an active Feng Shui consultant, teacher, and lecturer. She blends Feng Shui, interior design expertise, and a native New Englander's common sense to create enhanced, client-oriented environments and lives. She practices in and around the Northern Virginia area and can be reached at 508-280-9570 or thegoodlifefengshui@gmail.com.*

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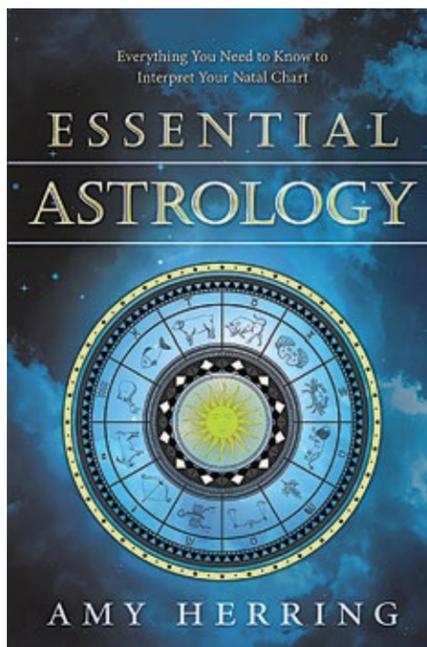
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## METAPHYSICAL BOOK REVIEWS



### Essential Astrology: Everything You Need to Know to Interpret Your Natal Chart

By Amy Herring  
Llewellyn Publications: Woodbury, MN  
2016; 408 pages (PB)  
ISBN: 9780738735634  
Author website:  
[www.heavenlytruth.com](http://www.heavenlytruth.com)

REVIEW BY NICOLE ORTEGA

If I could choose just one mission in life, it would be to spread the knowledge of how to use astrology as a tool for phenomenal life and spiritual guidance. Your natal chart is easily the most powerful metaphysical resource you have available, and yet, a large number of people have been pigeonholed into viewing astrology through flat, one-dimensional sun sign definitions and boxed-in fatalistic horoscope interpretations.

On the plus side, sun sign columnists and tabloid magazines have brought a great amount of visibility to an otherwise clandestine, ancient mystery school art. But as astrology has gained popularity in the public eye, it has lost equally as much credibility due to the oversimplification that became necessary when porting it out to the masses. Anytime you take a one-to-one process and spread it over a one-to-many, generalization or dilution is involved. With astrology, eleven signs and a whole array of planets lost the spotlight in favor of a single pairing: the sun and its sign.

Now, as astrology is maturing, its enthusiasts must shoulder the responsibility of transforming those old, outdated perceptions and showing the public what this artform can really do beyond provide fodder for parlor tricks and bar pickup lines. The key to bringing astrology alive is to use it as it was intended: a language of symbols and archetypes meant to guide you through your own personal mythological story. To this end, Amy Herring has written a wonderful introductory astrology book to illuminate the way for individuals seeking to live more conscious lives, and offer methods to

help bring you into closer alignment between your body, mind and spirit.

Essential Astrology: Everything You Need to Know to Interpret Your Natal Chart lives up to every ounce of its haughty title. Herring promises: "This book is not a smorgasbord of astrology. You will not find a single word about a sign's signature flower, gemstone, favorite color, or average shoe size in this book. Only the essential meanings of the sun signs, planets, houses, and aspects, simply but deeply defined, are present, not flaky keywords and stereotypes that contain no personalized meaning."

The absolute best way to get started with astrology is by looking at your own life and chart. As promised, Herring's book gives you all of the tools you would need to do so, without being superficial or prescriptive—unfortunately an all-too-common theme present in many introductory astrology books (particularly those of the "everything-you-ever-need-to-know-this-is-the-only-book-you'll-ever-need-to-buy-be-all-end-all" slant). Amy Herring does this magic in three, no-hype, fluff-free sections.

The first section covers an extremely brief history of astrology, and by brief, I literally mean a snapshot of 2-3 pages. What follows is a discussion of how the astrological map is set up. "This is a natal chart. These are the glyphs. Look here to find the houses. Look there to locate your planets." That kind of stuff. Herring clearly empathizes with her readers' "edge-of-your-seat" enthusiasm and wants to get you into the nitty-gritty good stuff as quickly as possible (if you haven't already flipped away to read about your moon that is. Oh wait, is just me who does that?).

Section Two: Astrological Meanings is where you'll find most of what you'd purchase this book for—descriptions of the planets, signs and houses of astrology. The heart and guts of it all. I personally prefer to begin teaching with the elements, as they are the basic building blocks and are often overlooked in their importance. But each astrologer has his or her own approach, none of which are wrong. Beginning with the planets, as Herring does, is sufficient.

One of the most difficult concepts to grasp when first learning astrology is the difference between planets, signs and houses. Many astrologers lump them together into one category, such as Aries/Mars/The First House. But as Herring urges later on, this is a mistake. Using a metaphor borrowed from the awesome evolutionary astrologer, Steven Forrest (Herring acknowledges Forrest as one of her teachers), she does a fine job of differentiating between the three main astrological components: "Picture the natal chart as a theater. Planets can be compared to actors, signs to wardrobe and props, and houses to the stages and scenery itself." It is an expertly crafted analogy, and should you choose to pursue a study of astrology, it's one of those "sticky ideas" that you will oh-so-helpfully remember forevermore.

As many astrologers will tell you,

## METAPHYSICAL BOOK REVIEWS

**Learning astrology isn't any easier than learning any other kind of language, symbolic (like Tarot) or otherwise, but it's well worth the effort. If you let it, Essential Astrology can take you on that wonderful, insightful journey.**

there is a plethora of information to be found within a birth chart. Some will argue there's an entire lifetime's worth and then some. Naturally, there is also an equally vast amount of information to learn when first exploring astrology. Again, a lifetime's worth. Treading the fine line between too much information, and not enough, Herring hits the sweet spot here, giving you just enough to understand the "essentials."

Herring also does something very modern and sorely needed, when she moves the reader's attention away from prescriptive methods, and ushers in a growth-centered approach. This is the difference between stating that "Leos want to be the center of attention" and "To be heard, seen, and appreciated, Leo must engage with life, stepping out into the sunshine and extending itself out into the world in some way." And, as with most of my favorite astrology books, Herring offers an interactive aspect, injecting several questions into her interpretations for readers to use for further self-inquiry. Aside from chatting with others about

how they use their own combination of energies, this is one of the best ways to get deeper into astrology.

Section three brings everything all together. Herring discusses how to synthesize all you've learned in parts one and two, and introduces several different chart interpretation techniques to get you started. She includes a step-by-step walkthrough of Steve Martin's chart, using all of the different techniques mentioned. I've never seen this before and it's extremely useful. Learning about astrology and actually using astrology are two very different things. In the beginning it may feel as if the two are an entire ocean apart. This section will help you close that gap. The book concludes with two chapters on tips, tricks, and troubleshooting, where you can find some extra tidbits that aren't quite as "essential," but immensely useful to grasp as you move past the introductory stage.

Amy Herring has written an excellent book to get you started with astrology. It's easy to understand, as a beginner book should be, and yet it

also manages to go in-depth enough to take you from zero to "advanced beginner" or even "intermediate" if you put in the practice to go along with the theory. Learning astrology isn't any easier than learning any other kind of language, symbolic (like Tarot) or otherwise, but it's well worth the effort. If you let it, Essential Astrology can take you on that wonderful, insightful journey.

*Nicole Ortega is a professional astrologer, shadow-worker, Tarot reader and intuitive life coach specializing in helping conscious entrepreneurs move forward on their soul paths with less resistance. If you*

*need clear, actionable insight to transform your perceptions, beliefs and stuck patterns, check out her site, [www.nicoleortega.com](http://www.nicoleortega.com), for more information.*

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Local authors and self-publishers are especially invited, but all mind-body-spirit writers, nonfiction or fiction, are welcome to submit new work. Send a short introductory email to [nicole@nicoleortega.com](mailto:nicole@nicoleortega.com), or snail mail a press release and review copy to Pathways Magazine, Attn: MBS Reviews, 9339 Fraser Ave., Silver Spring, MD 20910.



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# Does This Animal Need Help?

## Informed rescuers are the best rescuers.

BY JIM MONSMA

Each year, people bring Second Chance Wildlife Center in Gaithersburg about 3,000 ill, injured, and orphaned wild animals: hawks, owls, opossums, bats, and box turtles, as well as the more common songbirds, squirrels, and rabbits. Over the past 20 years, more than 75,000 animals have come through the center's door. But not every animal brought to the center needs to be there, although some—those who are injured or truly orphaned—certainly do.

At Second Chance, these animal patients are initially given comprehensive intake examinations, during which the nature and extent of their illnesses and injuries are assessed. Under the direction of a *pro bono* wildlife veterinarian, individual treatment plans are drawn up and administered, and the patient's progress is monitored. In each case, the goal is to release the animal back to the wild once it is able to survive on its own. Each animal is tested prior to release to assure it has this ability.

For every animal helped directly by admission to the center, many more are aided through telephone calls and emails to the center. Each day—and nearly constantly during the busy spring and summer months—center staff and volunteers respond to people's requests for information on helping wild animals. They counsel them on avoiding conflicts with wild animals in a humane manner, and help them understand the wildlife that shares our communities.

Much of the advice given comes down to dispelling persistent myths about wild animals and encouraging people to leave animals alone when they do not need help. People's good intentions, when unchecked by knowledge of wild animals' natural history, can, and often do, cause more harm than good.

Here are a few of the myths people should be aware of.

### Small rabbits without their mothers need to be rescued.

Seen from our perspective, mother rabbits are unlikely to get any good



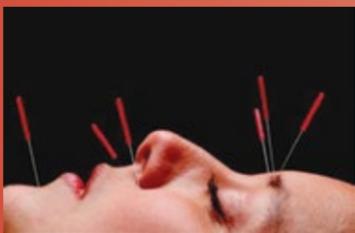
parenting awards. But the fact is they have been supplying the world with an ample number of healthy baby rabbit kits for millennia. The nests they give their young are pretty elementary: a small depression in the grass or leaves lined with fur and covered with dead grass and leaves. For the first few weeks of their lives, the kits are to sit quietly in this meager nest and await the return of their mother, often for twelve hours at a stretch. Mom generally comes to feed them twice a day, often at dawn and dusk, and then leaves for most of the day or night. One day, when her babies are only about a

month old and the size of a tennis ball, she doesn't come back at all. They are on their own, and they are fine (at least until they fall into a window well or are needlessly driven to a wildlife rehabber). Similarly, a lone fawn is not necessarily in trouble.

### A fledgling bird hopping around, but not flying, has a broken wing.

Many of our native songbirds take their time learning to fly. They can't learn to fly while sitting in the nest, so at some point (once they have almost all their feathers and their tail has started to grow in), they jump out. For the first few days, they'll be hopping around a yard or some bushes, taking little flights that end with less-than-graceful landings. But every day they get a bit better. Depending on the species, the process of learning to fly can take several days or more than a week. Meanwhile, their parents continue to bring them food and protect them as best they can. These birds do not need our help; they should be left with their parents. But they are, at this stage, very vulnerable to cats and dogs, who

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## COMMUNITY ACTION



should be kept indoors or on leashes. They are equally vulnerable to well-intentioned people who think fledglings have broken wings.

**Once a person touches a wild animal, its parents will reject it.**

Where did this one come from? Perhaps our parents made it up so we would stop picking up every baby animal we came across. But it's not true.

The parental bond is not so easily broken; we don't smell *that* bad. In fact, returning an animal to its nest is often the best way to help it. That is not to say handling wild animals is always a good idea. There's a chance you may get a bite, parasites, or a disease you'd rather not have, but the baby you touch will not become an instant pariah to its parents.

**The humane way to rid your house, shed, or yard of uninvited animals is to live-trap them and release them in "the woods."**

Animals that have been removed from their familiar territory and no longer have access to their dens or know where to find food, water, and shelter have a poor survival rate. What's more, they've probably been dumped into the territory of another animal who will make a violent attempt to drive them off or even kill them. Better to call a humane wildlife excluder—we can help with references—who can get them out of a house or shed while allowing them to remain where they live. Turtles, in particular, should never be removed from their home base.

**Any rescued animal needs food immediately, and the Internet is a reliable source of information on what to feed animals.**

Every year, our center loses patients because they were fed something inappropriate before being handed over to our care. Most of these toxic diets were being touted on some webpage or another as the ideal thing one can give this species of animal. Beware of what you read on the Internet. In almost every case, food—even suitable food, let alone stuff the animal should never be given—is the last thing a rescued animal needs. Prompt care by specialists

is. Think of it this way: If you were in a car accident, you're not going to ask the ambulance driver to stop at McDonald's on the way to the emergency room. In short, it's best not to feed animals you rescue.

If you ever have a question about rescuing wild animals, the wildlife counselors at Second Chance Wildlife Center can be reached from 9:00 a.m. to 5:00 p.m. every day of the year by calling 301-926-9453. Second Chance also accepts distressed wildlife (with the exception of a few species) at its facility at 7101 Barcellona Drive in Gaithersburg during those hours (please call first). General information on the center and its work can be found at [www.scwc.org](http://www.scwc.org). The center charges no admission or other fees, though donations in support of its work are gratefully accepted.

*Jim Monsma is the Executive Director of Second Chance Wildlife Center in Gaithersburg, MD. Now in its third decade, Second Chance was founded by Christine Montuori in 1995. Over the years, it has helped more than 75,000 native wild animals. To learn more, visit [www.scwc.org](http://www.scwc.org).*

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# Maryland's Green Party Candidates

BY PETER ORVETTI

While most Marylanders thought the primary was over on April 26 when the results were announced that night, some Marylanders had an opportunity to vote for some of the strongest environmental and progressive candidates up for election through Sunday, May 1. The Maryland Green Party held a true grassroots primary of its own, where candidates for U.S. Senate, U.S. House of Representatives, Baltimore mayor, and other offices were selected for our November election.

Though the Greens are a fully registered, legal political party in Maryland, the state government

refuses to hold primaries for any parties other than the Democrats and the Republicans. So the state's Greens held a by-mail primary over three weeks in April, with a final day of in-person balloting in Baltimore. The following three strong female candidates emerged as a result, and will appear on the November ballot representing the Green Party.

Margaret Flowers (www.flowersforsenate.org/), a pediatrician who gave up her practice near Baltimore a decade ago in order to become a full-time advocate for single-payer healthcare and other progressive issues, won the Senate nomination. After winning, she said, "I want those voters who turned out for Donna Edwards and Bernie Sanders last week to know that what I present is an alternative who represents their values on the November ballot."

Flowers says, "I support free healthcare for all, similar to the system in Canada and many countries in Europe. This should include traditional healing practices such as acupuncture and herbal medicine. These methods have the best safety records, and with many conditions are the most effective.

We should have the best healthcare for all in this wealthy country, instead of spending 31 cents of every healthcare dollar on paperwork and the insurance industry."

Nancy Wallace (www.nancywallace.us/), a long time environmental activist and an IT specialist in system architecture for the federal government, won the party's three-way race for the nomination in the Eighth District, which covers lower Montgomery County and most of Frederick and Carroll counties. She is the former Washington director of the Sierra Club's International Population Program, and the co-founder of Sustainable Montgomery.

Nancy represented the national environmental movement on Capitol Hill for 14 years, working on endangered species, the world whaling moratorium, and full access to family planning and reproductive health care for women in developing countries. She joined the Green Party in 2003, and began active participation in the Montgomery County group in 2013. She has served as co-chair since February 2015. She has been active in campaigns to save 10 Mile Creek, ban

dangerous pesticides in ornamental lawn care, and improve building efficiency standards in the county.

Wallace is focusing her campaign on climate change, violence against women in the U.S. and worldwide, community-based economics and economic justice, and single-payer healthcare. Her own home is 100% wind-powered, and even her campaign website runs on solar power.

"With a new energy from the strongest source of power we know—the people of this country—let's shine a light on the wide range of successful policies for tackling our toughest problems to transform our nation to a just, prosperous, sustainable society," said Wallace. "Many creative approaches are used today that successfully implement ecological wisdom, social justice, grassroots democracy, and nonviolence. We can solve our problems drawing on the wisdom of sustainable, indigenous cultures and working together with creativity, respect, and faith in our potential."

Over in the Fourth District, social

*continued on page 58*

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# Occupied and Unleashed

Reclaiming our economy, one independent career at a time

BY GABE HEILIG

## Without a Lease

In these articles, my aim is to present an approach to constructing a professional life that feels like *yours*—in an economy that doesn't really feel like *ours*.

The plain truth is we don't own "our" jobs. Sure, we like to talk about "my desk," "my office," "my job"—but none of it is ours. We commit these daily acts of linguistic self-delusion without much thought, largely because we think about these things using mental maps that are so deeply embedded in how we perceive and think, we don't realize the depth of their reach in shaping how we frame the decisions that set the course of our lives. We're so deeply lost in the maps we use, we don't actually see where we are, or where we're going. It's an unreliable, even dangerous way to plan a future, or a career.

The time-honored strategy called 'Getting A Job' is becoming increasing-

**Freedom is actually a bigger game than power.  
Power is about what you can control.  
Freedom is about what you can unleash.**  
~ Harriet Rubin

ly dubious in this regard. We are entering what Christine LaGarde, head of the IMF, calls a Post-Jobs Economy in which the pace of change is accelerating and the economy and employment marketplaces keep re-organizing itself around talent, not job descriptions; around problems and projects, not pre-defined jobs or linear organizational charts. The world is changing too rapidly for linear strategies to be effective.

In such a world, *depending on a job for economic security is like trying to rent the future, without a lease.* We pay that rent for "our" jobs with our own time, intelligence and work, yet we can be dumped out of jobs any time those anonymous folks who pay "our"

salaries decide to do it. It's not a great place to put oneself.

There's also good news, however.

The hopeful paradox in all this is that even though we don't own "our" jobs, we *can* own our *careers*. And that's what these articles are about—how to do that, and keep doing it, so it becomes as natural as breathing and grows in a way that feels rooted and nourishing. The approach I'll describe in these articles has been effective for me, but I never sat down and designed it. I stumbled into it through trial and error.

Over time, as I reflected on what I had been doing, I began trying to do it more deliberately. When that seemed

to work, I found ways to use it with my coaching clients. I've primarily served military and Federal leaders and corporate professionals and I've conducted my practice in the Pentagon, on K Street, and at my home in Takoma Park.

This approach works, but it's not a pill. It takes practice in re-thinking one's own thoughts, using different kinds of mental models, maps, paradigms and metaphors than the ones many of us use now. It's an approach—not a "sure-fire method." There's no "formula" for doing this, but there is a form. As in learning any new tool, it takes practice.

In this case, it involves understanding employment from a different perspective and interacting differently with the mainstream employment economy, in order to open new opportunities and options for yourself.

The economy is changing from a job-based, career ladder structure to one in which jobs are increasingly being seen by employers as brief assign-

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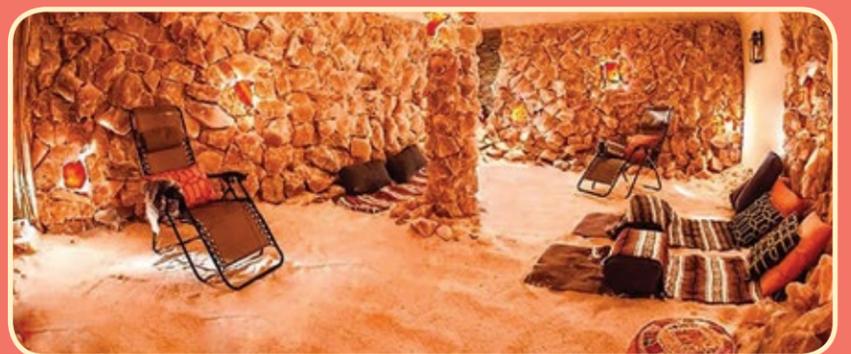
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**Occupied and Unleashed:  
Reclaiming our economy, one  
independent career at a time**

...continued from page 39

ments linked to specific problems and projects, with no promise of longer term employment, or as repetitive low-paying service tasks that some corporate mega-computer hasn't been programmed to replace.

Yet.  
But it's coming.  
In this economy, strategies based on Getting A Job leave us vulnerable, because they put all our income eggs in the basket we call "our" jobs. But jobs come, and jobs go; contracts start, and contracts end. What happens then? How do we begin to even the odds in our favor, in an economy run by unseen, inaccessible entities that don't see us as individuals, but as part of a collective, de-personalized "workforce"? What moves can we make, independent of the job market? How can we move ourselves beyond "cubicle thinking" about our own careers?

That's what these articles will address.

**Talent and Its Enemies**

Let's begin at the beginning—with you.

If there's one thing I've learned coaching thousands of people about career decisions and transition strategies, it's this: *Most people are bigger than the jobs they do.*

**How do we begin to even the odds in our favor, in an economy run by unseen, inaccessible entities that don't see us as individuals, but as part of a collective, de-personalized "workforce"?**

We know more than our jobs need us to know; we have more skills than our jobs need us to use; and we want to do more than our jobs often allow us to do. Other than those occasional, memorable moments when we encounter an unexpected problem and solve it out of pure creative problem solving, often jobs don't require us to be at our best. Instead, they soon become the same old-same old. Many of the contributions we're capable of making never

get made—and our talent for making them never gets recognized.

Employers often know very little about the people they've hired; and this happens not as an aberration, but as a logical result of how employers hire people. Employers and their HR hiring staffs focus on whether people can do the jobs they're being hired to do. Any other skills they bring with them to the office are regarded as irrelevant and not worth being concerned about. In essence, employers conduct

the hiring process from the outside in.

They hire to fill jobs—not to find talent.

As a result, employers literally do not know who is working for them. Other than the small fraction of a person's skills set that gets used in a specific job, employers tend to be oblivious to other talents their employees possess. And their employees get it—and they don't like it. The latest Gallup survey of worker attitudes revealed that 71%

of American workers *do not feel engaged in their jobs* (Gallup's 2015 *State of the American Manager: Analytics and Advice for Leaders* report). That's quite a fact. It's hard to build a productive enterprise when 71% of its employees don't feel engaged in what they're doing all day long.

Dissatisfaction with the hiring process is unmistakable. *Harvard Business Review* published 3 cover stories in its Summer 2015 issue. Each made the same point: "Let's Blow Up HR!" The typical HR hiring process focuses on weeding people out, not finding talent and bringing it in. The current response to this has been to throw technology at it.

But there's a problem. Big Data and Data Analytics are fine tools for parsing and structuring masses of data—but *there's no algorithm for talent*. Talent is not an anonymous, de-personalized pile of data. Talent is a living force inside actual people. Each of us brings talent into the world. In that sense, talent is part of Nature—genetic in its origins, individual in its expressions. No amount of data, no matter how intelligently it's been analyzed, can create something new. Only talent can do that. Subjecting talent to Big Data and Data Analytics misses the point.

Talent is what *created* these tools in the first place.

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## CAREER SUCCESS

how “We respect our people,” but they place their bets on efficiency and control. Those feel like safer bets, even if they keep returning the same results. Managers can get frightened of talent, thinking it wants their jobs. Managers often mistrust their talented subordinates when they come to them with good ideas, thinking they’re planning to compete with them for promotions these managers have been waiting to apply for. To many managers, talent seems like a threat, not a gift.

Talent also attracts enemies because although it can be coached, it can’t be controlled. Talent usually isn’t interested in rules, and often doesn’t follow them. It will gladly break the rules to create something the rules never anticipated. But rules can’t make this leap of imagination, because rules are bound by—well—rules.

But Talent can make this leap. And it does.

Picasso said, “Learn the rules like a pro, so you can break them like an artist.” That’s the game Talent wants to play.

### Growth: Another Perspective

Albert Einstein often noted that *problems cannot be solved from the same level of thinking and perspective that generated them*. New levels of perspective must be imagined and applied. For example, we often hear talk about “growing the economy.” These comments are understood to mean, “Making the economy bigger”, based on the assumption that Growth = More and Bigger. The equation seems obviously and unquestionably true.

However, I was shown another way to look at this. I apprenticed with George Land, a strategic planning consultant to CEOs and boards of directors. At AT&T, I watched him in action, training teams to proactively construct business opportunities, using an approach he invented. He had written a book, *Grow or Die: The Unifying Principle of Transformation*, which had been nominated for a Pulitzer Prize. In it, he presented a wide-ranging argument that Growth means something different than just More and Bigger.

George had studied the natural world—even hiring scientists to tutor him—and he found that in Nature growth did *not* mean Always Getting Bigger. It meant *forming new connections* and using them to blend the strengths of existing elements in novel combinations. Biologists call this “hybrid vigor.” George’s view was that Nature is constantly transforming itself *by creating new connections and combinations at higher, more complex levels of integration*—like vast chords across the natural world.

Well, human beings are part of Nature. Perhaps we can learn something here we can use. In George’s view, a growing economy is not necessarily one in which stock prices and corporate profits are always climbing. A growing economy is one in which people are creating strong economic connections and are creating, in effect, *new economic organisms*.

The economy is not a set of equations. It’s alive: a dense jungle of eco-

nomie forests, predators and prey, economic organisms that are continually breeding, battling, fighting and finding ways to survive and even thrive. Our careers also are alive, even though we tend to think about them as depersonalized things, rather than as life forms. Think how much might change in our planning and decision-making and imaginations if we began thinking about our careers not as offices and desks but as gardens and orchards, places where we can try out new ways of seeding possibilities and cross-pollinating opportunities. It’s your mind, after all. And it’s a free country—isn’t that what we’re taught and told?

### The New Winners

Employers basically have two kinds of people working for them: (1) those who do their jobs, focusing on tasks they’re given, and (2) those who do their jobs but also think beyond their cubicles, wanting to understand how their actions impact what the organization as a whole does—and how what the organization does can be done better.

The first group is an organization’s Good Employees. The second group, its Gifted Employees.

Every organization needs Good Employees. They do what they’re asked. They don’t cause problems. They’re reliable and dependable. They keep an organization running. They stay in their mental lanes and don’t cause traffic jams by thinking too far outside their cubicles. They do what they’re expected to do, and do it on time. They’re Good Employees. However, they soon reach their limits. Good Employees can keep the trains running on time, but they can’t design new engines. They’re also not likely to solve unexpected problems. It’s not their job to do that. They punch in, punch out, and do what’s expected of them while they’re at their desks. Good Employees cannot build an organization. They can keep an organization humming, but they can’t make it sing.

Gifted Employees pose a different challenge. Just as gifted students in school master the curriculum but often find it boring, Gifted Employees can do the jobs they’ve been hired to do, but they quickly master these tasks and want to do something more interesting and challenging. They don’t just want to do their jobs—they want to make a *difference*.

They’re not on the Board of Directors or consultants to the CEO, but their minds naturally think this way. They do gestalt thinking. They see the whole in its parts and want to impact the pattern that ties it all together. They think about the entire enterprise, not just what lands on their desks. They’ll think about their department or the company’s problems, and come up with ideas for solutions. They want to contribute their thinking.

In short, they’re not just Good Employees, they’re *Gifted* Employees. And that can lead to problems—for them.

You might think Gifted Employees are what any organization would want

*continued on page 42*

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## CAREER SUCCESS

### Occupied and Unleashed: Reclaiming our economy, one independent career at a time

...continued from page 41

to have on its payroll: talented people who'll gladly do more than their jobs require. Yet many employers don't know what to do with their Gifted Employees. On the whole, organizations prefer Good Employees. They're easier to manage.

Gifted Employees, on the other hand, care about solutions, not water-cooler gossip. Office politics—that's someone else's game. Their game is figuring out the best solutions to the problems everyone else wants to ignore. It's not hard to see why Gifted Employees can seem like a problem to employers.

The deeper question is: *do Gifted Employees need their employers?*

It's not a long leap from being a Gifted Employee who seeks problems to solve, to becoming one of the winners in the new economy—the new class of *Post-Job Professionals*. They may have jobs, or not. Either way, they can move fluidly between the job market and the career maps they've learned to draw for themselves. They're not on anyone's career ladder. They're build-

ing their skills, finding their own ways to structure its use, trusting their talent to create career maps as they move ahead. Post-Job Professionals are not abandoning the job-based economy. They're *transcending* it.

They are creating what George Land observed in Nature: higher levels of self-integration, by re-combining elements in their environment—in this case, the economy and its employment markets—and doing this in new and novel ways. It can be done, and many people are doing it.

I think Post-Job Professionals will be the new winners in an economy in which jobs matter less than having access to your own talent and imagination, and your ability to socialize and sell your own ideas and intuitions. In a world of problems, what's needed now is the ability to see patterns, to shift paradigms, and to de-construct and re-architect parts into integrated solutions. In a fluid environment, these skills matter more than technical knowledge. Einstein also noted "Imagination is greater than knowledge."

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## CAREER SUCCESS

The world we live in doesn't need more answers; it needs more *troubleshooters*, people who are willing to deal with unanticipated problems. There is no fixed and final answer to change. The novelist E.L. Doctorow pointed out that our journey through life is like driving a car at night. Our headlights only light up the road ahead of us a few hundred yards, yet we can make the entire trip this way.

His insight underscores how little we actually need to know about each part of the journey in order to keep moving ahead, step by step.

### Occupied and Unleashed

Layoffs can be scheduled, or sudden. In corridors and cafeterias, employees hear the whisper of the downsizing axe. However, fear is not a climate in which talent flourishes. Talent requires a workplace culture that blends challenge with patience, accountability with recognition. It takes generosity and courage in those who employ and manage talent.

Sadly, generous and courageous leadership are not qualities we tend to find in large quantities in the either the corporate or government workplace these days. What we find is fear and caution, and a reluctance to imagine and invent. For all our technology and tools, new business formation in the United States is at its lowest point in decades.

The issue is not how we can make employers more courageous. It's how we can do this *for ourselves*, and *with each other*. My own view is that talented people need to find each other and launch our own Occupy Movement, and do this *in our own careers*, creating professional lives that are at times independent, at times inter-dependent. Then we can start taking back our economy—*our* economy—one independent, occupied career at a time.

Frankly, that's why I'm writing these articles.

I think careers can be organically grown and architecturally built using team-based structures that encourage people to share their fears and shadows, together with their aspirations and ideas—including ideas their bosses never took the time to listen to. I'm convinced that if enough trust can be summoned and shared, others can help us see things we don't notice, and share some of the ideas and skills we can't provide for ourselves.

Very few of us can do it all—alone. And there's no good reason to do it that way. True, that's how many of us approach the process of Getting A Job: like a solo climb up a cliff, with no ropes tying us to anyone else. But why use *that* as a model for new ways of thinking? Let's find ways to unify our efforts and maximize each other's value, not define it in advance the way

employers do when they define a job and its compensation. How does an employer know what kind of value any of us can bring to a situation, unless they take a deeper look at us—or unless we do this proactively ourselves?

My experience teaches me that one hinge to swinging open a gate to a solution path is the deceptively simple, endlessly challenging concept known as "*we*." If professional success means anything in growing an enlivening and sustainable economy—and for all its faults, ours is more entrepreneurial than any economy, except perhaps Israel's—I think doing this will mean we need to invent new ways to integrate our personal talents and ambitions into economic forms and organisms that open growth space for more of us. Then perhaps "the economy" can become something that feels more like *ours*.

How do we get there? There are no answers to the future waiting in the back of anyone's book or article, including this one. We're going to have to invent the future, and keep inventing. As we do, I think we'll find solution *paths*, not final answers. After all, we're discussing individual talent and careers, not engine parts on an assembly line.

Human talent is individual and irreducible. There's no one-size-fits-all formula for human talent or its use. That's

why 71% of America's workers feel un-engaged at their desks—because employers insist on reducing them to data, rather than engaging and trusting their talent as individuals.

What new economic organisms will we need to re-grow and reclaim the economy? No one knows the answer for you more than *you* do. I think we'll learn more when more of us begin occupying and unleashing our own careers. And as we get closer, I suspect the truth will look more like a mosaic than a memo from headquarters.

In upcoming columns, we'll look at how to begin making this shift in your own career: for yourself as an individual, and with those you choose as your colleagues and allies. In the meantime, an African proverb teaches us this:

*"If you want to go quickly, go alone.  
If you want to go far, go together."*

*Gabe Heilig, Founder of Action Resumes - Pentagon, works as a writer, creative catalyst, consultant, and coach. He was mentored by George Land, then Senior Consultant to the Board of Directors at AT&T, where he observed Dr. Land coaching teams to proactively construct business opportunities. He and Dr. Land later wrote a private manuscript, Opportunity Mapping, about this. He uses this approach in his executive and career coaching. He can be reached at gabe@ideadesign-dc.com.*



## Creative Healing Trends:

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Breakthroughs and discoveries in the fields of epigenetics, DNA reprogramming and quantum field theory provide a comprehensive and inspiring new model for business health and healthy living, providing that the human mind can influence our health and well-being and more powerful ways than we have ever imagined.

Research has delved into the energetic field of the mind and body around the principles that we are not merely matter particles, but rather energy and waves synchronizing with each other in exchanging information on the quantum level through the field, what is called the holographic matrix. Ill health, mental or physical as well as lack of a happy and fulfilling life, are all signs that our dynamic quantum communication is in some way faltered. Good health and a happy fulfilling life is a sign that our dynamic quantum communication is in coherence, meaning in balance in an optimum way between the chaos in order of our inner and outer world.

### So how do we align our inner and outer world?

The answer to this can instantly change one's life. Through modalities such as ThetaHealing, Matrix Energetics, access consciousness and other revolutionary modalities, you will be the master of your own destiny. Studies have actually revealed that the perceived past and present does not actually create our future, rather that our future creates our perceived present space that we are living in. Therefore, it is extremely important that we have focused intent and understanding on what we expect in our every day realities. Many people have no idea what they want to create for their future. Imagine a life where your random thoughts, fears, negative beliefs, and emotions create the exact path that you are about to walk upon. As you get further and further down the path you begin to feel stuck, hopeless, helpless and experience a loss of life force energy.

Much research has been devoted to quantum field theory and mathematical explanations have helped to prove that the universe may be a holographic image in which we project and create our realities within. What is a holographic universe? Imagine a kaleidoscope of waves and particles floating freely everywhere around you. Within each particle exists multiple realities and different possibilities in your life. The possibility, the reality, the portion of the holographic image that we focus on becomes your reality, it becomes the life that you live everyday. The higher our vibrational

frequency, the lighter and less dense and more vibrant our realities become. The universe conspires to manifest according to our frequency and the matter which is contained in our thoughts, and energy fields.

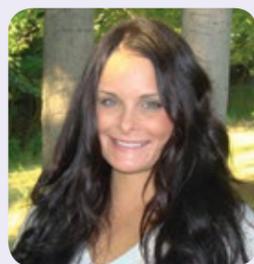
### What does your holographic imprint or pattern consist of?

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

### What does Rebecca do?

Rebecca will use her knowledge in Theta Healing, Matrix energetics, and other modalities to align your mind, body, emotions, and the field of quantum energy surrounding you. Many people have experienced major shifts in all areas of their lives. When someone has a solid spiritual and emotional well-being, it is rare to see a physical sickness. Rebecca will teach you to use your heart center to vibrate at a frequency where dis-ease is unable to exist.

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



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

### About Rebecca Norris

Rebecca was born intuitive and blessed with the gift of knowing. She knew at a very early age that her purpose in life was to help people heal themselves and others. Rebecca is a Licensed Professional Counselor and currently in the process of obtaining her PHD in Integrative



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Medicine through Quantum University. She advanced her career by becoming certified in Eye-Movement Desensitization and Reprocessing, Neuro-Linguistic Programming, Transpersonal Hypnotherapy, Past Life Regression, and is an attuned Reiki Master. In 2005, Rebecca studied to become a ThetaHealing Practitioner and teacher of this revolutionary modality. Since then Rebecca has practiced Matrix Energetics as well as recoding and access consciousness. Rebecca uses a combination of tools to help her clients. Rebecca has a passion for helping her clients expand their business potential, manifest soulmates, heal trauma, and make their life become the life they have dreamed about.

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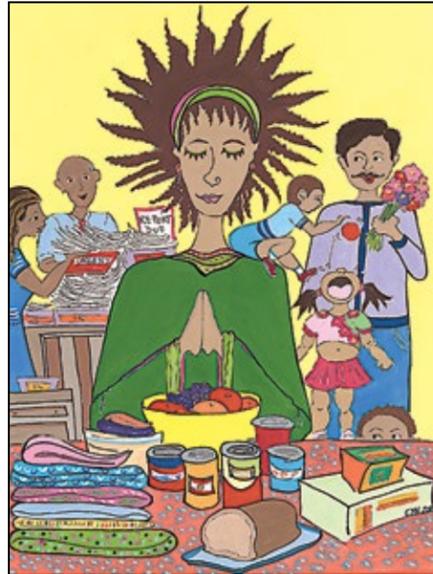
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## ON THE COVER



### Our Lady Of Perpetual Exhaustion Artist Statement

Every morning as soon as my eyes fly open, I think of all the "to-dos" of the day. After sending up a prayer for strength and positive energy, I also give a shout out to Our Lady of Perpetual Exhaustion. She is a model of patience, ingenuity and grace in dealing with the routine and unexpected challenges of the day.

Not everyone is a believer. For those who are not particularly religious or spiritual, I do not doubt that there is some type of morning ritual used to get motivated, to get energized or to get the creative and innovative juices flowing. We all need some type of inspiration to help us as we confront lives that seem to be getting more complicated with each passing day. The list of obligations often seems never ending.

Our Lady of Perpetual Exhaustion thrives on a challenge and never gives up. She knows how to multitask like no other. And she understands the need for taking time out for rest, renewal and relaxation so that she can persevere in this marathon called life. Most of all, Our Lady of Perpetual Exhaustion has a sense of humor and knows that mirth is the best tool to use when dealing with a stressful situation.

We all have someone in our lives who has inspired us by their seemingly indefatigable nature and unlimited capacity for forgiveness. If you were to portray this mythical saint, what would your interpretation of Our Lady of Perpetual Exhaustion look like?

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# 10 Things You Didn't Know You CAN Compost

BY KATHY JENTZ

For home gardeners in the DC region, nothing is better to add to our heavy clay soil than organic materials. They break down and add vital nutrients along with much needed aeration and oxygen.

As with any hobby, composting can be ultra-simple or obsessively complex. You can get caught up in measuring green versus brown inputs, taking temperatures, and charting breakdown rates. OR you can just throw it in a pile in corner of your garden and forget about it. Let time and Mother Nature do the work for you and add the partial or fully broken down compost to your soil mix each time you dig a hole for a new plant.

The simple rule for safe composting is not to add any animal or meat byproducts to your compost. That way you stay safe and clear of dangerous bacteria. That means no animal waste from meat-eating pets, no spoiled milk, no leftover boiled eggs, and definitely no cooking oils (veggie or not).

We all know that yard waste and weeds, kitchen scraps from vegetables and fruit, and spent cut flowers can



PHOTO BY KATHY JENTZ, WASHINGTON GARDENER MAGAZINE

go into the compost. However, there are several items that are commonly thrown out in your garbage and go to the landfill that not only are no harm to your garden, they can be very beneficial for it! Here is a short list:

**1. Egg shells.** Yes, they are an animal

byproduct, but the shells themselves are fine, it is the contents of the shells that should not be in your compost. After a baking project, I simply rinse out the shells then zap them in the microwave for 15-20 seconds. Careful taking them out as they can be hot right afterwards. Then I crush them up and add them

to my compost. For the extra calcium boost, I also sprinkle them around my tomato plants and as a sharp-edged, slug-barrier for my hostas.

**2. Pet hair.** Technically, this is an animal byproduct as well, but it is a harmless one since it is made up of dead cells. When summer comes and your cats and dogs are shedding like crazy, just empty that pet brush right over your compost pile. It quickly breaks down and has the added benefit of warding off rodent pests. And yes, your hair, unless it has been chemically processed, is fine to add to the pile too.

**3. Dryer lint.** Clean your dryer filter between each load and add that to your compost pile. If you mostly wear natural fabrics such as cotton and linen, the fibers are great soil additives.

**4. Cotton balls.** Swab your face and then fling it in the compost bin. Do make sure that they are actually 100% cotton—they're 100% compostable.

**5. Tea bags and coffee filters.** These are perfectly fine compost additions.

*continued on page 46*

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## 10 Things You Didn't Know You CAN Compost

...continued from page 45

To help them breakdown quick in the compost, I tear open the tea bags, put the tags in my paper recycling bins, and save the strings for putting out for nesting birds. The tea brand I use does not staple their bags shut. If yours does, be sure to remove the staple as well.

**6. Loofahs and natural sponges.** If yours is starting to show wear and tear, go ahead and buy yourself and new one and add the old one to your compost.

**7. Popsicle sticks and toothpicks.** Wood is fine for compost, especially small pieces that will decompose within a year. If you have any larger branches or wood pieces (such as an old chair leg), you may want to break those down a bit before adding them in.

**8. Fireplace ashes.** These are a great nutrient source for your plants, but don't overdue it. Mix them in with plenty of vegetable matter. Also, be sure they have fully cooled before adding them to your pile.

**9. Plain cooked pasta and rice.** If you have any leftover pasta or rice, go ahead and add that to your pile as long as it is not salted or prepared in oil.

**10. Floor sweepings and vacuum bag contents.** All those crumbs, dander, and particles of dirt your track in can go right back out the door and into the compost. Wet it down a bit to help the dust from flying right back into your home with you.

I bet your mind is whirling now with other compost possibilities. I hope this list makes you re-examine what is actually waste and what can be a great garden addition!

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

*The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year's subscription is \$20.00—order by mail or online at [www.WashingtonGardener.com](http://www.WashingtonGardener.com). See the Washington Gardener ad on page 78.*

*Note: A slightly different version of this article appeared in the DC Ladies blog online.*

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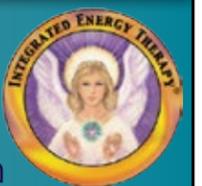


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## Forgiveness as Self-Care

BY ROBERT CALDWELL

Many times we are painfully hurt by another. Often we feel intentionally misled, even betrayed. We are ignored or contemptuously addressed. Someone treats our family, or our best friend, or us thoughtlessly or maliciously. The heedlessness of another brings us emotional or physical injury. Our parents, or friends, or partners are not available when we need them, or when they are available, they can intrude rather than facilitate. We accumulate long lists of resentments.

We learn to respond with anger, or retaliation, sometimes with "getting even." If we are unable to muster courage or skill for a "real world" response, then we may nurture fantasy reprisals, living by the energy of our resentments and superiority claims over those who have injured us. Refusing to forgive endows us with a sort of power—we maintain immense self-righteousness and victim motifs, imagining ourselves saint to another's sinner.

Most of you who read this article admire the ideal of forgiveness—but *actually forgiving* is another matter. Note

the familiar word, "To err is human, to forgive divine." This seems to be saying that the divine power is the only one that can actually forgive; for us humans, we are much more skilled at making mistakes. Yet we acknowledge that, if we are to upgrade our capacity for living well, if we are to rise above the unhappiness and unhealthiness of life stuck in resentments and nursing revenge, some of this "Divine" needs to be embraced and manifest in us.

Since we claim that forgiveness is such a virtue, why don't we practice it more fully? To begin the discussion let us confess that *not forgiving has many payoffs*.

### Advantages of Not-Forgiving

*The self-righteousness that accompanies not-forgiving is often highly compelling. We live in a morally ambiguous world in which knowing just what is "right" and what is "wrong" is often blurred to hidden. We can give our fragile and tentative egos quite a boost by making ourselves the "good-guy" and keeping the other in the "bad-guy" role. Most importantly, we then have no responsibility to look at ourselves and our complicity in "what went wrong."*

*continued on page 48*



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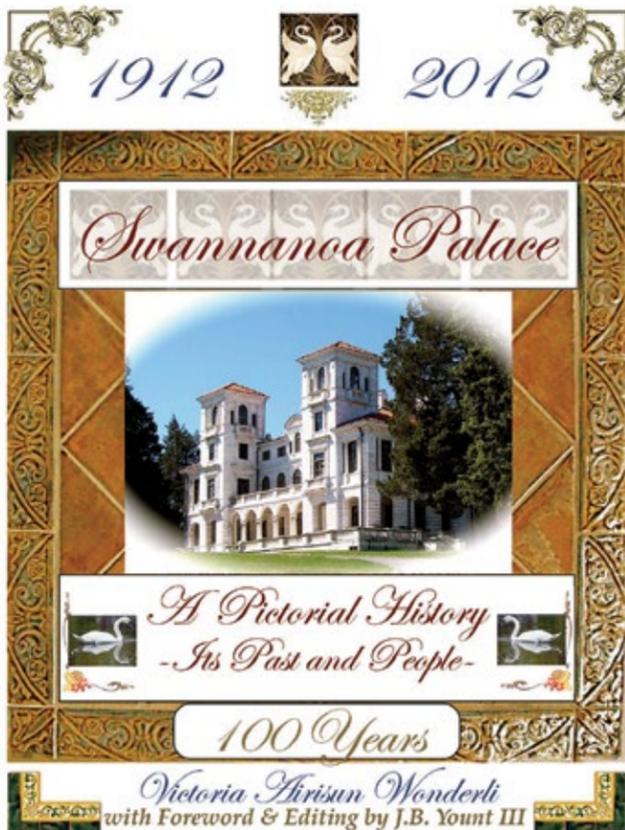
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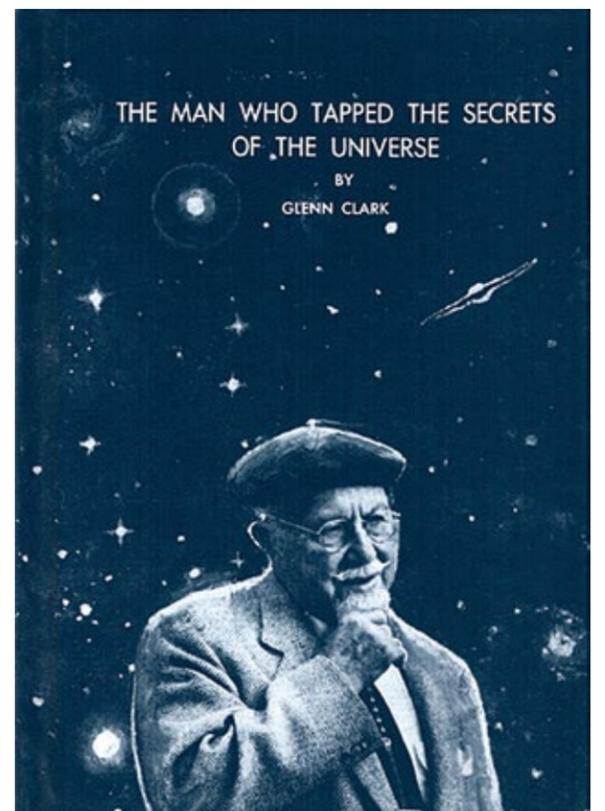
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## CALDWELL ARCHIVES

### Forgiveness as Self-Care ...continued from page 47

*A drug-like high can emerge from dwelling upon the other's bad behaviors and declaring that he or she deserves no forgiveness. We can feed ourselves on revenge fantasies so often that we become addicted to this sort of consciousness. Haven't we all seen persons who only seem to come to life when they begin to talk about how they have "been wronged" and lose themselves in the passionate energy of anger.*

*We have decided that only the weak-wimps, pushovers, and passive-aggressives—forgive. We are the tough, the mature, who constantly hold others to accountability.*

*We have taken premium membership in the fellowship of victims, bonded together by our common hostility to the "real perpetrators of evil—those who are not like us and who want to do us, and others, in." Political parties, clubs, cults, professional societies, ethnic groups, as well as individuals, too often manifest this process—crossing the thin but critical line between defining ourselves by shared interests or claiming superiority by similarity.*

*We live out the "eye-for-an-eye" philosophy, refusing to think compassionately or empathetically of others, justifying this by asserting how "they" did not so think of us. We maintain, thereby a sort of (strained) balance in our relation-*

ships. Many of us, with limited vision, believe this is our best shot at keeping an inner and outer equilibrium.

### The Downside of Not Forgiving

Though, as listed, there are pluses in being unforgiving, there are formidable negative consequences as well.

*Unforgiving persons are alienated and alone. We choose distance over engagement and set up a situation in which we can neither receive companionship, or intimacy, or opportunity to work together to recreate friendship and teamwork. We block ourselves from the channel of connection which makes for the possibility of coming back into harmonious relationship.*

*We are diminishing our health. Both research and experience inform us that practicing forgiveness is positive for producing better health: our heart and vascular system work more efficiently, the vessels become less constricted and blood and body energy flow more freely. Countless studies show correlation between resentment and hatred and reduction of the efficiency of the immune system—the effect of which is to increase our susceptibility to illnesses ranging from the common cold to cancer and heart disease. Also, positivism and confidence in self and others are more present in the person not locked in unforgiving patterns—mental attitudes which reinforce the*

*continued on page 52*

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# Death Café: Sit, Have Some Tea And Die A Little

BY SAID OSIO  
EDITED BY CAM MACQUEEN

*I stepped from plank to plank  
So slow and cautiously;  
The stars above my head I felt,  
About my feet the sea.  
I knew not but the next  
Would be my final inch,—  
This gave me that precarious gait  
Some call experience.*  
~ Emily Dickinson

Sitting in a small group is five strangers, each of their teacups nested on the round café table, and each containing a story—some sweet, some bittersweet. The aroma of tea mingles with this communion of humanity, and each has come to share. A writer's circle? No, a Death Café!

## Birth of a Death Café

The idea for a "Death Café" experience was conceived in 2004 by Swiss sociologist Bernard Crettaz, who wished to provide space to explore death through group discussion. Crettaz pictured death cafés—or café mortel—as open forums for people to discuss matters of mortality, like those harking back to the French salons of the 18th century.

It is Jon Underwood, however, a British Web designer and self-named "death entrepreneur," who is credited with having Death Café go viral, to thread the taboo topic into the conversation. Underwood held his first Death Café in 2011 in his London flat. He set out tea and cake. His mother, who happens to be a psychotherapist, helped facilitate. Since then, his work has become a worldwide movement.

Since that first Death Café in 2004, these gatherings have catapulted across national and international consciousness with meetings in the United States, Canada, Europe and New Zealand. The facilitators, often nurses, hospital chaplains, social workers or hospice volunteers, bring no external agenda to the discussion, trusting participants to provide content and guide the conversation.

## A Sacred Encounter Group or Story Telling?

Mindfully and heartfully seated at a table, the Death Café begins, with each guest being mindful as the tea encircles the cup's rim—a whirlpool as it is served. Becoming mindful of how we, too, are becoming full of life as we sip, our lives enter into new channels, eventually and paradoxically emptying as our stories spill out as soft sounds each individually heard in their reflective beingness. Each sound sinks, a chan-

neling entering the magic circle—an elixir, a new alchemy. Also present is mindfulness of the body's response to the tea's temperature and our own visceral response to our natural relationship to what's being shared—our quality of presence and empathy.

How is it that story telling captivates us like a primal tribe sitting around a fire, ancestors sharing life lessons? Both Walt Whitman and Thomas Merton knew. Merton describes it as such:

"The simple [Ed. tea] leaves of grass come from the same infinite, recreative source as the depths of the human spirit, from which the wisdom and the strength of our humanity also comes. In our beginnings we inherit a vocabulary to construct the storyline and the direction of our life's events. We are born as paragraphs into chapters that our parents were writing in the Book of Life. Eventually the scripts we imbibed with our mother's milk are lost in time; the plots our fathers laid out for us devolved toward new twists. We learn the vocabulary itself—expression and plot a new destiny. We begin to author our own lives and transcend our birth circumstances. We become our own spiritual father and mother's (Gregory of Nyssa) and give birth to our own selves. Our lives become our own chapters into which everything is allowed to go. We form our biographies through relationships that form or deform us. No life is a one-chapter play."

Once we hear, we discover our stories. The need to share these discoveries is part of our spiritual legacy. Hillel Bodek, a Clinical Social Worker who has developed a spiritual training module for healthcare workers and chaplains specific to palliative and end-of-life care, describes this need eloquently: "Spirituality is the culmination of a personal quest to discover the ultimate and transcendent meaning and purpose of life. Spirituality reflects the essence and substance of that person—the values, thoughts, emotions, motivations, dreams, experiences, assumptions and relationships that make the person a unique individual." Bodek goes on to say, "Individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."

## Inspiration and Chai

Each Death Café is unique, and loss and grief are important issues. Yet we

*continued on page 50*

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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

### **Death Café: Sit, Have Some Tea And Die A Little** ...continued from page 49

often hear in the Death Cafés universal threads, winding paths that circle back into themselves running parallel to a study on regrets. These frequent conversations embody a constellation of themes—labyrinthine patterns that are thresholds gently crossed over into what's called 'the five regrets.' The human condition gets into stages of grasping and unfulfilled desires. Our being mindfully and reflectively with these inquiries can act as pointers for what we move towards or away from.

The concept of five regrets was first put forth by Bronnie Ware, an Australian nurse who spent several years working in palliative care, caring for patients in the last 12 weeks of their lives. Ware recorded their dying epiphanies in a blog called "Inspiration and Chai," where she writes of the phenomenal clarity of vision that people gain at the end of their lives, and how we might learn from their wisdom. "When questioned about any regrets they had or anything they would do differently," she says, "common themes surfaced again and again." Her blog gathered so much attention she put her observations into a book called

*The Top Five Regrets of the Dying.*

The dying in their last days revealed to Ware the most common regrets we have at the end of our lives. And among the top, from men in particular, is "I wish I hadn't worked so hard." This is a psychosocial cultural regret which has a variety of beliefs embedded into our work ethic.

Here are the top five regrets of the dying, as witnessed by Ware:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. "This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled."
2. I wish I hadn't worked so hard. "This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners."
3. I wish I'd had the courage to express

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## CULTIVATING COMPASSION

my feelings. "Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming."

4. I wish I had stayed in touch with my friends. "Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."

5. I wish that I had let myself be happier. "Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits."

### A Year To Live

In January 2016, Arthur C. Brooks wrote an OP-ED in *The New York Times* entitled "To Be Happier, Start Thinking More About Your Death." The piece affirms the intentionality behind reclaiming our impermanence. Brooks writes, "Years ago on a visit to Thailand, I was surprised to learn that Buddhist monks often contemplate the photos of corpses in various stages of decay. The Buddha himself recommended corpse meditation. 'This body, too,' students were taught to say about their own bodies, 'such is its nature, such is its future, such its unavoidable fate.'"

Paradoxically, this meditation on death is intended as a key to better living. It makes disciples aware of the transitory nature of their own physical lives and stimulates a realignment between momentary desires and existential goals. In other words, it makes one ask, "Am I making the right use of my scarce and precious life?"

Will cultivating awareness of the scarcity of your time make you grim and serious? Not at all. In fact, there is some evidence that contemplating death makes you funnier. Two scholars in 2013 published an academic paper detailing research in which they subliminally primed people to think about either death or pain, and then asked them to caption cartoons. Outside raters found the death-primed participants' captions to be funnier.

In December 2013, the soul-filled ranks of the global "Death Cafe" movement came to Asheville, NC.

Hosted at The Dobra Tea (with full use of its tea house) on Lexington Avenue, it was one in a number of offerings by Asheville's Third Messenger, a kind of production company and local group of creative activists who brings to its community a variety of events such as mixed media presentations/transformation, experimental theatre, public art installations, and a radio series all honoring sacredness in the art of being and dying.

At the time, and still to this day, Asheville's Death Café is presented to provide warm, comfortable spaces for people to engage in matters of mortality and living sacredly while enjoying tea together with a simple mission—to increase awareness of death. Death Café is a way of opening the door, a revolutionary cure to the real disease of our culture—the denial of death, in order to help people make the most of their finite lives.

In conjunction with the Death Café, Third Messenger's End of Life Doula Planning Exercises support anyone—in relationship to being—with dying and who has a final regret "KOAN": *What's your greatest regret so far, and what will you set out to achieve or change before you die knowing that we are all in stages of dying daily?*

Outside a gentle tapping on the panes of glass from a soft rain complete the magic of Death Café as our stories filter out into Asheville's soul. It is time now to add my story. My daughter Eva died in June 2013 and I want to share our story.

*Said Osio is founder, curator-editor, image-maker and publisher of Third Messenger, and he resides in Asheville, NC. Trained in imagery and alchemical retreats/meditation, he was a student for over thirty years with the late Sufi Master Pir Vilayat Inayat Khan. For more on Said, Third Messenger and Death Cafés, please visit <http://thirdmessenger.com>.*

*Cam MacQueen is the creator and manager of "Cultivating Compassion." Last November, Cam opened THE BLOCK off biltmore, Asheville's first vegan bar located in the iconic YMI building, the oldest African-American cultural center in the country, circa. 1893. She is honored to be in such a sacred space and to host events like Death Café as one of the many organizations she partners with and supports in the community. If you visit Asheville stop in to see the historic space, enjoy a vegan bite, some live music and thoughtful conversation. For more on THE BLOCK off biltmore, kindly go to [theblockoffbiltmore.com](http://theblockoffbiltmore.com).*



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**Forgiveness as Self-Care  
...continued from page 48**

immune system as well as make life much more fun and rewarding.

*We create a negative vortex.* When we are stuck in unforgiving revenge patterns of being, we often develop a paranoid style of seeing the world. We may develop the habit of being continually on the lookout for enemies. We have little energy to spare for building a "good life"—so much effort is expended just to survive in a "hostile" world. Seeing others as our enemies, we can only imagine that they view us similarly.

*In failing to forgive others, we fail to forgive ourselves.* Without self-forgiveness we live with a continual sense of being less than OK. We develop a habit of harsh self-judgments, which, though we may have elaborate programs for justifying our behaviors, we usually are not better at true understanding and compassion toward ourselves than we are in offering it to others.

*Maintaining an unforgiving style of being results in our lives being tainted by "regret,"* for things are never really settled and relaxed. We are never free. A life suffused with regret and unresolved hurts is an ideal seeding ground for agitation, apathy, and depression.

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Charles (names and identifying data have been changed) is constantly in a slow boil over the way, Harry, his next-door neighbor, has treated him over the years. Charles has been left out of Harry's parties, refused when he wanted to borrow a rake, and suffered a 1:00 AM Harry instigated visit from the police about his "loud music." Charles often thinks critically and angrily about Harry and never misses a chance to besmirch him among neighbors and friends. Whenever he sees Harry, a chill runs through his body and bands of tension grip his chest.

Eventually, Charles got fed up with his anger and grinding rage, and, with a little help from some trusted friends, began to be more interested in his experience of hurt and anger that in blaming Harry. He began to learn about himself. He became aware that he had high expectations that Harry, who resembled a close high-school friend who had been killed in an accident, would come to fill that void. He further became aware that deep in his unconscious he feared that he was not capable of being a good neighbor, and that he hardly deserved to have persons really care about him.

As Charles studied himself, he found that he had been afraid to let himself

*continued on page 56*



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# The Wonders of Turmeric

BY LINDA B. WHITE,  
FROM MOTHER EARTH LIVING

Like ginger, turmeric (*Curcuma longa*) is a member of the Zingiberaceae family. This perennial grows in India, Southeast Asia and other tropical regions. Its rhizomes, or fleshy underground stems, are used as a spice (a key ingredient in curry) and medicine. Turmeric's biologically active chemicals include curcuminoids, which produce the yellow pigment, as well as volatile oils, which create the characteristic aroma.

Traditionally, whole turmeric rhizome, dried or fresh, is taken internally or applied topically as powders, pastes and turmeric-infused oils for skin ailments (wounds, inflammation, infection). Most research focuses on extracts concentrated for curcuminoids, particularly curcumin.

"Curcumin has many beneficial pharmacological effects which include, but are not limited to, antioxidant, anti-inflammatory, antimicrobial, antidiabetic, anti-cancer, and protection against nervous system diseases such as Alzheimer's disease," says Debasish Bandyopadhyay, an assistant



© Kakarlapudi Venkata Sivanaga Raju

professor of research in the chemistry department at the University of Texas-Pan American in Edinburg, Texas, and

the author of a 2014 review paper on curcumin. Here's a snapshot of the research-backed benefits of curcumin.

## Arthritis

Osteoarthritis (OA), which results from wear and tear on joints, commonly accompanies advancing age. At least three studies show curcumin products (specially formulated to enhance bioavailability) taken for two to three months reduce pain, improve function and minimize reliance on pain medications. In two studies of knee OA, curcumin worked on par with ibuprofen (Advil, Motrin), the overuse of which can cause stomach upset and intestinal damage. Combining turmeric with other anti-inflammatory herbs, such as boswellia and ginger, also helps improve symptoms.

Curcumin also appears to ameliorate rheumatoid arthritis, an autoimmune disorder. One study compared curcumin with the drug diclofenac (Voltaren) and found curcumin to be more effective.

## Cardiovascular Disease

In lab studies, curcumin lowers blood levels of cholesterol and triglycerides (blood fats); discourages oxidation of LDL cholesterol (a chemical reaction

*continued on page 54*

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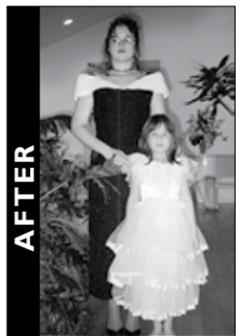


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## MOTHER EARTH LIVING

### The Wonders of Turmeric ...continued from page 53

that renders this cholesterol more harmful to the arteries); and inhibits platelets, thereby reducing the risk of clots forming within blood vessels. One study found that taking 4 grams of curcuminoids a day for several days before and after coronary artery bypass surgery reduced the risk of in-hospital heart attack.

#### Indigestion & Irritable Bowel Syndrome (IBS)

Turmeric reduced indigestion after meals and improved symptoms of IBS, a condition characterized by abdominal pain, gas, bloating, diarrhea and constipation.

#### Oral Health

Turmeric gels and mouthwashes have been recommended to maintain oral health and combat conditions such as gingivitis (gum inflammation). A mouthwash containing turmeric was as effective as a conventional mouthwash (chlorhexidine) at improving gingivitis and reducing bacterial levels in the mouth.

#### Diabetes

Curcumin acts in several ways to reduce blood glucose (sugar) levels. In one study, taking curcumin for three months reduced blood glucose

in overweight and obese people with type 2 diabetes. In addition, curcumin supplements taken for nine months reduced the risk that people at high risk for type 2 diabetes actually developed the disease.

#### Infections

Turmeric is traditionally used to fight skin infections and dress wounds. Lab research shows a range of antimicrobial effects. In lab studies, curcumin inhibits a number of bacteria (including *Staphylococcus aureus*, *S. epidermidis*, *E. coli* and *Vibrio cholerae*, which causes cholera); viruses (influenza, parainfluenza, herpes simplex virus 1 and 2, respiratory syncytial virus, human papilloma virus, hepatitis B and C viruses); and fungi (*Cryptococcus neoformans*, *Candida albicans* and dermatophytes, a group of fungi that can infect the skin). Test-tube studies show that curcumin has activity against methicillin-resistant *Staphylococcus aureus* (MRSA) and acts synergistically with several antibiotics. It may, however, interfere with the ability of ciprofloxacin (Cipro) to fight *Salmonella* infections.

#### Psoriasis

In a study of 21 people with moderate-to-severe psoriasis (a condition that causes patches of thickened, red skin with silvery scales), oral turmeric extract augmented visible

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## MOTHER EARTH LIVING

light phototherapy. In another study, a 1 percent curcumin gel resolved the plaques of psoriasis faster than a conventional drug (calcipotriol).

### Brain Diseases

Compared with the U.S., the occurrence of Alzheimer's disease (AD) is relatively low in India (specifically, 4 percent of people 80 years and older in a region of India versus almost 16 percent in northwestern Pennsylvania), where turmeric is a ubiquitous spice. In lab studies, curcumin inhibits the formation of beta-amyloid (a misshapen protein that gums up the spaces between brain cells in AD). Experiments also suggest that curcumin may help protect against Parkinson's disease and inhibit the growth of brain tumors.

### Anti-Cancer Effects

This area is a hotbed of curcumin research. "Curcumin possesses immense anti-cancer effects," Bandyopadhyay says. In a number of lab studies on various types of cancer, it prevents tumor formation, growth, invasion and metastasis [spread through blood and lymph]. It also inhibits the creation of new blood vessels that feed the tumor and stimulates cancer cells to die.

Lab experiments show combining curcumin with some chemotherapy drugs and radiation treatment improves outcomes. In addition, curcumin

may counteract the resistance cancer cells often develop to chemotherapy. Tempering these exciting research findings is the fact that most of the research involves cultures of cancer cells and animals with cancer.

### How Can One Plant Protect Against So Many Illnesses?

Researchers suspect that turmeric's potent anti-inflammatory and antioxidant properties are the key to its ability to protect against so many diseases. Anti-inflammatory agents reduce the inflammation that occurs as the immune system does its job. Antioxidants counter oxidation, a chemical reaction that generates tissue-damaging molecules called free radicals.

Oxidation promotes inflammation and vice versa. Both accelerate aging and underlie most chronic human diseases, including inflammatory bowel disease, cardiovascular disease, diabetes, cancer, arthritis and Alzheimer's disease.

*Excerpted from Mother Earth Living, a national magazine devoted to living wisely and living well. To read more articles from Mother Earth Living, please visit [www.MotherEarthLiving.com](http://www.MotherEarthLiving.com) or call (800) 340-5846 to subscribe. Copyright 2015 by Ogden Publications Inc. See their ad on page 74.*

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**Forgiveness as Self-Care  
...continued from page 52**

feel his own hurt about Harry's behavior. He summoned the strength to look square at himself and discovered he could embrace his experience, including the hurtful parts, and not only survive, but begin to get some clues for a direction he could move toward making his life happier. He became more fascinated by his own experience and potential than in salvaging vestiges of ego by damning Harry.

When we cannot forgive others, we are stuck with living with untrusted and disliked people. We are stuck with believing that our unhappiness originates only outside of ourselves, rather than within. The beginning of learning to forgive is to take seriously not only our accusations of others, but our experiences of our hurts, betrayals, griefs, embarrassments, and losses. What has happened to us *has indeed happened*—and the way we see it, the way we feel about it, is who we are. We can deny this, avoid it, run away from it, twist it, project it, but our experience remains a pattern in our mind, as a force that must be reckoned with.

**Experiencing Our Strengths**

As we confront and examine our hurts, we come upon the surprising discovery that we can become strong

enough to face ourselves straight-on. We can begin to meet an essential condition for developing forgiveness; strength of self. Only the strong can forgive.

If we nurse our grievances and are unable and unwilling to forgive, this indicates our sense-of-self has been damaged or diminished. The weak person cannot forgive another, for he needs the other to feel-better-than. The weak person has a distinct role--victim-to-play and victims *must* be unforgiving (this attribute goes with the victim-mentality). Withholding forgiveness and playing victim are overlapping processes. Perceiving ourselves as victims is certainly a tempting solution to the injuries of life—injuries that we trace to being betrayed by events, others, even by God. It is such a ready solution—and a popular one—to deal with our unhappiness by accusation, claiming that the problems are external to us, and that we have no responsibility for them.

When we begin to shift from being victim to taking charge of our experience, a fundamental movement into strength has occurred. We have begun not so much to see the world as relentless molder of our lives, but to see ourselves as the primary actors. We cease demanding that the world change to meet our expectations but that we change the way we influence its events

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and configuration. We become aware of how we need to build our personal strength.

There are two ways of believing ourselves strong. One is the constructed way, which has as its central doctrine the refusal to forgive. This is the way in which we claim to be strong of character, as we believe others to be weak of character; we are good, as we believe others to be bad. The other route to strength is through knowing oneself as loved by others and as competent to impact and influence one's world.

John Taylor had a troubled, nearly disastrous childhood. He was brought up anxiously and haphazardly by a mother, sister, and grandmother in the turbulent wake of abandonment by his father when he was two years old. John had struggled through college and jobs and relationships expressing himself far below his natural capacities. He maintained that if he ever got his life together—for him this would be signified by a new car, good job and a loving wife—then he could return to his estranged family. For years he had been at war with his family, unforgiving in his attitudes, caught in demeaning work and frustrating relationships. What communications he did have were often hostile, and at best formal, ritualized, brief. After years of barely subsisting, he met new friends, delved seriously into therapy, risked himself in a work that matched his talents and created a relationship with a loving woman. Strengthened, as he claimed his own space in his world, he went home. Beginning with a tentative reunion, he undertook the hazardous, hard work of establishing adult respect and human interplay with his family. He discovered where his father, whom he had not seen in thirty years, was living and made contact with him. His experiences were far from complete, far from being all that he had wished, but out of his developed competency to control his life and his success at shaping a nurturing love life, he was able to build on what he had, rather than grinding out the resentments and angers about what he had missed. Of such thoughts and behaviors is true strength-of-self built, and forgiveness consequently becomes possible.

### Identifying With Others

Learning to identify with and to understand others through that identification is the key to maturing in forgiveness.

Part of the human condition is to feel guilty about the way we think and act. We believe that we are not what we "ought to be"—that we are inadequate, insensitive, greedy, mean, etc. Not being able to come to terms with these beliefs about ourselves, we project these evils into the world, and onto others, so we don't have to deal with them in ourselves. Out of our history as children with guilt-making parents (They, or course, had the same "guilt" problem we have and took the same path of solution: "It's them, not us!") in a world in which guilt making is pervasive in everything from politics to rock groups, to self-righteous jour-

nalism, to the "comic" pages, we create the other as "our" problem attempting to take the heat off ourselves.

Though I have spoken so far of projections of our guilt onto other persons, it is possible to make this process work for us by projecting a compassionate understanding onto others. We then can begin to see that, like ourselves, others are only living a moment at a time, choosing their behaviors consciously and unconsciously, not intending to be "bad." Others, like us, are expressing the light and dark side of their persons as they attempt to handle the challenges of the day, to deal with its ambiguities, disappointments, and successes. From this point of view, Father Flanagan was right when he said, "There is no such thing as a bad boy." His was a community of forgiveness built on understanding.

And understanding moves into acceptance—acceptance that nothing is alien to us. All of life is a part of us. We mirror in ourselves something of every living thing. Actually, we know only those patterns in life that match the patterns in our brain. We can only know that which is like us. Our continual fascinations with gangsters, monsters, iconoclasts, rebels, killers, and demons, a well as saints, singers, angels, gentle women, kind men, heroes, and visionary children manifest the diversity and breadth of our potential to identify and to claim these parts within ourselves.

"Acceptance" does not imply that we like all behaviors either in ourselves or others. Some things we do, some things people do, clearly are not all right with us. However thoroughly I may understand the dynamics of a drug peddler, I, nevertheless, support efforts to stop his selling at the junior high school. In fact, understanding him—and his customers—can prompt me to act more quickly and efficiently. Understanding and acceptance can free me to address the behavior rather than acting wildly out of my own prejudices and grandiose condemnations.

Several years ago one of my involvements was sponsoring workshops through an organization named Quest. I had agreed to meet for dinner and business conversation two persons who had expressed interest in running a workshop for us. From our first moment together, I had difficulty trusting them, as I felt the connection between us was tentative and unpromising. On the way to a restaurant, I met a colleague and introduced my new acquaintances to her. The next day, my colleague, as blunt as she is wise, grimaced and said, "Who were those awful people you introduced me to?" I replied that I had indeed found myself uncomfortable in being with them, but after spending the evening together and coming to know a good deal about their personal history and interests, I found that I liked them and was comfortable with them. My colleague, who is both intuitive and deeply knowing say, "Anybody becomes lovely if you spend three hours with them." In that terse comment is summed up how the quality of our relationships is trans-

*continued on page 59*

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## GREEN NEWS & VIEWS

### Maryland's Green Party Candidates

...continued from page 38

entrepreneur Kamesha Clark is making a bid to become the youngest woman ever elected to Congress—she will be just 26 on Election Day. Her startup venture Human Capital Innovations aims to create a productive space for Americans to think more deeply about the environmental effects of persistent

consumption-driven economic growth.

Born and raised in the District of Columbia, Clark says she is focused on practicing community economics and empowering entrepreneurs to open small businesses. “We need to divest, decentralize, and build our own self-sustaining communities,” Clark says.

“One major goal of my campaign is to usher in a new generation of American leadership,” she adds. “I hope my campaign inspires more young people to enter public service to steer our country in a new direction.”

With physician Jill Stein ([www.jill2016.com/](http://www.jill2016.com/)) expected again to be the Green Party presidential nominee after winning the highest vote total for a woman in a presidential general election in U.S. history in 2012, Maryland voters will have the opportunity to vote for progressive women for president, senator, and member of Congress in much of the state.

To learn more about the Maryland Green party, visit [www.mdgreens.org](http://www.mdgreens.org).

*Peter Orvetti is a writer and actor residing in Washington, D.C. He is a homeschool parent and alternative party activist.*



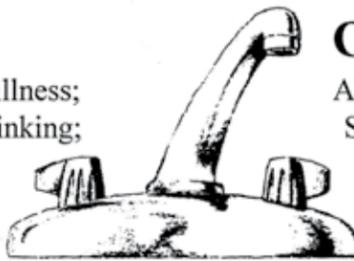
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## CALDWELL ARCHIVES

### Forgiveness as Self-Care ...continued from page 57

formed through awareness and understanding.

#### Forgiveness as Our Life Journey

*Forgiveness cannot be forced.* It is not an act of will, or a behavior, though it manifests itself in these forms. So many "nice" people try to manufacture forgiveness. It never works. Forgiveness is an attitude, a stance, inward and outward, that grows naturally and inevitably from confronting one's hurts, discovering one's strengths, enlarging one's perspectives and sensitivities, and accepting the other and oneself as flawed but real people striving to move forward in life. Forgiveness is a life development process that values the courage to be happy and to belong to others and the world more than it values being "right" or "getting even."

*Forgiveness is not a passive but a proactive enterprise.* Forgiveness will take great courage and assertiveness, for it does not react to what others think or do, but acts out of our own desires to make our world the sort of place where we can be enriched and content. Such an agenda calls forth elaborate positive and creative energies. By strengthening your heart and your will you can become determined to define yourself, not allow the injuries caused by another to define you.

Avishai Margalit, professor of philosophy at Hebrew University of Jerusalem declares that forgiveness requires not forgetting the wrongs done but getting beyond emotions of humiliation and resentment. He points out, that *we do not have a duty to forgive others, but that our duty is to ourselves*, for resentment and plotting revenge is poisonous to personal happiness and peace. Forgiveness is not a simple act of will, it comes out of deep psychological change in which we decide with the whole of our organism that we do not forgive because we "ought to," but because a forgiving person is the kind of self we want to be—not be dominated by the past, but at peace with the past and ready to move positively into the future. He says the "ought" in

"you ought to forgive" flows from our commitment to our own well being. That is, our lives will be less happy and less creative if we allow ourselves to be dominated by our negative emotions. Jonathan Lear in summing up Margalit's thought states that "questions of humiliation, resentment and forgiveness essentially involve taking responsibility for one's own life and for how one wants to be."

*Don't expect perfection.* However greatly you may nurture your courage and power to forgive, there will doubtless be pockets of resentment that are never cleared out. The sense of having been "wronged" may be so entrenched in your mind that from time to time—too often for comfort—old hatred and prejudices will surface in thought and actions. This means there was a perceived "crime" against your "self" that was so intense that you have not reached a dimension of growth adequate to encompass and therefore diffuse your hurt. Consequently you experience an inability to give up your injury without giving up too much of yourself. This is one of those aspects of yourself you are "working on." For we are all but works-in-progress, and we are either addressing ourselves to such incomplete tasks or denying them.

*Cultivate a community of forgiving persons.* Positive models and positive energies are synergistic. Don't get caught in the arrogance that you have power enough to overwhelm persons' unforgiving styles of living if they continually surround you. Find and live with others who reflect and express your own adventure into forgiveness.

The recent *Psychology Today* carries an extensive article about persons who have forgiven the murderers of their loved ones. In one account, Winifred Potenza's 21 year old son, Jonathan, was killed by the drunk driving of William Ernst. At first, she fought for a murder charge rather than manslaughter, but just a few days before Ernst was to come to trial, she was visiting, as she often did, the police impound lot where the wreck of her son's car was kept. She found that Ernst's Sister was there doing the same thing. "She was

*continued on page 104*



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6/3-5 Amma Sri Karunamayi visiting the DC area and will host three programs at the Hindu Temple of Metro-

politan Washington, 10001 Riggs RD, Adelphi, MD 20783. Individual. Blessings/Saraswati Diksha, Fri., June 3, 11am-5pm. Silent Meditation Retreat, Sat., June 4, 8am-6pm. Homa/Sacred Fire Ceremony, Sun., June 5, 9am-1pm with free lunch afterwards. All events are free except for the Silent Meditation Retreat. Please visit our website at: www.karunamayi.org/world-tour/north-america or contact Keith Burton, Keith1080@gmail.com, 240-447-3630.

6/3-5 Spiritual Yoga Retreat at the Bon Secours Retreat Center in Marriottsville, MD. Join us for a weekend of peace and renewal in a beautiful pastoral setting. Teachers from the Sivananda lineage will guide us in meditation and wisdom teachings. Hatha Yoga and Yoga Nidra will be offered. Full details at www.ChidanandacentenaryUSA.org.

6/3-7/24 Victoria Pendragon: A Different Vision at the Ice House Art Center & Gallery Independence & Mercer Streets in Berkeley Springs, WV. Opening Reception, June 3, 7:30pm.

—5—

Health Care Provider CPR, 10am-5pm, \$120. Potomac Massage Training Institute, 202-686-7046, www.pmti.org.

The Karmic Law of Money. Second of a series of four classes on the philoso-

phy of karma. Join us as we examine the energy of our actions with money, and how we create our abundance. At Meditation Museum II, 1984 Chain Bridge Rd., Suite 201, McLean, VA. 11:30am-1pm. Free and open to all, voluntary contribution is appreciated. Registration is required at www.meditationmuseum.org/meditation-events. 703-992-6887

#### The Origins of Yoga and How This Relates to Your Modern Life with Claudia Neuman.

In this workshop find a deeper understanding of the ancient yogic texts, such as *The Vedas*, *Upanishads*, *The Hatha Yoga Pradipika* and *The Bhagavad Gita*. Learn also the historic evolution of Tantra and how this affected yogic philosophy today. 1-4pm. All welcome. For more information: 301-754-3730 or info@blueheronwellness.com. www.blueheronwellness.com

Touch of Massage - Learn to Massage Family and Friends, 10am-5pm, \$85/pp. Potomac Massage Training Institute, 202-686-7046, www.pmti.org.

Yoga for Cyclists, with Megan Bowles. Improve your cycling and your general wellbeing with yoga! 12:30-2:30pm Open to all: no prior experience necessary; \$30. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th

Flr, Suite PH7. Information at www.unitywoods.com or 301-656-8992.

#### Yoga & Mindfulness for Special Needs Caregivers & Supporters.

Visit: www.foxhavenfarm.org, email: info@foxhavenfarm.org, or call: 240-490-5484.

—9—

Reiki II - Enhanced Level. 9:30am-5:30pm. 7 CEUs. Potomac Massage Training Institute, RSVP@pmti.org or 202-686-7046; visit: www.pmti.org.

6/9-12 Reiki III. Thursday-Sunday, 9:30am-5:30pm, 28 CEUs. Reiki II-Enhanced Level is required prerequisite. Potomac Massage Training Institute, 202-686-7046, www.pmti.org.

—11—

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

Shenandoah Valley Herbal Gathering, Shepherdstown, WV. Come celebrate the healing wisdom of the plants and the gifts of community. Herbal and Permaculture-based classes. Plant and tree walks. Local artisan vendors. Community Land Art project. Live musical performance by Bele Bele Rhythm Collective! For more info and to register go to www.sacredrootswv.com.

## A Summer of Celebration and Reunion!



### DRUM 'N' SPLASH June 29-July 3, 2016

Swim all day, drum all night! Our celebration of the Nation's Birthday with family & friends, old and new! Join us for Drumming, Dancing, Yoga, Master Classes, Fire Spinning, Nature Walks, Qi Gong, Duck Races, an old-fashioned Ice Cream Social, Pig-pickin' Feast and of course, Fireworks!



### BODY TRIBAL Aug. 12-14, 2016

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



### STONES RISING Aug. 31-Sept. 5, 2016

Join us for a ritual complex of service, ceremony, and celebration. Stones Rising is a six day ceremonial intensive that culminates with hundreds of people raising two Standing Stones, using ropes, rollers and a lot of hard work. Every hand is needed, every task important, every breath a blessing on the Great Work for our great grandchildren, seven generations down the line.



## Four Quarters InterFaith Sanctuary Earth Spirit and Earth Living in an Age of Limits

190 WALKER LANE, ARTEMAS PA 17211 WWW.4QF.ORG 814.784.3080

## SUMMER CALENDAR

6/11-12 **Beginning Spirit Communication & Mediumship Workshop.** Join Spiritualist Medium Konstanza Morning Star and open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, and learn how to nurture your gift. Silver Spring. [www.silverspringoflight.com](http://www.silverspringoflight.com)

–13–

6/13-15 **Voice for HOPE's 2016 HOPE on the Hill:** Experience how your voice & the voices of other healers can be heard in Congress! Info at [www.VoiceForHope.org](http://www.VoiceForHope.org).

–14–

**Over a dozen governments have taken action** to limit people's exposure to wireless radiation from cellphones, Wi-Fi and other wireless devices to protect public health. [Free presentation at Fitness for Health](#), 11140 Rockville Pike, Rockville, 7:30-9:00pm. [www.fitnessforhealth.org](http://www.fitnessforhealth.org).

–17–

**Many Lives, Many Lessons ~ Release the Past to Free Your Future:** Group Past Life Regression with Joanne Selinske, PhD, Cht., at Soul Source 7-10pm, \$45. Register at [www.theSoulSource.net](http://www.theSoulSource.net), [JoanneSelinske@theSoulSource.net](mailto:JoanneSelinske@theSoulSource.net) or 410-371-7950.

6/17-19 **Grand Opening of The Enchanted Fae, Esoteric Store and Natural Boutique.** Grand Opening events include: Free Seated Massage / Hand Treatments / Instructional Classes, raffles, other activities, freebies and more! 111 University Blvd. West, Silver Spring, MD 20901; 301-873-8345, or visit: [www.theenchantedfae.com](http://www.theenchantedfae.com).

–18–

**Blue Heron Wellness Yoga Teacher Training Information Session with Mabelle Lee.** Interested in sharing your love of yoga with others? Come to our free information session to learn more about the Blue Heron Wellness Yoga Teacher Training. We hold a comprehensive training October - June that will lead you towards Yoga Alliance Registered Yoga Teacher (RYT200) eligibility. 4:30pm. Free. For more information: 301-754-3730 or [info@blueheronwellness.com](mailto:info@blueheronwellness.com). [www.blueheronwellness.com](http://www.blueheronwellness.com)

**Summer Solstice Despacho and Fire Ceremony,** Shamanic Healing Institute, Annapolis, MD. 7-9:30pm. SHI will facilitate a despacho and a fire ceremony presented in the Energy Medicine tradition to celebrate the new season. To register call 410-573-9800 and leave a message of who will be attending. Donations are welcomed.

**Yoga, Meditation, Nutrition** with Kelly Fisher. [www.blueberrygardens.org](http://www.blueberrygardens.org)

–20–

6/20-24 **Essentials of Shamanism** at Shamanic Healing Institute, Annapo-

lis, MD. 3-9pm. A special summer presentation, this program is designed for individuals who are interested in shamanism and may have had little, if any, education or training in these healing arts. Presented over the course of 5 days outside, inside a Medicine Wheel. More information at [www.shamanic-healing.org/course.htm](http://www.shamanic-healing.org/course.htm).

–24–

**Exploring Shamanism.** FREE Community Lecture Series continues with Diana Goroff. 6:30-7:30pm. Potomac Massage Training Institute, RSVP@[pmti.org](http://pmti.org) or 202-686-7046; visit: [www.pmti.org](http://www.pmti.org).

**Usui /Holy Fire Reiki Level I Class.** Learn Reiki for treating yourself and others. Lectures, applications, hand positions, extensive practice time for mastering a complete Reiki treatment. Receive Level I attunement. Level II is Saturday, June 25. Aziza L. Doumani Reiki & Wellbeing, 410-818-8686, [www.reikiforallcreatures.net](http://www.reikiforallcreatures.net).

6/24-7/26 **Learn to Live Life with less stress and greater focus** on what makes you thrive! Sign up for Dream Yoga's very popular 6-Week Introduction to Mindfulness Meditation & Stress Reduction Mini-Course. Discover how Mindfulness Meditation can help you better manage pain, increase health and equanimity, improve your relationships, and boost creativity. Also see Mini-Meditation Retreats & 8-Week MBSR Course at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at [www.DreamYogaStudio.com](http://www.DreamYogaStudio.com) or call 703-448-YOGA (9642).

–25–

**Summer Psychic Fair,** 10am-6pm, featuring a variety of Psychic Readers including Kali (all grown up now) from Psychic Kids! More information at: <http://joy-of-being.net/psychic-fair/>.

**Unburden Your Shoulders with Yoga,** with Amy Van Mui. Reduce stress, tightness and pain in and around the shoulder girdle. Feel how moving with correct bio-mechanics can transform your shoulder area! 1-3pm. Open to All: no prior experience necessary; \$38. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Flr, Suite PH7. Information at [www.unitywoods.com](http://www.unitywoods.com) or 301-656-8992.

**Usui /Holy Fire Reiki Level II Class.** Deepen your Reiki practice. Receive Level II attunement, three symbols for amplification, and advanced techniques. Extensive practice with symbols. Learn and send distant Reiki. Aziza L. Doumani Reiki & Wellbeing, 410-818-8686, [www.reikiforallcreatures.net](http://www.reikiforallcreatures.net).

**Yoga, Herbal Basics, Wellness Consultations** with Jennifer Carman and Deborah Boggs. [www.blueberrygardens.org](http://www.blueberrygardens.org)

*continued on page 62*



A Sacred,  
Family-Friendly,  
Pan-Spiritual  
Midsummer Festival  
June 14-19, 2016  
Ramblewood, Darlington, MD

Learn • Teach • Craft • Relax • Swim • Drum • Shop

This family-friendly, clothing-optional gathering provides a uniquely wonderful and enjoyable experience for people of all ages and on many paths.

With something for every member of the family— it makes a great family vacation destination!

Stay for the week, weekend, day or evening.  
[www.freespiritgathering.org](http://www.freespiritgathering.org)

Meditate • Dance • Celebrate • Create Community

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t free-spirit-alliance



### Fox Haven Organic Farm and Learning Center

is located between Frederick and Harper's Ferry. This beautiful retreat center offers a lovely setting for spiritual renewal and revitalization, all within an hour's drive from Washington, DC and Baltimore.

Fox Haven is a gathering place, grounded in nature and contemplative practice, dedicated to nurturing deep and creative conversations among people, restoring human connection with the natural world, and engaging with the living, sacred earth. It provides a calm atmosphere to slow down, hear each other and learn from nature. We offer comfortable accommodations for overnight guests.

Reconnect with Nature, Slow Down, Come Back to your Senses, observe, listen, smell, taste and hear the Voices of the Land.

June 5 Mindfulness/Yoga workshop for Special Needs Caregivers & Supporters

June 18 A Night with the Bats

June 22 Living in Harmony with Coyotes

July 30 Fermented Fruits - Everything Berry Foraging

August 27 Summer Medicine Foraging

September 17 Mindfulness in Education Conference



**Fox Haven Organic Farm and Learning Center**  
3630 Poffenberger Road  
Jefferson, MD 21755  
240-490-5484  
[www.foxhavenfarm.org](http://www.foxhavenfarm.org)



# ONENESS Festival

One Mind, One Body, One Spirit, One Love...Experience the Oneness

**SATURDAY, JUNE 25, 2016**

12pm-8pm  
Ivy City, Washington DC

**The Oneness Experience Includes:**

- Yoga Classes
- Workshops on Wellness and Mindfulness Practices
- Children's Yoga
- Music and Dancing
- Delicious Vegan Food
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*"We're all individuals and part of a collective at the same time."*

For ticket information visit:  
**onenessfest.com**



Bikram Hot Yoga Ivy City, One Love Sponsor

## Become the Awakened Soul— Explore the Wisdom Within You!



### Interactive Spiritual Presentations

#### "Unfolding Into the Divine"

**Saturday, July 9, 2016**

Roundtable Discussion: 11 am to 12:30 pm

Please join us for a joyful, heart-centered dialogue about our sacred journey to the Divine Reality – the home that we have never truly left, but strive to remember. Where are we on the journey? What can we do **today** that will help us re-discover our divinity and purpose in life? We look forward to seeing you there!

#### "From Spiritual Experience to Spiritual Realization"

**Saturday, August 13, 2016**

Book Discussion: 2–3:30 pm

Past life recall, dream work, and conscious Soul Travel are valuable techniques for spiritual unfoldment – but where do these experiences ultimately **lead**? During a lively book discussion, we'll explore the value of these disciplines **and** the clues they offer about our true destiny. All guests will receive a free copy of the *Spiritual Experiences Guidebook*.

**These events are free and open to the public**

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



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

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

## SUMMER CALENDAR

### JUNE 25, continued

6/25-26 **Healing Touch Level 1 Class.** First class of 5-level energy medicine curriculum. Become a certified Healing Touch practitioner. \$365 includes manual, tuition, 18 CEUs AHNA, NCBTMB & more. 2-day education in integrative energy healing. Research-based. Hands-on learning of concepts, principles and techniques. Develop as a provider. Enhance the body's natural ability to heal through the human energy system. Practical applications. Transformational class. Worldwide Accredited program. Also held Aug. 13-14 in Silver Spring, MD, and Sept. 10-11 in Occoquan, VA. Instructor: Lucrezia Mangione, MA, NCC, LPC, CMT, CHTP/I. Further details? Learn more: 802-578-3700 or [www.HandcraftedHealth.net](http://www.HandcraftedHealth.net).

–26–

**Couples Massage**, 2-5:30pm, \$99/ couple. Potomac Massage Training Institute, 202-686-7046, [www.pmti.org](http://www.pmti.org).

**Diversity Training for Massage Therapists** with Kelly Madrone. 1:30-2:30pm. Potomac Massage Training Institute, [RSVP@pmti.org](mailto:RSVP@pmti.org) or 202-686-7046; visit: [www.pmti.org](http://www.pmti.org).

**The Ethical Therapist** with Kelly Madrone. 9:30am-12pm. Potomac Massage Training Institute, [RSVP@pmti.org](mailto:RSVP@pmti.org) or 202-686-7046; visit: [www.pmti.org](http://www.pmti.org).

–27–

6/27-28 **Reiki I/II Class:** Two days focused on self-care and facilitating healing for others. Offered at the Teal Center in Arlington, VA. Small class, practice time, printed manual. Public welcome, 16 NCBTMB CE's offered. Questions / more details: [www.InspiredHolisticWellness.com](http://www.InspiredHolisticWellness.com) or 814-883-0957.

## JULY

–1–

**The Gift of Slowing Down: Yin Yoga for Total Rejuvenation with Claudia Neuman**, 7:45-9pm. Yin Yoga practice offers the opportunity to explore effortlessness while rejuvenating the connective tissue of the major joints of the body. This workshop is suitable for all levels of yogis. Pre-registration recommended. \$20 per session. For more information: 301-754-3730 or [info@blueheronwellness.com](mailto:info@blueheronwellness.com) [www.blueheronwellness.com](http://www.blueheronwellness.com)

–2–

**QiGong, Deep Relaxation and Meditation with Peter Mosher.** Qi-gong instruction draws from ancient traditional Chinese health practices. Qi-gong practice is done using slow movements coordinated with the breath. Following Qi-gong practice, you will be guided into deep relaxation. The workshop will close with a healing meditation. 3:30-4:40pm. All Levels Welcome. Cost: \$25. For more information: 301-754-3730 or [info@blueheronwellness.com](mailto:info@blueheronwellness.com) [www.blueheronwellness.com](http://www.blueheronwellness.com)

–8–

**Friday Night Yoga Nidra Workshop with Shira Oz-Sinai.** Yoga Nidra is a systematic way to obtain complete relaxation that rejuvenates and restores body, mind and spirit. 7:45-9pm. Cost: \$20. For more information: 301-754-3730 or [info@blueheronwellness.com](mailto:info@blueheronwellness.com) [www.blueheronwellness.com](http://www.blueheronwellness.com)

–9–

**Ethics and Diversity for Massage Therapists** with Elena Khazanova. [www.blueberrygardens.org](http://www.blueberrygardens.org)

**"Unfolding Into the Divine"**, 11am-12:30pm. Please join us for a lively discussion about our sacred journey to the Divine Reality. Eckankar of Northern Virginia, 703-916-0515.

–11–

**Connecting with Spirit** with Rev. Jim Webb, Takoma Metaphysical Chapel. Have you wanted to have a deeper connection with Spirit? This course is designed for those who have had previous growth courses who would like to expand their mediumship, personal mastery, ministry and healing. \$175 Members / \$200 Non-Members (\$50 Discount for Pre-pay) or \$25 per class. 6 Mondays and / or Thursdays beginning July 11th. Held at 7960 Beach Dr., NW, Washington, DC. To register: [RevJimWebb@msn.com](mailto:RevJimWebb@msn.com).

–13–

**Wednesday Night Mediumship Development Circle.** 7:30-9:20pm. Spiritualist Medium Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. 6 weeks. Silver Spring, MD. [www.silverspringoflight.com](http://www.silverspringoflight.com)

–15–

7/15-18 **Usui/Holy Fire Advance Reiki Training (ART)/Master Class.** *Optional enrollment in ART only.* Receive Master symbol and attunement, learn crystal grids, aura clearing, and healing attunements. Receive Holy Fire Ignition (Master students). Extensive hands-on practice! Master level is approved for teaching all levels of Usui/Holy Fire (Level I through ART/Master). Aziza L. Doumani Reiki & Wellbeing, 410-818-8686, [www.reikiforallcreatures.net](http://www.reikiforallcreatures.net).

–16–

**Couples Massage**, 2-5:30pm, \$99/ couple. Potomac Massage Training Institute, 202-686-7046, [www.pmti.org](http://www.pmti.org).

**Shakti: Reflect and Rest. Women's Retreat for Mind and Body** with Belinda Chiu. [www.blueberrygardens.org](http://www.blueberrygardens.org)

7/16-17 **The Way of the Shaman -The Foundation for Shamanic Studies' Basic Workshop.** During this experiential workshop, participants are introduced to core shamanism, the universal, near-universal, and common methods of the shaman to enter non-ordinary reality for problem solving and healing. Maryland countryside location. Taught by Dana Robin-

## SUMMER CALENDAR

son, FSS Faculty Member for 30 years. Author of *A Shamanic Altar*, co-author of *Shamanism and the Spirit Mate*. Cost: \$250. Contact Dana, 410-820-9977 or [danacougar@goeaston.net](mailto:danacougar@goeaston.net).

–17–

**Illuminate Annapolis.** Doubletree by Hilton Annapolis Hotel, 210 Holiday Court, Annapolis MD. 21401. 11am-5pm. \$10 admission. Low cost services. [www.illuminateannapolis.com](http://www.illuminateannapolis.com)

–23–

7/23-30 **Activating Your Intuition: Hawaiian Island Cruise.** Activate your intuition so you can fully awaken to your intuitive potential, access immediate and direct insights, and let go of blockages that may be holding you back. Experience all this while cruising the Hawaiian Islands aboard the Norwegian Pride of America. Telepathic TV's Mary Phelan will teach three seminars onboard the ship, all perfectly crafted to enable you to step easily into your intuitive power. This cruise is organized by Rising Phoenix Holistic Center. Register at [www.RisingPhoenixHC.com](http://www.RisingPhoenixHC.com) or call 703-392-9200.

–25–

**Massage Therapists - Ethics: Roles, Boundaries and Business.** This is NOT your standard ethics class at the Teal Center - Arlington, VA. Section V: Roles and Boundaries in the morning. Afternoon focused on the business side of a healing arts practice. 8 NCBTMB CEs. Questions/more details: [www.InspiredHolisticWellness.com](http://www.InspiredHolisticWellness.com) or 814-883-0957.

–30–

**Yoga with Naomi Gottlieb-Miller.** [www.blueberrygardens.org](http://www.blueberrygardens.org)

7/30-31 **30 Hours of Quiet: A Beginner's Silent Retreat.** Knoxville, Maryland Fee: \$250. A secular retreat, the intention is to search within ourselves and see what shows up. For further info: Claudia Olson, 240-994-2571.

## AUGUST

–5–

**The Gift of Slowing Down: Yin Yoga for Total Rejuvenation with Claudia Neuman,** 7:45-9pm. Yin Yoga practice offers the opportunity to explore effortlessness while rejuvenating the connective tissue of the major joints of the body. Workshop is suitable for all levels of yogis. Pre-registration recommended. \$20 per session. For more information: 301-754-3730 or [info@blueheronwellness.com](mailto:info@blueheronwellness.com). [blueheronwellness.com](http://blueheronwellness.com)

8/5-7 **Holy Fire Karuna®** Reiki Practitioner and Master Teacher. *Can be taken at either practitioner or Master Teacher levels.* Learn Holy Fire Karuna Reiki for practicing and teaching. Receive eight healing symbols, Holy Fire Ignition, Holy Fire Symbol. Students completing as Masters will be qualified to practice and teach Holy Fire Karuna Reiki and all other levels of Usui/Holy Fire classes, Level

I through ART/Master. You will also be qualified as a Registered Holy Fire Karuna Reiki Master through the International Center for Reiki Training. If pursuing practitioner levels only: Level I receives an attunement and four symbols. Level II receives two attunements, eight symbols, Holy Fire Ignition, and Holy Fire symbol. Aziza L. Doumani Reiki & Wellbeing, 410-818-8686, [www.reikiforallcreatures.net](http://www.reikiforallcreatures.net).

–6–

**10th Anniversary Celebration at Sacred Circle,** Alexandria, VA, 2-4pm. [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)

**Touch of Massage.** 10am-5pm, \$85/pp. Potomac Massage Training Institute, [RSVP@pmti.org](mailto:RSVP@pmti.org), or 202-686-7046; [www.pmti.org](http://www.pmti.org).

–7–

**10th Anniversary Psychic Fair at Sacred Circle,** Alexandria, VA, 1-4pm. \$25 per 15-minute session. [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)

–12–

8/12-14 **Nurturing the Mother: A Body, Mind, Spirit Approach to Pregnancy Massage with Labor, Postpartum & Infant Massage.** Instructor: Claire Marie Miller. 9am-6pm; 24 CEUs. Potomac Massage Training Institute, [RSVP@pmti.org](mailto:RSVP@pmti.org) or 202-686-7046; visit: [www.pmti.org](http://www.pmti.org).

–13–

**A Day of Meditation with Stillwater Mindfulness Practice Center.** [www.blueberrygardens.org](http://www.blueberrygardens.org)

**"From Spiritual Experience to Spiritual Realization."** 2-3:30pm. What clues can past life recall, dream work, and conscious Soul Travel offer about our true destiny? Free guidebook provided. Eckankar of Northern Virginia: 703-916-0515.

**Healing Touch- Level I.** Instructor: Lucrezia Mangione. 8:30am-6pm, 18 CEUs. Potomac Massage Training Institute, [RSVP@pmti.org](mailto:RSVP@pmti.org) or 202-686-7046; visit: [www.pmti.org](http://www.pmti.org).

–21–

8/21-9/18 **Train to become a Feng Shui consultant.** 4 Sundays in Baltimore: 8/21, 8/28, 9/11, 9/18. Hope Karan Gerech, 410-486-6086. Materials included. Mentoring included. [www.quantumfusiondesign.com](http://www.quantumfusiondesign.com)

–26–

8/26-28 **Integrative Reflexology Certification.** Instructor: Claire Marie Miller. 9am-5pm, 24 CEUs. Potomac Massage Training Institute, [RSVP@pmti.org](mailto:RSVP@pmti.org) or 202-686-7046; visit: [www.pmti.org](http://www.pmti.org).

–27–

**Blue Heron Wellness Yoga Teacher Training Information Session with Mabelle Lee.** Interested in sharing your love of yoga with others? Come to our free information session to learn more about the Blue Heron Wellness Yoga Teacher Training. We hold a comprehensive training Octo-

*continued on page 64*



## MIND-BODY-SPIRIT FESTIVAL

Sunday, July 17th

Doubletree by Hilton Annapolis Hotel  
210 Holiday Court, Annapolis, Maryland 21401  
11am-5pm • \$10 admission • free or low-cost services



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**ILLUMINATE ANNAPOLIS**  
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Sunday, July 17th

Doubletree by Hilton Annapolis Hotel  
210 Holiday Court, Annapolis, Maryland  
11am-5pm

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

575-519-5883



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**It's Our 10th Anniversary!**

**Celebrate with us the weekend of August 6 & 7**

Refreshments - Give-aways - Special Events

Everyone is invited to our **Anniversary Psychic Fair** on **Sunday, Aug. 7** from 1:00 – 4:00 PM. Our stellar team of psychics and healers will be doing 15 minute sessions for only \$25 each. Just walk in and sign up for as many sessions as you want.



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# DC VEGFEST

Saturday, September 24, 2016

11 A.M.-6 P.M. ★ YARDS PARK AT THE NAVY YARD

**A FREE VEGETARIAN CELEBRATION  
IN THE NATION'S CAPITAL!**

★ free food samples ★ exciting speakers ★  
kids' activities ★ cooking demos ★ dog-friendly

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**A God-Centered  
Mystical Church  
& Learning Center  
for Metaphysical Living**



Welcome Home!

**Dedicated to our expanding spiritual awareness  
in an atmosphere of unconditional love and acceptance.**

### Sunday Church Services

11 a.m. Sept – June  
10 a.m. July–August

### Psychic Fairs 2016

(Second Saturday, Odd Months)  
Jan 9, March 12, May 14, July 9,  
Sept 10, Nov 12

### Message Circles 2016

(Second Saturday, Even Months)  
Feb 13, April 9, June 11, Aug 13,  
Oct 8, Dec 10

### Seasonal Services 2016

Spring Equinox–March 20  
Summer Solstice–June 20  
Autumnal Equinox–Sept 22  
Winter Solstice–Dec 21

### Other Events and Offerings

Bookstore and Crystal Shop  
Wellness Expos  
Classes/Workshops  
Weddings/Memorial Services/  
Baptisms

**5419 Sherier Place NW • Washington, DC 20016**  
**www.isd-dc.org**

## SUMMER CALENDAR

### AUGUST 27, continued

ber - June that will lead you towards Yoga Alliance Registered Yoga Teacher (RYT200) eligibility. 4:30pm. Free. For more information: 301-754-3730 or info@blueheronwellness.com. www.blueheronwellness.com

### SEPTEMBER

–7–

9/7-11 **Yoga Therapy for Yoga Teachers with Yoga Studio of Columbia.** www.blueberrygardens.org

–17–

9/17-18 **The Art of Touch: An Introduction to Shiatsu.** Back by popular demand! Instructor: Dee Weir. 9am-6pm. \$320 Early Bird; \$350 after 8/17. 16 CEUs. Potomac Massage Training Institute, RSVP@pmti.org or 202-686-7046; visit: www.pmti.org.

–20–

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

–27–

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

–30–

9/30-10/2 **Yoga for Life: A Weekend of Re-Imagining & Redesigning the Life You Want.** Join internationally acclaimed teacher Jovinna Chan for this weekend: Make YOU the subject of love! You'll engage in holistic and mind-clearing yoga practices anyone can do, utilize yoga's 8-Limb Path as a guide to liberation and fulfillment, and answer key questions that will help you create a lifestyle—and a supportive Home Yoga Practice—that reflect what's most important to you. At Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101! Register at www.DreamYogaStudio.com or call 703-448-YOGA (9642).

### UPCOMING

10/1-2 **Healing Touch Level 2 Class Workshop** in Silver Spring, MD. Further details? Call. Second class of 5-level energy medicine curriculum. Become a certified Healing Touch practitioner. \$365 includes manual, tuition, 18 CEUs AHNA, NCBTMB & more. 2-day education in integrative energy healing. Research-based. Hands-on learning of concepts, principles and techniques. Develop as a provider. Enhance the body's natural ability to heal through the human energy system. Practical applications. Transformational class. Worldwide Accredited program. Instructor: Lucrezia Mangione, MA, NCC, LPC,

CMT, CHTP/I. Learn more: 802-578-3700 or www.HandcraftedHealth.net.

### ONGOING

**ACIM**, 7pm every Monday, facilitated by Melody Krafft, Soul Navigator at RPHC, 9028 D Prince William St., Manassas, VA. Free. More information: www.melodykrafftartist.com, melkrafft@msn.com.

**aCHieve Weight Loss Program:** Casey Health Institute's new clinically supervised weight loss program addresses every aspect of an individual's life to ensure long-lasting weight loss maintained through lifestyle change. Our Naturopathic Doctor, Nutritionist, and Health Coaches will work with you to educate, guide, and hold you accountable to the weight loss plan that suits you best. In addition to the program, Casey Health offers aCHieve wellness-based, weight loss classes on a variety of lifestyle topics such as: nutrition, fitness, mindful eating, and yoga. These classes are open to the public and occur on a rotating schedule. Class fee is \$15; classes are 60 min. Call the Wellness Center for more details: 301-355-2030.

**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.

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

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

**Combination Yin Yoga & Gentle Flow Yoga Classes** offered every Wednesday by Mabelle Lee, certified & registered yoga instructor and massage therapist. Class runs from 6:30-8:00pm; held at Rivendell Center, 9339 Fraser Ave., Silver Spring. Drop in rate: \$10/class. www.mabellelee.com

**Community Night at Casey Health:** Every Monday evening; \$5 for the entire night! Yoga 5-5:30pm; Reiki 5:45-6:45pm; Meditation 5:45-6:45pm. Open to all! Come join in the fun! www.caseyhealth.org

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

## SUMMER CALENDAR

**Community Yoga Classes at Unity Woods Yoga Center in Bethesda.** Every Friday, 6-7pm open to all levels - \$8/cash drop-in fee. 4853 Cordell Ave. (Triangle Towers), 16th Flr, Suite PH7. Information at [www.unitywoods.com](http://www.unitywoods.com) or 301-656-8992.

**Dance Fitness!** Come join our fabulous new exercise instructor Julie Hoang for this high-energy workout that combines upbeat international music with unique choreographed routines. Dance away your cares while burning 600-900 calories per class. Julie leads this exciting cardio workout we promise will get you hooked! Class fee is \$5. Classes held on Monday and Wednesday evenings from 7:30-8:30pm at Casey Health Institute. To sign up: [www.caseyhealth.org](http://www.caseyhealth.org).

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

**Family Systems Constellations Training** with Francesca Mason Boring, one weekend per month, March-September. [www.blueberrygardens.org](http://www.blueberrygardens.org)

**Free talks** about the one known as the Christ, Messiah, Imam Mahdi and Maitreya Buddha who has reentered the modern world. If you can accept this even as a possibility, please make the effort to inquire further at [www.share-international.org](http://www.share-international.org). For free talks and information, contact: [skourangis@gmail.com](mailto:skourangis@gmail.com).

**Fox Haven Food, Medicine & Dye Foragers group** meets every last Saturday of the month. Visit: [www.foxhavenfarm.org](http://www.foxhavenfarm.org), email: [info@foxhavenfarm.org](mailto:info@foxhavenfarm.org), or call: 240-490-5484.

**Healing Touch Practice Group.** Practice group will meet on the 1st Wednesday of each month from 6 to 8pm. This is a great way to practice Healing Touch techniques, answer questions, and share experiences. All HT Levels are invited to participate. Contact Donna Adams at 954-290-9313 or [softlandinghealing@gmail.com](mailto:softlandinghealing@gmail.com) for additional information.

**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.

**Inner Balance/Inner Wisdom Workshop,** last Saturday of each month, 10-11:30am. Potomac Massage Training Institute, 202-686-7046, [www.pmti.org](http://www.pmti.org).

**Joan Light Summer Special: First time callers receive 25% off psychic medium messages** in person or on the telephone. Offer expires 9/30/2016. Call her and get renewed clarity. [www.joanoflight.com](http://www.joanoflight.com)

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

**Life Empowerment Monthly Discussion Group.** Led by Ava Barron-Shasho, Certified Life Coach & LCSW. Institute For Spiritual Development. NW-DC. 5419 Sherier Pl., NW, DC 20016 [www.isd-dc.org](http://www.isd-dc.org)

**Message Circles 2016, Institute for Spiritual Development.** Second Saturdays, even months, June 11, August 13, October 8, December 10. Visit: [isd-dc.org](http://isd-dc.org).

**Mindfulness Meditation,** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7-8pm. Potomac Massage Training Institute, 202-686-7046, [www.pmti.org](http://www.pmti.org).

**Ongoing: Community Yoga Classes at Unity Woods Yoga Center** in Bethesda. Every Friday, 6-7pm, open to all levels \$8/cash drop-in fee. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Flr, Suite PH7. Information at [www.unitywoods.com](http://www.unitywoods.com) or 301-656-8992

**Psychic Fairs 2016, Institute for Spiritual Development.** Second Saturdays, odd months. July 9, September 10, & November 12. Visit: [isd-dc.org](http://isd-dc.org).

**Sunday Celebration & Worship, Institute for Spiritual Development.** Come celebrate the Divine in our lives with community, acceptance and unconditional Love. 11am-12:15pm, September through June, 10-11:15am, July through August. Visit: [isd-dc.org](http://isd-dc.org).

**Transmission Meditation:** the most powerful form of meditation given to humanity by a Master of Wisdom for spiritual growth and service to the world. Free meetings. Please inquire at [skourangis@gmail.com](mailto:skourangis@gmail.com).

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- .... *mired in unhappy or destructive relationships*
- .... *confronting marital crisis or divorce*
- .... *seeking to improve communication skills with your partner*
- .... *wishing to enrich creatively your relationship*

## Erma Caldwell

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

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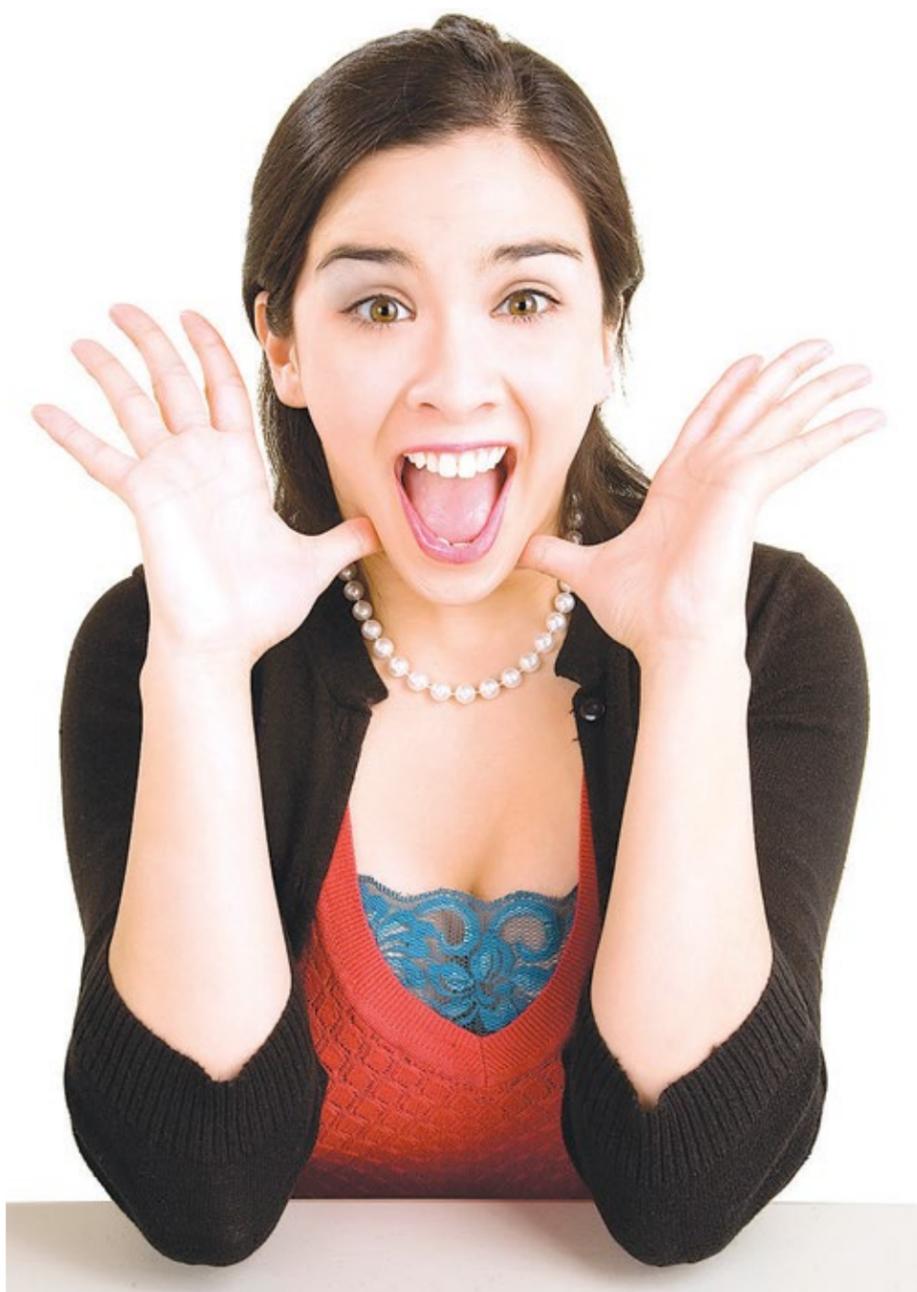
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## Yoga for Neck and Shoulders: Two Guitarists Talk Yoga

...continued from page 11

I like to practice Kapalbhathi or “skull shining breath,” a super-cleansing, energizing abdominal breathing exercise. I definitely sing more freely after some vigorous rounds of Kapalbhathi!

A daily meditation practice is very helpful, too. When I meditate the morning of a performance, I’m able to perform with a greater sense of connection while onstage. It’s a little easier to shut off the judging mind and allow myself to be surprised by my singing and playing, rather than worry about or try to control my performance.

Tobias: Having a good teacher really is the key. The right teacher helps the student go beyond the physical and move toward an awareness of their energetic body and the true self

that lies submerged under their many layers of mental chatter.

*How has Yoga changed your life as a Musician?*

Devi: The yoga practices have given me methods for deepening my connection to my soul and being more capable of expressing that connection musically. As a fan of the blues, I always knew that my goal as a musician was to connect to the divine, but I wasn’t sure how to get there. Yoga provides practices we can do every day that help us get there.

The ethics of Yoga, called Yamas and Niyamas, are valuable, too. The core ethic, of course, is Ahimsa, or non-harming. Attempting to practice Ahimsa can lead to all kinds of life change, such as becoming more com-

passionate toward all beings and moving toward a vegan diet, for example.

Tobias: I feel like my general health and energy are improved and I have the ability to work longer hours with less fatigue. But this is also due to a healthy plant-based diet, regular cardiovascular exercise, and the avoidance of alcohol, tobacco, marijuana, caffeine and sugar. I think that Yoga will unlock a lot of doors for me down the road. It will take many years, but I can already feel glimmers of it!

*What advice do you have to other musicians looking to try out Yoga?*

Tobias: My advice is to just get started. Don’t expect a big bang quickly. It takes a year or so of steady practice to start feeling much of anything. Don’t think you have to go to a class to do Yoga. Just get a mat and start practicing. Making it to class a few times a week is also great because you’ll have expert help.

Reading books on Yoga is a nice supplement. *Light on Yoga* by B.K.S. Iyengar, *The Yoga Sutras* by Patanjali, and *Jivamukti Yoga: Practices for Liberating Body and Soul* by Sharon Gannon & David Life are all really great books! I continue reading Yoga-related books such as *The Bhagavad Gita* in my daily life. This isn’t for everyone. A person need not become bogged down with the “mumbo jumbo” of Yoga. Yoga is not a religion, though it is mentioned in ancient religious texts. Let Yoga take you where it will. I’m loving the journey!

Devi: Don’t be afraid that you will hurt yourself. It’s more likely that you will heal yourself. That said, seek experienced, down-to-earth, well-trained teachers. Avoid teachers who seem self-righteous, preachy or pretentiously “spiritual.” And always tell your teacher if you have an injury so he or she can help you modify the practice, if need be.

## Poses to Alleviate Chronic Shoulder and Neck Pain

No matter what your chosen profession may be, here are a few poses that are easy to do and will definitely help with the upper body. (Photos by Michelle Alonso)



1. **Heart Opening Pose** on the Blanket. You can use a blanket or a rolled up towel for this relaxing pose. Place the prop just under the shoulder blades.



2. **Upper Body Twist** (Thread the needle). Starting on all fours, lift your right arm and slide it underneath the left arm until your head and shoulder come to the floor, repeat on side two.

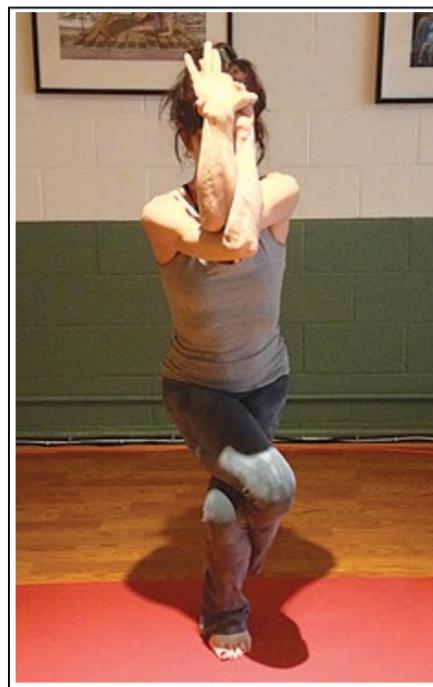


3. **Dolphin**. From all fours, get onto your forearms. Slowly move into this

downward facing dog-like position. Move your head away from the floor.



4. **Cow face arms**. Take one arm above your head and the other behind your back, then try to clasp your hands. You can use a yoga prop like a strap. Pose can be done standing or kneeling.



5. **Eagle Pose**. Take one arm under and the other arm over. The same is done with the legs.



6. **Cactus Arms** (windshield wiper pose). Lay flat with your arms out to the side like a Cactus. Take your legs to a 90-degree angle and slowly move them side-to-side until they are a few inches from the floor. Try to keep the shoulders stable.

Claudia Neuman, MSW, E-RYT 500, is a certified Anusara® Yoga instructor and has been teaching for three decades. Please visit: [www.alignwithgrace.com](http://www.alignwithgrace.com), or [www.yogafiveo.com](http://www.yogafiveo.com) for information about Claudia Neuman. See also her ad on page 74.

To learn more about Debra Devi, visit: [www.debradevi.com](http://www.debradevi.com). Devi’s book, *The Language of the Blues: From Alcorub to Zuzu* is available on [Amazon.com](http://Amazon.com). You can also get her album, FREE, at: [www.itunes.apple.com/us/album/get-free/id301221391](http://www.itunes.apple.com/us/album/get-free/id301221391).

Tobias Hurwitz won “Best Guitarist in the Mid-Atlantic” from the Music Monthly Reader’s Poll, was named “Baltimore’s Best Guitar Teacher” by the City Paper, received the MVP 2015 award by The Marching Ravens, and is a Grammy nominee for the Music Educator Award. Music from Tobias Hurwitz is available on iTunes and YouTube. Visit [www.tobiashurwitz.com](http://www.tobiashurwitz.com) to sign up for guitar lessons! His book, *The Total Rock Guitarist*, is also available on [Amazon.com](http://Amazon.com).

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## THE HERB CORNER

### Healing Herbs for Gut Health

...continued from page 13

- Ashwagandha (*Withania somnifera*) calms and soothes inflamed tissue as well as relaxing the entire nervous system

- Triphala (Three Fruits) is effective to draw the fire down and out of the gut when in excess.

- Turmeric (*Curcuma longa*) is the herb to reduce low-density fats that build problems in cholesterol and inflammation.

As I mentioned earlier, the small intestine is paired with the heart to hold the element of fire, so it must get its own dose of attention. Heart Formula by Banyan Botanicals is a rejuvenating combination of herbs that promotes the proper function of the heart and circulatory system. As a cardiac tonic, Heart Formula nourishes and strengthens the heart muscle, thereby supporting blood circulation and a healthy supply of oxygen to the system. Ingredients such as Hawthorne berry and guggulu promote healthy cholesterol levels that are already in the normal range and aid in detoxifying and cleansing the circulatory channels.

According to Ayurveda, maintaining a healthy heart has an emotional component that involves letting go of fear, anxiety and other repressed emotions. Heart Formula, taken in conjunction with the practice of yoga and meditation, may help release these emotions while calming and soothing the heart. Its main ingredient, Arjuna, is a powerful rejuvenative that has been used as an all-around heart tonic for hundreds of years. It is said to impart courage and strengthen the will, while encouraging us to follow a balanced fire in our hearts.

#### Large Intestine: The Air Element

The element of air (Vata) collects in the large bowel and creates shaking diseases and pain that moves around. Soothing this area with herbs goes a long way.

Ginger (*Zingiber officinalis*) is arguably the most important herb in the world. Among its other healing abilities, it warms and soothes the large bowel we call the colon. Paul Schulicks's book on Ginger is a masterpiece and tells the various ways this warming friend protects respiration, among other uses. New Chapter's Ginger Force has concentrated the warm healing of ginger into a potent little gel cap. Ginger and lemon combined before eating is perfect to increase digestive fire and prevent bloating (too much air).

These additional herbs also line up in defense of the large bowel:

- Triphala (Three Fruits) clears all three of the organs of digestion with astringency being the ticket for the large bowel.

- Fennel (*Foeniculum vulgare*) reduces gas and makes it pass away!

- Nettles (*Urtica dioica*) restores liver function—dysfunction can be caused by an unhappy colon.

- Yarrow (*Achillea millefolium*) is bitter and clears mucous from both the upper and lower respiratory system, which can be adversely affected by a tired and unhappy colon.

- Flaxseed (*Linum usitatissimum*) is easy to prepare by just placing a tablespoon of flaxseed in 8 ounces of water overnight before you go to bed. In the morning it makes a slippery drink; though it takes a bit of getting used to, it is perfect to soothe and moisten the colon.

- Lemon balm (*Melissa officinalis*) is the herb to calm and soothe. Lemon balm is the most widely used herb in Europe for cancer sores and mouth ulcers.

- Yogi Tea (Cloves, Ginger, Cardamom, Cinnamon and Black Pepper) is balancing and warming, which is great for the large bowel that is unhappy and adversely effected by cold or dryness.

Good gut health means ensuring smooth transformation takes place within the holy trinity of organs—the stomach, small intestine and large bowel. Thanks to the wisdom of Ayurveda and Traditional Chinese Medicine, we have millennia of research about our herbal allies to help guide us, and we need not travel thousands of miles to get them. Healing herbs for the gut are just a garden away.

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom teaches classes at Smile Herb Shop throughout the year (except for the months of May, August and December; in May he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with herbs. Staff is always on hand to answer questions and make recommendations. 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. See also the ad for Smile Herb Shop on page 24.



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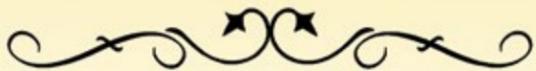
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## ACCESSING YOUR INTUITION

### The Magician's Altar: As Above, So Below ...continued from page 17

that particular image that will help you manifest your goal. These include such activities as carrying the card around with you, placing it in your daily organizer, or even placing it under your pillow at night—really any strategic place in which the card will “impregnate” your unconscious mind.

Meditation on a card can also be a potent approach to changing your personal energy or vibration. Meditating on a certain card allows you to raise your own energy to the higher vibration that is contained in the wisdom of the image. The images on each card, when properly meditated upon, initiate you into the ancient and expansive wisdom associated with the archetype and integrate its meaning into your psyche. As you look at a specific Tarot image, the mind is invited to absorb its higher energies and wisdom. As you study an image, or place it in some strategic spot in your home, you infuse your mind with the transformative wisdom of the image, allowing it to nourish your inner self.

The information stored in the unconscious mind is symbolic. Therefore, we can use the Tarot as a powerful means of communicating with the unconscious, in its own “language.” Creative visualization is a technique that utilizes positive imagery to help you attract your desires, or to reinvent yourself. In creative visualization, you focus on a mental picture—imagining that which you seek, as if it were already so. There is an expression that says, “Change your thoughts, change your destiny.” This is the principle underlying the use of creative visualization. Using the Tarot imagery, you can change your destiny by making changes in your *energetic patterns*. The images of the Tarot are able to bypass the every-day mind and the ego and directly reclaim the patterns they reflect from deep within. The logical mind, with all its chattering, calculating, rationalizing, justifying, blaming and criticizing is thus circumvented. As the saying goes, “A picture is worth a thousand words.” Further, this mental imaging can work in any area of life.

#### The Magician's Altar and Ritual

If you would like to bring some of the Magician's spiritual power and focus into your earthly endeavors, you can also create and enact a *simple* ritual utilizing the Magician card. Performing a ritual can take this process of creative visualization to an even deeper level. While creative visualization provides the *mental* images of what you seek, a ritual takes this mental image and transports it into a *physical* and tangible experience that utilizes all of the senses.

Like creative visualization, ritual is symbolic behavior and thus a potent way to enliven the Tarot images. Ritual releases psychic energies and enables the releasing of inner blocks and obstacles. It can serve as a bridge between the conscious and the uncon-



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scious. Performing a ritual may even allow you to access new and creative solutions to a problem. When done with sincerity, ritual operates on a cellular level, or at the level of your protoplasm. Further, ritual can also assist you in more clearly identifying and setting your intention.

One important aspect of the Magician is to be able to see one's *potential* and visualize the steps needed to manifest that potential. Therefore, this card is an especially good one to use as the foundation of a ritual. Begin by creating a little table or corner somewhere in your home that you can use as a simple altar, similar to one we see in the Magician's card. Use a special cloth, power objects (sacred objects that hold a special meaning for you), candles or crystals. Place the Magician card on your altar. The imagery reminds you to draw down the spiritual power from above, applying it to earthly endeavors—“as above, so below.” You could also cleanse or purify the area by “smudging” around your altar with a smudge stick or stick of incense. As you wave the smoke around, offer prayers or affirmations for what you seek. State clearly and aloud that your intention is to clear away any blocks or negativity that interfere with accessing and using the Magician's example of bringing spiritual power into manifestation.

Now add an object or picture that represents what you hope to achieve. For example, a friend of mine recently entered a recipe contest. She has created a Magician's altar that includes a copy of the recipe she used in the contest as well as a couple of the actual ingredients from the recipe (small bowls of sugar and flour, some salt and cocoa). Each morning she lights a candle on the altar and offers a simple prayer and affirmation regarding the application of the Magician's power to her endeavor. Remember that such rituals can be used for both material intention-setting as well as for spiritual, emotional or psychological matters. *What are you seeking? Build your own scene of symbols and objects to call it forth.*

In another example, if you are working on developing your spiritual or intuitive ability, you could use the Magician's altar with various items that would exemplify this type of goal: the High Priestess card for intuition, or a picture of Jesus or Buddha for higher spiritual consciousness. If you are trying to develop your creativity,

## ACCESSING YOUR INTUITION



2. The High Priestess

you could build an altar around an image of a card from the Wands suit since wands represent creativity and resourcefulness; you could use a card from the Swords suit if you want to improve your communications skills or to insure you communicate more clearly; you could build a ritual around an image from the Cups suit if you want to improve your capacity to give and receive unconditional love; and if you wanted to feel more grounded in reality, you might choose the Pentacles suit. In each case, besides the Tarot image, you would add other significant items that further capture what you seek.

When you are creating your Magician's altar and designing a ritual to use on the altar, know that it really is okay to use spiritual tools for material manifestation. Some of us may need to give ourselves permission to feel success and abundance in our material world. We may need to release any guilt we feel about being successful. We can use the Magician's altar to remind us that spiritual power can be gathered and applied both *internally* as well as *externally*.

This kind of ritual is best described as a "spiritual" or "awareness" ritual since it affirms we all possess the ability to communicate with the mystical realms, to express and act out our connection to Spirit. But if you find yourself feeling intimidated by the idea of ritual, remember that ritual does not have to be long or complicated. A simple prayer accompanied by the placing of an object can be a ritual.

Just remember, whatever ritual methods and ingredients you choose, the goal is to create a *shift* in both your mental state as well as in your physiology that enables you to access a deeper level of awareness. *Keep it simple* and to the point. As you construct your Magician's altar and ritual, be open and take a chance. Remember the macrocosm and the microcosm are one: "As above, so below." Act as if you believe. See what happens.

*Reverend Geraldine Amaral is the author of Tarot Celebrations: Honoring the Inner Voice, creator of "Tarot 1-2-3," an instructional video and has been writing for Pathways for over 20 years. She fell in love with the Tarot about 30 years ago, and utilizing Jungian/archetypal psychology and Divine Metaphysics, has been studying and writing about the Tarot ever since. She is a respected/gifted intuitive counselor and nationally-known teacher. Her classes uniquely blend spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She is an ordained minister in the United Metaphysical Churches. She can be reached at 202-441-0415 or geraldine@thespiritualtarot.com. Visit her website: www.thespiritualtarot.com. See also her ad on the right.*

*The Magician card is from the Connolly Tarot Deck by Eileen Connolly.*

*The Fool and Ace of Cups are from the Illuminated Tarot by Carol Herzer.*



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## BOOK REVIEWS

### DDT Wars: Rescuing Our National Bird, Preventing Cancer, and Creating the Environmental Defense Fund

...continued from page 27

ronment that injures nontarget organisms and is an imminent hazard to the public." No label could be written that would protect against these harms. EDF therefore concluded that "DDT was misbranded" and its registration must be canceled. The successful strategies and legal arguments EDF teams relied on are described in detail and provide templates for activists seeking definitive remedies to defeat environmentally degrading projects and products. Other established environmental organizations eventually joined and supported the EDF campaigns and litigation.

To their credit, the persistence of the EDF teams and their indisputable scientific evidence finally achieved access to the courts, by breaking down previous legal barriers to granting standing and permitting direct grassroots citizen participation regarding policies and outcomes that so directly affect their lives. The 1971 ruling from the U.S. Court of Appeals for the District of Columbia rejected the USDA's motions to throw EDF's DDT case out of court. In a "precedent-setting decision," the previously unavailable standing that prohibited citizens from suing the government was rescinded and replaced with an established right to standing that now enables citizens to take meaningful actions against the government. The court also took away the discretion usually granted to Federal agencies and ordered the EPA "to immediately cancel all registrations of DDT and to determine whether DDT was 'an imminent hazard to the public' and therefore its use should be suspended."

EDF memberships grew and campaigns expanded to include land and water resources, wildlife habitat, human health hazards, and energy issues such as rate structures and electricity pricing systems used by utilities. Considered the "father" of environmental law before it was a recognized discipline, University of Michigan Professor Joseph Sax recognized EDF as "the single most significant organization working in the field of environmental law. It was the first, and most innovative, group in seeking to bring the legal system to bear upon environmental problems. In pursuing litigation to restrain the use of DDT, EDF literally invented the idea that the courts might be used effectively to get the legal system to implement ideas for environmental improvement that were abroad in the scientific community."

EDF also dismantled what Sax referred to as "the firm legal tradition that protection of the public interest must be left to public agencies," which precluded the possibility "for citizens to play a significant role in legal protection of the environment." Equally important was the EDF challenge to the administration of the Federal Insec-

tionicide Fungicide, and Rodenticide Act (FIFRA). Sax praised this successful strategy for developing "the essential precedent that a law generally describing protection for the public against harm was a law that created enforceable rights for members of the public." Sax points out how this precedent "has become an indispensable element of citizen action in the environmental movement."

DDT residues travel the world in water and air currents contaminating more food webs and organisms (similar to the pathways into small and then large plants and animals and even fish that radioactive debris from the 1954 atomic weapons tests followed). Ecosystems contaminated by DDT "lose biodiversity and become impoverished and simplified. Algae that survive around sewage and pollution do not turn into edible fish." Seabirds and predatory birds such as the peregrines and Bald Eagles experienced reproduction failures and reduced survival. DDT is also a carcinogen that lodges in fatty tissue; it is an endocrine disruptor; and it causes malformations in fetuses. DDT remains in the soil and continues to contaminate worms and insects and to kill the birds that eat them. Witnesses describe Parkinson-like tremors in birds as they died from DDT contamination.

This exhaustive DDT case study is not only a commentary on our own problematic lifestyle choices and personal responsibilities, it also provides detailed lessons on how to circumvent government administrations and agencies that put profits over people even if the courts deny standing. For example, winning arguments should always include viable alternatives. EDF efforts also influenced the traditional burden of proof in this country by placing the judicial burden on "industry to prove DDT safe, whereas before it had been our burden to prove hazard." However, the chronology of EDF's efforts against DDT and the need to persevere despite documented widespread harms are disturbing, and the prevalence of and tolerance toward destructive practices and products continue to characterize us as a nation.

As DDT use in 1947 increased throughout the United States to control insects, reports surfaced of "bird mortality and failures at insect control. The 1950s saw an avalanche of papers describing an assortment of problems with birds, fish, mammals, human health, and ecological disruptions." Dieldrin is related to but more acutely toxic than DDT. There are photos of piles of dead birds after dieldrin was sprayed in Illinois in 1954; yet communities in the Midwest continued to spray DDT in 1959. Historic declines of birds of prey such as the Peregrine Falcon after exposure to DDT were documented through the 1950s and 1960s.

## BOOK REVIEWS

**Charles Wurster's well-written and engaging history of our disastrous romance with pesticides in general and DDT in particular is a valuable reminder of why we should not permit any additional DDT into our environment.**

Rachel Carson's book *Silent Spring* was published in 1962, with more scientific research documenting widespread environmental harms to wildlife from persistent organophosphate pesticides and chlorinated hydrocarbons that include DDT, aldrin, and dieldrin. It was also common to spray DDT on marshes.

The 1964 book *Pesticides and the Living Landscape* by Robert Rudd included "more than three hundred scientific papers documenting harms to wildlife from DDT as early as 1947 in Princeton, New Jersey." By 1970, there were many hundreds of scientific papers demonstrating worldwide DDT contamination. Coincident with damage to nontarget organisms and ecosystems was an increasing failure of DDT to perform its intended function of insect pest control. "Pest insect populations developed a resistance to DDT; natural enemies of pests were decimated, leading to population explosions of the pests; and new insect species were elevated to pest status where they were not before." These incidents replicated "the nightmarish pest problems created in the Canete Valley of Peru by DDT in the early 1950s." Yet despite all of these scientific data, community after community throughout the country continued to widely apply DDT, particularly in efforts to stop the spread of Dutch elm tree disease.

Widespread evidence of these failed efforts amidst the profound harms were disregarded, as were warnings and evidence of dead birds from a few informed residents who tried to stop the spraying. Communities in New Hampshire sprayed elm trees in 1963 (songbirds and 70 percent of the robins in Hanover died); ten cities in Michigan sprayed elm trees in 1966. Hundreds more towns throughout the country continued to ignore the research documenting DDT failures to save the elm trees, as well as research from the 1930s documenting an effective nonchemical "sanitation" process that does save elm trees.

Communities have also permitted the cavalier use of DDT to kill bats and rattlesnakes (only to experience more rats). Studies referred to in this book that deliberately fed DDT to wildlife and to "volunteers" in prisons raise troubling ethical questions. It is also not reassuring to know that the USDA's pesticide registration process did not verify the accuracy of the submitted data, and new registrations for DDT did not require data on sublethal effects on animals or on the mobility of DDT. In 1967, the USDA and the Michigan Department of Agriculture planned to apply the DDT-related

insecticide dieldrin to three thousand acres near Lake Michigan "to eradicate an alleged infestation of Japanese beetles." EDF was only successful in reducing the amount that the state sprayed, but Michigan then became the first state to ban the sale of DDT in 1969.

Dr. Lynn Goldman, MD, MPH, MS, Dean of The George Washington University Milken Institute School of Public Health, and a member of the EDF Board of Trustees wrote the Foreword for this book. She praises the role EDF's campaign against DDT has played in the emergence of the environmental movement. She also cites findings in a 2011 World Health Organization report that "people in households treated with DDT for the prevention of malaria and the workers who apply DDT are at risk for cancer...fetuses and infants are especially susceptible." This observation and her reference to a method for controlling malaria in Mexico without DDT are especially timely, as pesticide proponents gear up for what we should all hope is a failed attempt to revive the use of DDT under the façade of eradicating malaria.

As a public health professional, she should be troubled by EDF's current support for using DDT in regions with malaria. EDF has also been criticized for supporting natural gas fracking, which entails the use of toxic chemicals. Natural gas itself is a fossil fuel, and fracking is an intensively industrialized operation. EDF also has ties to certain corporations that do not have a track record of putting people above profits. Goldman also stresses the importance of addressing climate change and "dangerous greenhouse gases (GHG) that threaten the health of the entire planet." However, she turned away from an opportunity to dramatically reduce toxic chemicals and the huge GHG emissions from turf lawn practices that rely on mowers, leaf blowers, and trimmers—according to some experts, the third major source of GHG emissions after coal plants and vehicle emissions.

Charles Wurster's well-written and engaging history of our disastrous romance with pesticides in general and DDT in particular is a valuable reminder of why we should not permit any additional DDT into our environment. "Remove the threat and the birds will recover," he maintains. We have no natural resources or wildlife to spare. His scientific data draw attention to ongoing serious wildlife problems where amounts of DDT still persist. Wurster is proud of the determined EDF scientists and lawyers who worked so hard to legitimize and institutionalize environmental law as a mechanism that "allows public representation on issues to be heard and decided on their merits."

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

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## ASTROLOGICAL INSIGHTS

### Life Is Moving Fast

...continued from page 29

will surface today. If you were unwilling to make changes in your life between June 4<sup>th</sup> and June 17<sup>th</sup>, you'll need to make those changes today. Since the full Moon involves the signs of Gemini and Sagittarius, you'll be able to help yourself make changes by discussing matters with various individuals who can lend you their spiritual support. You won't need to justify your concepts or behavior to other people.

As Jupiter forms the conjunction to the Moon's North Node after the full Moon, you begin to realize you don't need to justify your plans. You'll also realize you don't need to travel the path of success all by yourself. You have individuals in your life who really want to support you in your journey.

After the full Moon with Sun in Gemini and Moon in Sagittarius occurs and Jupiter forms a conjunction to the Moon's North Node in Virgo, the Sun enters Cancer and the summer solstice begins. The summer solstice is a time period when your soul needs to understand the value of living on earth. Spiritually, the sign of Cancer represents the soul's entry into physical form. While not every summer solstice is the same, each one does represent the underlying theme of finding a way to live safely on this earth plane. During this sum-

mer solstice, Venus and the Sun make a conjunction indicating that it's very important for you to value the people in your life who make up your intimate circle of family and friends.

As with the new Moon, which occurred on June 4, 2016, there is a mutable grand cross that involves the planets of Saturn retrograde, Neptune retrograde, Mercury, and the Jupiter/Moon's North Node conjunction. Once again your boundaries and responsibilities are going to be challenged. You may find the world is changing and the rules as you knew them just aren't working. Or you may feel as if you need to make changes in your life because the rules you follow aren't helping you realize your dreams. If you can keep your thoughts focused on your future, you'll actually find you can use the changes that are occurring in your life to your advantage. You may even feel relieved they are occurring.

Your life seems to stabilize on June 26<sup>th</sup> as Jupiter forms a trine to Pluto retrograde. With this energy you'll be able to give form to your long-term goals. You'll feel empowered to move on with your life. You'll be able to throw out any clutter that stands in your way. And don't be surprised if you feel a sense of déjà vu. This is not the first

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## ASTROLOGICAL INSIGHTS



*If you're tired of other people telling you what to do, try to understand why. Perhaps you've given them too much power over the direction of your life.*

time you've needed to delve into the depths of your subconscious mind in order to understand how to let go. The first time you experienced this was on October 11, 2015; the second time was on March 16, 2016. As a matter of fact, if you really did let go of clutter during those two times periods, you may not even experience this energy very much. You may just feel as if life is settled and you can move on.

Moving on will become even easier on June 29<sup>th</sup> because Mars, which has been retrograde since April 17, 2016, is finally turning direct. Mars goes retrograde about every two years for a little over two months. During the time period that Mars is retrograde, you may find it more difficult to feel motivated, or you may find it's harder to start new ventures. When it's in retrograde motion, it's more difficult to feel energetic about life. You'd rather just pull back and observe the world. If you experienced problems in your life, you may have just avoided them. Now, however, you have no choice. Any problems you ignored will surface and need to be resolved. On the other hand, you may now understand why you need to resolve those problems. You can now move on with your life. Either way, when Mars turns stationary direct, you feel more energy in your life. You feel as if you can take on the world.

This sense of being able to take on the world increases on July 4<sup>th</sup> when the new Moon occurs in Cancer. This new Moon, with both Sun and Moon in Cancer, forms a trine to Neptune retrograde and a sextile to Jupiter. You're ready to find that balance of living your dreams in a practical manner. You're even ready to move on with your life and include your family in your plans. Just be a little cautious when you include others. This new Moon also forms an opposition to Pluto retrograde meaning that other people may question your motives. Perhaps there is value in their ques-

tions and the only purpose is to confirm you know what you're doing; or perhaps they are trying to manipulate you into doing things their way. If you move slowly with your plans and think about your needs, you'll be able to answer their questions in a way that satisfies everyone.

When it comes time for the full Moon on July 19<sup>th</sup>, don't jump into any situations without knowing the potential impact it could have on your life. With the Sun in Cancer and the Moon in Capricorn forming a square to Uranus, you may become impatient and take some risks that could lead you into trouble. The good news is you are willing to listen to other people. Their information may be just what you need to hear so you know how to take the right action.

By the time of the new Moon on August 2, 2016, in the sign of Leo, you're ready for new adventures. But with both the Sun and Moon in Leo forming a trine to Saturn retrograde and a quincunx to Neptune retrograde you're beginning to experience some of the same feelings you went through at the beginning of June 2016. This isn't the same mutable energy when life comes at you too fast, but it's close. This energy is more like trying to cross a river and staying on the rocks only to find the rocks aren't quite where you thought they were and you're falling into the water. To stay out of the water as you cross the river, you need to know where the rocks are. That means you need to create a plan of action before you move forward. If you don't, you'll lose your way. Plus, this plan needs to be flexible enough that if you find a better path, be prepared to take it.

Having flexible plans are very important on August 13<sup>th</sup> as Jupiter forms a quincunx to Uranus retrograde. There's a tendency to just rush into situations without any thought when this aspect occurs. You may even remember going through this same situation a bit earlier because this aspect occurred on November 5, 2015 and March 6, 2016. If you keep a journal, go back to those dates to see what happened.

The other difficulty is you don't want to structure your life in any way. You want to work outside the boundaries set by others. You don't like taking orders. You're willing to take risks that can bring harm into your life; but this is not a day to take risks. You need to temper your actions with past wisdom, even if that means learning from your mistakes. The best way to incorporate this energy is to use it as a barometer for your life. If you're tired of other people telling you what to do, try to understand why. Perhaps you've given them too much power over the direction of your life. Or if you feel bored with your daily routine, perhaps it's because you're too busy with tedious work to go out and play. Basically, you may be the one that created too many restrictions in your own life and forgot to have fun. You may actually be rebelling against yourself.

Less than one hour after Jupiter

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## ASTROLOGICAL INSIGHTS

### Life Is Moving Fast

...continued from page 75

forms the quincunx to Uranus retrograde on August 13<sup>th</sup>, Saturn turns stationary direct. This change of direction will help you understand why you just wanted to go out and take risks without thinking about the consequences. If you did put up too many restrictions to have a balanced life, you'll see that and understand how to make changes in your life so you can have fun.

When the full Moon occurs on August 18<sup>th</sup> you'll find yourself teetering between wanting to go out and play and feeling responsible to save the world. With the Sun in Leo it's important you take the time to play. Yet with the Moon in Aquarius you may feel as if there are other people doing important work and you need to do that work as well. What's interesting about this full Moon is it can be an inspirational full Moon. If you're not having fun with your commitments, it's time to re-evaluate them. You may have some commitments, such as taking care of your children or working to earn a salary, which you can't walk away from. You may also have some commitments, such as volunteering, which are eating into your life and no longer giving you any spiritual satisfaction. For those commitments that you have to main-

tain, do the best you can to smile when you're involved with them. Scientists have proven that smiles and laughter improve our health. For those commitments that are no longer spiritually satisfying, think about ending them so you can have more time for yourself.

As Mercury in Virgo turns stationary retrograde on August 30<sup>th</sup>, it is important to think about your life and what makes you happy. There is a lot of intensity coming from external events, which do have an impact on you. As you pull back and think about your needs during this retrograde period, you'll find you don't need to be sucked into any of the negativity. Rather, you'll find you can create a healing space in your life that protects you from the roar of all that noise. You have until September 22, 2016, when Mercury turns direct to find ways to keep a healing environment in your life.

*Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: [www.enhanceoneself.com](http://www.enhanceoneself.com). Contact her at: [misty@enhanceoneself.com](mailto:misty@enhanceoneself.com). See also her ad on page 52.*



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## NETWORK OF LIGHT NEWS



*Ramana's Garden Children's Home and Free Schools are the culmination of a dream born 25 years ago when the founder's spiritual Teacher advised him to spend a year in silence living on the banks of the river Ganges.*

EDITED BY BARBARA CARPENTER

Dearest Friends,

We are so honored to bring you these joyful tidings of things to come to our area this summer season, a season of warmth and light. We look forward to the return of Amma in July and hope you'll walk with us at the Unity Walk this fall—a beautiful opportunity for everyone to embrace and honor community and diversity.

We also celebrate the accomplishments of today's youth with stories about the inspiring children at Ramana's Garden thousands of miles away, and of the young creative writers and activists here closer to home. They are beacons for a hopeful future, and we should all learn from them.

I do continue to learn and share my love and truth at the free Satsangs I hold. For additional information about my upcoming gatherings, please contact the Network of Light at 202-363-9343, or email us at [networkoflight@hotmail.com](mailto:networkoflight@hotmail.com). See the Pathways online calendar for final event date postings: [www.pathwaysmagzine.com](http://www.pathwaysmagzine.com).

Blessings to you and may your hearts be filled with warmth, joy and light this season, and every season!

Lakshmi Barbara Carpenter

### Ramana's Garden Home for Children

Ramana's Garden Children's Home and Free Schools are the culmination of a dream born 25 years ago when the founder's spiritual Teacher advised him to spend a year in silence living on the banks of the river Ganges. My first little school began after monsoon floods suddenly washed away my home and all my few remaining worldly possessions. The villagers came to the rescue; crowded round a fire in the tiny hut they constructed for me eagerly sharing all of what little they had with such joy. I gave them a promise I would come back and build them a real school and a medical clinic. So it began and continues to

grow and flower today.

One school became two, then three, four, and it kept growing until there were thirteen schools helping over 1800 children in 68 villages have the possibility of good education and, more importantly, good nutrition. In 22 mountain villages we have achieved a 100% literacy rate and greatly lowered malnutrition and infant mortality. We finally managed to open our first primary school on the new site and grew from there to a Junior High.

We had to open Ramana's Garden Home for Children when many children were been dropped at our gate or had been rescued from life threatening situations of child prostitution, child labor or worse. All were coming from the lowest social classes or were refugees fleeing war in their homeland Nepal. We encountered many struggles to keep our doors open and our school running while providing education to hundreds of the poorest local village children. All the children living in our home either have no parents or parents that are unable to provide them with the basic needs for survival. We do not refuse any child based on caste, creed, or background.

The group of children in the home swelled to above 60 and they worked to support the home themselves. They opened their own Ramana's Garden Organic Café to help support us and took on all kinds of creative enterprise: painting, jewelery, crafts, and card making. They created their own Kirtan and professional dance/theatre troupes. As they got older they even began to go abroad to perform or lecture and raise their own funds for university. Through their cultural performances at the Ramana Garden, two hundred of the children were able to raise \$3000 to set up an emergency camp for 800 kids in Gujarat who lost everything in the earthquake.

In 2013 we joined our friends to raft in emergency supplies to stranded villages. Last year a team of 5 or our

*continued on page 78*



Pema Choepel Mallu, DVM, CVA, MAc, LAc

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## NETWORK OF LIGHT NEWS

### Ramana's Garden Home for Children ...continued from page 77



The folks at Ramana's opened their own Ramana's Garden Organic Café with vegetables from their gardens.

teenagers delivered tents to Nepal and helped create shelter for hundreds of families in the most remote villages. They also did a special fundraiser for the Syrian refugees fleeing to Greece and helped fund setting up an emergency camp for them in Tilos, Greece.

For more information contact: Dr. Prabhavati, Director, Ramana's Seva-Samiti or visit [www.Friendsoframana-garden.org](http://www.Friendsoframana-garden.org).

### Judges Uphold Teens' Suit on Behalf of the Environment

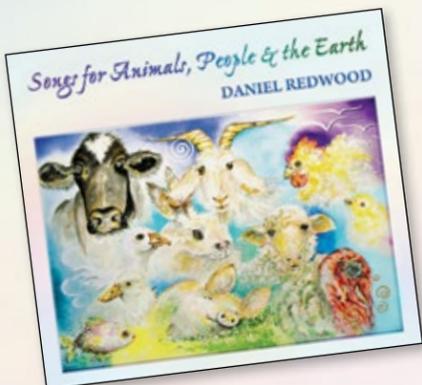
It seems self-evident to me, and perhaps to you, too. Tomorrow's adults will bear the burden of today's inaction on global climate change. Excessive carbon emissions, climate destabilization, and ocean acidification are harming us all right now.

So in 2014, in *Kelsey Cascade Rose Juliana; et al., Plaintiffs, v. The United States of America; et al., Defendants (Juliana v. U.S.)*, 21 children ages 8 to 19 sued (among others) President Obama; the Secretaries of Energy, Interior, Transportation, Agriculture, Commerce, and Defense; EPA Administrator Gina McCarthy; the National Association of Manufacturers; American Fuel & Petrochemical Manufacturers; and the American Petroleum Institute. The basis of their claim, filed in the US District Court for the District of Oregon, was the Public Trust Doctrine, which dates back to Roman law.

In 2015, the federal government moved to dismiss the suit on the grounds that the defendants lacked standing, noting “the alleged injuries were not redressable,” and the federal courts lack jurisdiction over public trust doctrine lawsuits because such claims arise under state law.

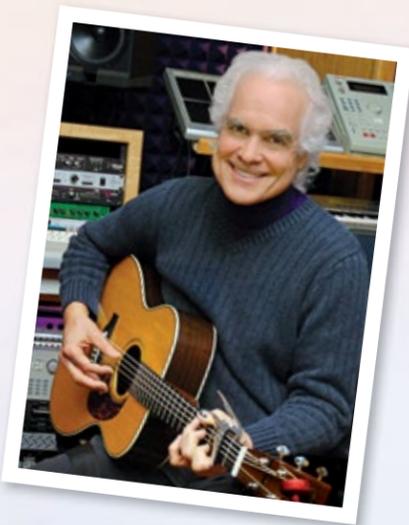
On April 8 of this year, U.S. District Court for Oregon Magistrate Judge Thomas Coffin denied the federal government's motion to dismiss the

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~WILL TUTTLE, Ph.D., author, *The World Peace Diet*

“This beautiful music and poignant lyrics are enough to melt anyone's heart. Daniel has an exquisite sensitivity that comes through in every turn of phrase.” ~NEAL BARNARD, M.D., President, Physicians Committee for Responsible Medicine, author, *Power Foods for the Brain*

“Daniel Redwood's music is as stirring as his lyrics, which inspire listeners to empathize with animals and take action on their behalf. His passion for giving a voice to animals is moving, and what a voice it is!” ~PAUL SHAPIRO, VP, Farm Animal Protection, The Humane Society of the United States



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## NETWORK OF LIGHT NEWS

lawsuit. The young people and their many supporters are eagerly awaiting next steps.

On April 29, in response to a similar suit in Washington State, King County Superior Court Judge Hollis Hill ordered his state's Department of Ecology to promulgate an emissions reduction rule by the end of 2016, and make recommendations to the state legislature on science-based greenhouse gas reductions in the 2017 legislative session.

Our Children's Trust is promoting these and additional initiatives in other jurisdictions, including one against the government of Pakistan. You can learn more at [www.ourchildrenstrust.org/](http://www.ourchildrenstrust.org/). (This piece contributed by Mary Liston Liepold.)



The 26th "Celebration of Youth" essay contest winners, grades 4 to 6, from 2014. Pictured, from left to right, are: Ugo Ulu, Sara Brodsky, Wynter Jackson (standing), Zimiego Smith, and Alessandra Selassie.

### Prize Winning Essayists in Washington, DC

For twenty eight years, Global Harmony Through Personal Excellence, a non profit in Washington, DC, has sponsored the "Celebration of Youth" essay contest for DC public school students in grades 4 through 9. The "Celebration of Youth" competition encourages students to reflect on and write about their life experiences by reflecting on a different theme each year. The theme for 2016 is "Life brings change. What change has happened in your life that has made a big impact on you?" At the end of May people across the city will gather to honor the winners as they read their prize-winning essays. Through sharing their stories, students bring meaning, insight, and often a sense of resolution to situations in their everyday life.

A couple of years ago the theme was about courage. First Place Winner, 6<sup>th</sup> grade student Alessandra Selassie, shared in her essay: "One thing did change. I changed. I felt taller knowing I had stood up for what I believed in and could be okay not going along with the crowd. It might be lonely, but I would be okay." Another 6<sup>th</sup> grade student said: "Personal courage means standing up for yourself, not being afraid of something that seems impossible. Courage is making it possible. Ay Okuleye, a ninth grade student at School Without Walls, wrote: "And then I realized what had to be done. If I accepted myself, others could accept me, too. And that was one of the most courageous things, personally, I

could've done."

Through sharing their stories the students strengthen humanity, understanding, and connection among everyone present. The contest allows healing within individuals and within our city. A Ballou student brought the room to tears when she concluded her essay with these words. "I've tried my hardest to find someone to love me, but I haven't found it. Yet. But I'm still looking. And in the meantime, I love myself for everyone who doesn't."

The wisdom and fortitude of young writers in Washington, DC is profound. The determination and courage we see year after year from the students is what keeps this essay contest alive.

Global Harmony Through Personal Excellence's mission is to support the expression of children, encourage and engage humanity, and cultivate respect among all people. For two and a half decades the organization has hosted two annual events to bring together diverse groups of individuals. The essay contest is one of them; the second event is with homeless families. These events happen year after year thanks to the donors and volunteers who organize and sustain them.

Winners for the 2016 contest will have not been determined prior to this article deadline. To see this year's winners and to read their essays, as well as to learn more information about these events and how to be involved with the organization, please go to [www.globalharmonyexcellence.org](http://www.globalharmonyexcellence.org); and on Facebook at "Global Harmony for Personal Excellence, Inc." One can also contact [dorotheabrad@globalharmonyexcellence.org](mailto:dorotheabrad@globalharmonyexcellence.org). We welcome allies.

### Amma, The "Hugging Saint," Returns to D.C. in July, 2016

Sri Mata Amritanandamayi, known to her followers as "Amma," which means Mother, will return this summer for her 20<sup>th</sup> visit to the Washington, D.C. area. Public programs will be held July 8-9, at the Crystal Gateway Marriott at 1700 Jefferson Davis Highway, Arlington, VA.

Amma is often called the "Hugging Saint," because of the special hugs she gives each individual who comes to her for blessings; she has hugged close to 30 million people, which along with her humanitarian work has earned her admiration and love from around the world. Amma's message of love, compassion and service is a universal message admired by people of all faiths and nationalities.

The Washington, DC programs will be Amma's public programs, which usually open with a short meditation, followed by darshan (Amma's personal blessing). The evening programs also offer a satsang (spiritual discourse) and devotional music. All of Amma's programs in Washington, D.C. are open to the public and are free of charge. Reservations and registration are not required; however, a token is required in order to receive an individual blessing from Amma. Tokens for darshan are usually given out

*continued on page 80*

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## NETWORK OF LIGHT NEWS

### Amma, The "Hugging Saint," Returns to D.C. in July, 2016 ...continued from page 79

starting an hour before the beginning of the program. Numbered tokens for individual blessings are distributed at 8:30am for morning programs and 5:30pm for evening programs. Tokens are limited by time constraints. The final evening program will include a special program called Devi Bhava, which includes a prayer and ceremony for world peace.

The location for Amma's programs is the Crystal Gateway Marriott at 1700 Jefferson Davis Highway, Arlington VA. The hotel is connected by underground connector to the Crystal City Metro stop. Parking at the hotel is \$16.00. The Virginia Railway Express is .04 miles from the hotel. There is a free shuttle to and from Reagan National airport.

For more information about Amma, her teachings and organization, and her July visit to Washington, DC, as well as to register and/or to volunteer, visit [www.ammadc.org/](http://www.ammadc.org/).

### Save the Date—Unity Walk 2016: Know Your Neighbor

The 2016 Unity Walk (the 12th annual event!) will take place on September 11, 2016. People of all faiths and cultures from around the Washington, DC region will walk down Massachusetts Avenue, NW, and visit houses of

worship and other religious centers in a public celebration of unity and support for everyone within our diverse community. Today, more than ever, our message of friendship and solidarity is critical. We hope you will join us and add your voice to this powerful event.

This year, we will also be holding a pre-walk art contest for children 18 years old and younger, and a poetry contest for children 12 or older on the theme: Know Your Neighbor. Winners and their work, will be featured on our website as well as on various Unity Walk promotional materials.

The walk will begin at 1:30pm at Washington Hebrew Congregation (Macomb Street and Massachusetts Avenue, NW) and will include a program at The Islamic Center at approximately 4:15pm. We will visit numerous other religious and cultural centers along the way as we walk down Massachusetts Avenue together.

The Unity Walk is free and open to everyone, although there is a suggested donation of \$20 for adults and \$10 for students, seniors, and those of limited income. Registration will be coming soon through Eventbrite.

For more information about Unity Walk 2016 and event registration, the art contests, and/or to serve as a volunteer during the day, please visit the InterFaith Conference of Metropolitan Washington online at [www.ifcmw.org](http://www.ifcmw.org), or email [unitywalk@ifcmw.org](mailto:unitywalk@ifcmw.org).

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Based on the science of quantum mechanics, the ETAscan/iFeel system recognizes that every organ and cell in the body has a distinct wave frequency that can be measured. These frequencies are stored in the machine's memory as a graph. By viewing a computer screen that shows pictorial representations of the body's various organs, tissues and structural components, patients can see the energetic vitality of each of these internal areas, as well as where energy blocks may be present.

### What does the ETAscan tell us?

- Imbalances caused by microorganisms (bacteria, fungus, mold, viruses)
- Heavy metal toxicity. Pollutants and pesticides
- Emotional and chakra imbalances • Food intolerances
- Allergies and hormonal imbalances
- Why there may be low energy in various organ systems
- All other 'stressors' affected the body's homeostatis

Email Dr. Dan to receive a KIT in the mail to collect a drop of blood and minor hair sample: [askdrdanwagner@gmail.com](mailto:askdrdanwagner@gmail.com) or call 412-486-6263 or by Skype: dtwitamin

◆ ◆ ◆ Special pricing for PATHWAYS readers: \$95.00 ◆ ◆ ◆

(A complete ETAscan analysis will be emailed or mailed to you upon completion)

Dr. Dan's new book *How to Interpret Your Blood Work – and Natural Ways to Improve Your Results* will be out May 15th. \$16.99. Call or email to pre-order.

## ON THE PATH

# How Qigong Healed a Wounded September 11th Firefighter



On duty the morning of 9/11/2001, Jonathan searched for lost friends after the tower collapses and then volunteered for thirty days of 12 hour shifts to recover their remains. 343 firefighters died on September 11th and the death toll is still climbing as a result of breathing in toxic particles.

BY JONATHAN HENDERSON

My lungs and sinuses suffered major damage at the Trade Towers site and everything from hearing loss to depression set in, which caused me to balloon to over 300 pounds. At a funeral for a Firefighter who died of September 11th related Lung Cancer, I looked around at the low turnout and mentioned my disappointment to our Lieutenant. Looking at the small number attending he said, "I'll show up for your funeral". I turned and said, "I'll show up for yours, too, pal." Seeing we were a dying breed and there was major mishandling of healthcare for Firefighters impacted by September 11th is what motivated me to find natural solutions.

During a spiritual vision I saw my healthy-self on a beach practicing a slow martial art having had no prior knowledge of Qigong. I moved to San Diego to make the healthiest version of me and ate organic foods and smoothies. I removed toxic food and people from my life for a 2-year sabbatical to get well. Soon I was led to a mind-body studio and attended powerful Qigong classes. During a "Breath Empowerment" my lungs never felt so big! My ribcage had expanded and I felt real energy surge through me like nothing I had ever known. I was buzzing for days after.

The studio was promoting a big seminar called "Qi Revolution" and I attended based on their suggestion. Initially I felt out of place with what seemed like mostly new age woo woo people in attendance; but when I did the practices with hundreds of others it felt even more powerful than what I had known from my small group.



Jonathan (center) before finding Qigong. His weight ballooned to over 300 pounds after September 11th.

Pressing on Qi, concentrating on breath and moving slowly had a great effect on myself and most everyone else in attendance. I found Qigong practice slowed my overly active New Yorker mind allowing me to focus on giving my body and soul some long overdue healing energy.

September 11th anniversaries are emotional for those connected. 9-11-2013 I was with San Diego FDNY retirees aboard the *USS Midway* reading names of rescue workers and flight crews lost 12 years earlier. That morning I woke up and went to the beach and did Supreme Science Qigong Level-1 healing form with a rising sun. I did it by myself, for myself for the first time ever, and I felt energy pulsing and surging all around me. It was as my spiritual vision showed me. It made the most difficult day of the year easier somehow and gave me peace and calmness that stays with me now.

Since finding Qigong I've not taken addictive prescriptions and I've had tremendous results with Food-based Healing. I've lost 80 pounds and my lung capacity shows significant improvement. Everyone can help himself or herself with Qigong, especially my Firefighter Family. Anyone seeking improved physical health, specifically better lung capacities will benefit greatly from the Qi Revolution seminar.

On September 16-18, 2016, the *QI REVOLUTION* comes to the Virginia Beach Convention Center: \$99 for 2-Days and 1-Night of training! Open to Public. Firefighters and Veterans are admitted free. For details call (800) 298-8970 or visit online: [www.QiRevolution.com](http://www.QiRevolution.com).



Jonathan after finding Qigong and losing 80 pounds.

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



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

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

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Phone: 410-550-2253 or  
Email: [meditation@jhmi.edu](mailto:meditation@jhmi.edu)  
Website: [www.hopkinsmeditation.com](http://www.hopkinsmeditation.com)

Confidentiality will be maintained for all applicants and participants.  
Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA\_00047665



Approved July 17, 2014

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## Capital Qi Gong/ The Center for Qi Gong



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Qi Gong (or C'hi Kung) means the "work of cultivating life energy" in Chinese. Proper Qi Gong practice harvests the body's energy (Qi), relieves the body of energy blockages and naturally calms the mind. Energy restoration and unification of mind and body (whole body) reduces the stress of everyday life and enables us to maintain a more natural state.

Master Shuren Ma has practiced Qi Gong for over 40 years, and for over 25 years has taught in the DC

Metro area. Master Ma inherited the Yi Gong system directly from his internationally recognized Uncle Peng-Xi You and Aunt Min Ou-Yang. The Yi Gong system is a very powerful and safe style, which gently and progressively teaches proper cultivation and application of Qi for martial arts, self-healing, healing of others, and increased spiritual sensitivity. All classes are held in a relaxed, informal atmosphere most conducive to proper internal training. Classes are available

in Bethesda, Falls Church, Dupont Circle and Silver Spring.

Classes are also available at 422 Main Street, Gaithersburg (the Kentlands), MD 20874. Individual healing sessions are also offered.

For information, visit: [www.thecenterforqigong.org](http://www.thecenterforqigong.org). You may also call: Master Shuren Ma, at 202-409-8490 or Beatrice Ollier, LCSW-C, at 301-675-8643.

Introductory class is free.



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Michael Ward



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Thursday evenings on Wisconsin Avenue, N.W., across from the Tenleytown-AU Metro in Washington, DC; and Sunday at the CityDance Center in the Music Center at Strathmore in North Bethesda. For more information on these, private, or workplace classes, please call 301-525-8266.

Email: [info@cloudhandstaichi.net](mailto:info@cloudhandstaichi.net)  
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# Classes & Learning Centers



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- Sept. 27–Nov. 15, Tues., 6:30–8:45 pm: 8-Week Course on MBSR (Mindfulness Based Stress Reduction) with Jon Waterman and Yoga Teacher & Therapist Luann Fulbright, E-RYT 500
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  - 2nd Sunday: Book Discussion
  - 3rd Sunday: Worship Service
  - 4th Sunday: Community HU Sing
- Baltimore Eckankar Center  
2318 North Charles St.  
Baltimore, MD 21218  
**410-235-0073**
- 1st Sunday: Community HU Song
  - 2nd Sunday: Book Discussion
  - 3rd Sunday: Video Presentation and

Discussion

- 4th Sunday: Worship Service

For more information about Eckankar activities in Maryland please go to [www.eckankarmaryland.org](http://www.eckankarmaryland.org). For more information about Eckankar call **1 800 LOVE GOD**.

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Come see our new teaching space for Glen Echo T'ai Chi classes: the Hall of Mirrors studio has been beautifully renovated.

Summer ongoing classes meet Tuesday, Saturdays and Sunday mornings. Students above New Beginners are welcome to attend as drop-in to any level: \$20/class.

New Beginner Classes start in the Fall term, Sundays, September 25, 2016, at 11:00 am and Winter term, January 15, 2017, also at 11:00 am. The cost for either semester is 11 sessions for \$210 plus registration fee.

Re-connect to your T'ai chi. Returning students are invited to attend Tuesday mornings, beginning in the Fall term, for intensive review; detailed posture instruction for each of the 37 postures with three postures each class to be covered in depth. Please see our website for which specific postures will be covered each week. This is great re-entry point for those seeking to re-invigorate their study and practice.

More information at  
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**Helen A. Bramow,**  
MA, ND, HHP, CNC, MHT, CRMT



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their 10+ years of training and 15-year experience as professional energy healers, leading you on a transformative journey into the world of healing. [www.HealingHeartSchool.com](http://www.HealingHeartSchool.com) (updated link) or 434-244-3012 for details.



## Holistic Moms Network

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

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

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

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

[www.holisticmomsarlex.blogspot.com](http://www.holisticmomsarlex.blogspot.com), or find us on Facebook.

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The Institute for the Advancement of Service (IAS) is an educational and spiritual organization offering web-based courses and outreach events in soul development, service, leadership, and group life.

The foundation of IAS teachings and practices derives from *The Soul*

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prints for action, *The Soul and Service Trilogy* books and website courses have been used worldwide to transform lives and organizations.

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For questions or registration, contact Debra Babarsky, MA, LPC, IQM teacher at 540-338-0620; [dbabarsky@yahoo.com](mailto:dbabarsky@yahoo.com).

For more info on IQM, see IQM at [www.babarsky.com](http://www.babarsky.com) & [www.taoenergy.com](http://www.taoenergy.com).



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The Meditation Museum I is located at 9525 Georgia Avenue, Suite 101, Silver Spring, Maryland. The new

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For info and workshop listings, please visit [www.MeditationMuseum.org](http://www.MeditationMuseum.org), or call 301-588-0144 (MD) or 703-992-6887 (VA). Like us at: [www.facebook.com/MeditationMuseum](http://www.facebook.com/MeditationMuseum). Tune in to the America Meditating Radio Show at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating), or on our free "Pause for Peace" app.

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# Classes & Learning Centers



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Crystal Classes – Classes covering the metaphysical and energy healing properties of rocks and minerals. Crystal Healing I: 6/18; Crystal Healing II: 9/24; Crystal Journeying II: 8/20.

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

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

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

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

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

For further program information contact Ken at 240-750-8193 for individual services ([www.gentlephoenix.com](http://www.gentlephoenix.com)) and/or group programs ([www.ryucprograms.com](http://www.ryucprograms.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:
- vibrational healing, soul retrieval,

helping spirit & power object retrieval

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

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

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

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

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day.

Mary "Tyrte" Rooker  
Tyrte@ShamanicSpring.com  
[www.ShamanicSpring.com](http://www.ShamanicSpring.com)  
301-891-1288

# 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 synchronize 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 Wis-

dom. 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**



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

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

Personal & Professional Health Building Workshops (CEUs Available):

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

Private Health Treatments:

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

- Aromatherapy
- Reiki (Usui, Sekhem-Seichim, Karuna)
- Integrated Energy Therapy
- Lightarian
- Holistic coaching—individual and group
- Integrated Healing
- Natural Wellness

All classes are taught by a Reiki/IET Master and registered professional aromatherapist. CEUs offered.

We offer in-depth certification classes with plenty of individual

attention and opportunities to practice. Students receive detailed manuals. Our workshops are hands on. We accept group bookings and custom-design workshops on all kinds of topics, for all kinds of audiences. Check our Upcoming Schedule or register for our monthly newsletter on the homepage of our website

We offer aromatherapy consultations, energy work sessions, reflexology, shamanic and integrated healing, and holistic coaching.

We design and handcraft all-natural therapeutic and energetic

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DC and Bethesda locations.

## Taiji / Qigong / Yin Yang Yoga



Silver Spring / Takoma Park

Join Kevin Mutschler, MA, RPP, L.Ac., Dipl.Ac., for Taste of Taiji – the essential movements of Taiji; Crane Style Qigong – the medical qigong classic; and Yin Yang Yoga – a great energy exercise class based on timeless Taiji and Qigong movements. All forms are easy to learn and a delight to practice. Step-by-step instruction together with helpful somatic

coaching makes following along easy and intuitive.

Yin Yang Yoga Qigong classes are ongoing, Tuesdays at 12-noon in downtown Silver Spring. Join anytime. Taste of Taiji and Crane Style Qigong are seasonal classes offered in Silver Spring/Takoma Park. Cost for ten sessions is \$150. Drop-in rate is \$20. Massage therapists earn up to 10

CE-hours (NCBTMB).

To learn more and to register for classes, visit [www.healingsupport.com](http://www.healingsupport.com),

email [kevin@healingsupport.com](mailto:kevin@healingsupport.com) or call Kevin Mutschler, L.Ac., Dipl.Ac., **240-461-9300**.



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

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# Classes & Learning Centers



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

located in Bethesda, MD; and Arlington, VA; and we offer Saturday classes at Dupont Circle Yoga in DC.

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

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

Our summer session of classes begins Tuesday, July 5. New students may take their first class free anytime during the session. For details see [www.unitywoods.com](http://www.unitywoods.com).

# Health Services

Natural  
Healing



Above & Beyond Holistic Services is a heading that encompassed two divisions of the same business. One is about products we sell and make up in the lab, usually customized for the need of the patient.

The other division is Above & Beyond Holistic Medicine, LLC, where the most work is done and miracles happen. In this division (under the same roof) an uplifting environment greets you, and highly skilled practitioner hands and knowledge—working with everything from healing

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

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

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

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

Located in Winchester, VA, call for appointment or brief consultation: **540-722-2751**  
[www.aboveandbeyond-energy.com](http://www.aboveandbeyond-energy.com)  
[kathleen@aboveandbeyond-energy.com](mailto:kathleen@aboveandbeyond-energy.com)

## Acupuncture Healing Support CareFirst Preferred Provider



Kevin Mutschler, L.Ac., Dipl.Ac.  
[HealingSupport.com](http://HealingSupport.com)

Use your CareFirst BlueCross BlueShield, United Healthcare, Cigna, or Aetna acupuncture benefits to live a fuller, healthier life.

I help patients of all ages facing all kinds of health and life challenges, including: anxiety • migraine • insomnia • stress • TMJD • neck and back pain • cancer • chronic fatigue • fibromyalgia • MS • and IBS.

Cancer patient says:

"I should have come in a lot sooner.

I cannot believe how Kevin's treatments turned around my experience of my chemo-therapy." —NG

Chronic pain patients say:

"You have guided me to terrific progress that has given me my active life back. I am immensely grateful to you for this!" —JH

"Kevin's touch is so gentle, but so certain. It's like having the brain cradled gently so that you can really let go." —MN

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

Acumedicine Acupuncture, PC  
Kevin Mutschler, L.Ac., Dipl.Ac.  
**240-461-9300**  
[kevin@healingsupport.com](mailto:kevin@healingsupport.com)  
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Helena Amos, M.D. (Euro), M.Ac., L.Ac.

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

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

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

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Rockville, MD 20852  
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# Health Services



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

of poetry, wisdom, meditation, and music. Hosted by prominent motivational speaker and teacher, Sister Jenna, Director of the Meditation Museums in Silver Spring, MD and McLean, VA.

All past shows are available On Demand on the show page at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating) and on our FREE "Pause for Peace"

app. Also on: Stitcher, iTunes, Aha Radio, TuneIn, Player FM and Spreker. Spread the word and Follow Us!

Visit our website at [www.meditationmuseum.org](http://www.meditationmuseum.org), follow us on Twitter @AmericaMeditate, and like America Meditating and the Meditation Museum on Facebook. Email: [AmericaMeditating@gmail.com](mailto:AmericaMeditating@gmail.com).



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

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

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

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

consultation with physicians at hospitals close by.

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

Our office is conveniently located in Old Town Alexandria near King St. Metro Station.

BirthCare & Women's Health  
1501 King St., Alexandria, VA 22314  
703-549-5070



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

certified practitioners.

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

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

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

Healing Center:  
[www.blueberrygardens.org](http://www.blueberrygardens.org);  
301-580-5468.

Blueberries and Produce:  
[www.blueberrysupick.com](http://www.blueberrysupick.com);  
240-324-6110.



After 13 years located above the Whole Foods building in downtown Silver Spring, we are moving in June just 6 blocks away to the Metropolitan Building, at 8720 Georgia Ave., Suite 300. Our phone number will remain the same and a specific move date will be available on our website at [www.crossingshealing.com](http://www.crossingshealing.com). For parking, the Cameron Street Garage is easily ac-

cessible to our new location, and there are limited handicapped parking spots behind our new building. We are still close to the Silver Spring Metro and the hub of downtown Silver Spring.

Since 1993, Crossings practitioners have provided acupuncture, massage therapy, osteopathy and physical therapy. Our classes and workshops continue to thrive and include: Body

Centered Practices (Tai Chi, Qi Gong, Movement and Dance, Yoga), Meditation, Seasonal Wellness Workshops, Energy Healing, and Professional Development for Healing Arts.

For information visit our website at [www.crossingshealing.com](http://www.crossingshealing.com); email us at: [frontdesk@crossingshealing.com](mailto:frontdesk@crossingshealing.com); or call us at 301-565-4924. Discover your path to wellness today!



**FACIAL REJUVENATION**  
Clear, Young, Toned,  
Healthy Skin

**Dr. Helena Amos, M.D. (Euro), M.Ac., L.Ac.**  
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Dr. Amos is specially trained and licensed in Facial Rejuvenation acupuncture.

She was voted one of the Washington, DC metropolitan area's best alternative healthcare providers by *Washingtonian* magazine.

Facial Rejuvenation with Acupuncture and Microcurrent Facial Sculpting (Hollywood Lift)

- Tighten, firm, and re-educate the muscles of the face
- Lifts jowls and eyebrows
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- Shrink pores
- Increases cell renewal and elasticity
- Help lymphatic drainage
- Electro Body Sculpting
- Tightening of the deep and superficial muscle layer for facial and body
- Lymphatic drainage to reduce excessive fluids, puffiness, and toxins
- Helps to reduce cellulite and improves muscle contour
- Safe to use on any area of the body

that contains fat cells ((chest, arms, buttocks, thighs, abdomen, face double chin, etc.)

- Helps in reduction of weight and inches
- Increases circulation and the sense of well being.

For more information about the procedure, or to schedule a 20-minute free consultation, call 301-881-2898.

Dr. Helena Amos  
Acupuncture & Natural Medicine Clinic  
11140 Rockville Pike, Suite #530  
Rockville, MD 20852  
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# Health Services



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Sherry Dmytrewycz  
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Customized healing for the whole you. Experience a variety of energy healing modalities & discover the benefits of energy healing to treat body, mind and spirit.

Sherry Dmytrewycz is a gifted, dedicated intuitive energy consultant, committed to sharing informa-

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tural Energy Alignment, Pendulum Usage, and Clearing Your Inner and Outer Spaces.

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**Helen A. Bramow,**  
MA, ND, HHP, CNC, MHT, CRMT



Health For Life, LLC Managing Member  
NGH Certified Instructor (CI)  
SRT Consultant, IET® Master Instructor  
Hypno-Band Weight Control System™ Practitioner  
Usui, Karuna Reiki, & Sekhem Seichim (SSR)  
Reiki Master Teacher (CRMT)

Health for Life, LLC, Purcellville, VA—Health, Hypnosis & Healing provides Certified Health Consultations with Zyto BioTechnology—"muscle testing on steroids," the machine that reads all the frequencies in the body. The 498 Foods BioScan is very popular, yet there are so many other scans like: color therapy, blood chemistry, minerals and vitamins. Advance Body Scan includes all chemicals, sensitivities, parasites, bacteria and fungi, geopathic stress (electrical), etc. Health consults also include free samples, free

remedies, free Bach flowers, and the Ionic Cleanse detox footbath session. Healing and Far Infrared Sauna sessions available also.

Helen Bramow, MA, ND, CNC, MHT, offers science/technology-based health consultations, intuitive health readings, Ionic Cleanse, Frequency Testing and Healing sessions. Helen's Health Program includes Zyto biotechnology blood typing dieting programs, health scans, health analysis, functional blood chemistry, Bach flowers, homeopathic and herbal remedies and more.

Other services include: Hypnosis, Smoking Cessation and Weight Control Programs, as well as Healing, SRT, and Certified Training in Hypnosis, Dowsing, SRT, IET® and Usui, Karuna® and SSR Reiki. Get Your Body Back on your Wellness Journey!

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Located in downtown Bethesda, MD, The Mindfulness Center is a non-profit organization, promoting health and self-healing for individuals and the community, through charitable, educational and medical research programs in mind-body therapies.

The Mindfulness Center offers an array of classes, services, and educa-

tional programs that foster meditative awareness, stress reduction and optimal wellbeing, including: Meditation, Yoga, Tai Chi, Massage, Acupuncture, Reiki, Nia, and Wellness Programs for Cancer and other conditions. We also offer professional training and CEUs for Yoga Teacher Training, Meditation as therapy, Reiki and a range of other

therapies to help you realize optimal personal well being both in your body and career.

To register for classes, please visit our website,  
www.TheMindfulnessCenter.org,  
call us at 301-986-1090, or stop by our center at 4963 Elm Street, Suite #100, Bethesda, MD 20814.



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Offering a wellness consultancy including modalities in person and long distance:

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- Accunect® balancing, combining principles of energy medicine and traditional Chinese medicine, for balancing and providing insight.

- Supportive and interactive Reiki classes for adults and children.
- Clinical Aromatherapy: uses and classes such as the Raindrop Technique based on concepts such as "Essential oils are steam distillates obtained from aromatic plants. These volatile extracts have been used for many years by French hospitals for airborne bacteria and fungi. As antimicrobial agents, essential oils may be appropriate for specific opportunistic infections and conditions." (J. Buckle)
- Reiki, for balancing one's energy,

fostering a relaxed feeling, and enabling the body's own innate healing abilities along with meditation.

Rev. Mary Lee Russell, Reiki Master Practitioner/Teacher from Falls Church/McLean VA, has been working with energy fields for 14+ years, and clinical aromatherapy since 2008.

For questions, appointments or classes, see  
www.northstarhealingarts.com; call Mary Lee, 703-346-3063/email: mlrussell@northstarhealingarts.com.



Quantum Clearing is energetic and vibrational healing that clears the causes of illness and imbalances, both physical and emotional. This powerful healing is a trans-dimensional process that addresses your overall health on all levels by incorporating a number of clearing techniques to give you a complete healing experience. These include:

- Energetic clearing and balancing of the body

- ThetaHealing
  - Body Code
  - Trauma Release
  - Healing touch
  - Psychic surgery
- After a session:
- You should feel relaxed, calm, with reduced anxiety and stress, and feel relief from your physical pain.
  - You will likely experience a release of emotional blockages, giving you greater mental clarity.

- You will feel more balanced on all levels: mental, emotional, spiritual, and physical.
  - Your natural physical healing processes will be stimulated thanks to the removal of blocks in your body's energy.
- Lyriel Claire, energy healer  
703-739-9339  
www.lyrielclaire.com



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# Health Services

Susan  
**COMMANDER**  
Samakow  
*Take Command of Your Life*



Is your self-talk (internal dialogue) getting in the way of your success? I can support you in navigating through your day by helping you get obstacles out of your way, feeling more confident, improving relationships, strengthening resilience, and creating a vision for what you desire.

Susan also teaches clients meditation, breathing techniques, and tapping (EFT) to lessen stress and improve health.

Coaching packages offered.

What People Are Saying About Susan....

"It's not just about setting goals and laying out a plan to achieve them, it's more about creating a customized plan tailored to the individuals specific strengths and values. Susan helped me not just to reach a goal, but understanding why I want to reach it, and the spirit behind reaching it. Sometimes the goals we set do not match the values we have and she has guided me to sort out what really

matters and what is truly meaningful to me." ~ Dr. Tim Scheurman, D.C. Chiropractor

Contact info:

Susan Commander Samakow Coaching, LLC  
Certified Life, Business & Wellness Coach  
susan@selftalkcoach.com  
www.selftalkcoach.com  
301-706-7226 & 703-574-0039



VOWS & WOWS  
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Vows & Wows Wellness Spa in Germantown, MD, has been nurturing clients since 1999. In a private home setting, clients receive one-on-one attention, professional care and clinical results. We know that beauty begins within.

And...we understand that when life feels stressful, finding life energy balance can be so challenging that inner and outer beauty is often overlooked. That's why we offer unique energy

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Contact Bonnie at 301-428-7288;  
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White Oak Wellness has four therapists who offer a range of therapeutic services. If you are experiencing a physical, emotional, mental or spiritual challenge, our therapists are here to help restore your natural state of wellness.

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We provide a range of services, from Rolwing® Structural Integration, Cranial Sacral, Auric Readings, Chakra Balancing, Shamanic Journeying, Soul Retrieval, House Blessings and Clearings to Reiki, Reflexology and several types of Therapeutic Massage including: Swedish, Deep Tissue, Oncology, Orthopedic, Prenatal and classic Thai massages, to include Tok

Sen and Cupping.

Give us the opportunity to support your healing journey. Look on our website for fall specials. Staff: David Cockrell, LMT; Gwen Cook, LMT; Sue Greer, OM; and Mary Starich, PhD.

Contact us at 301-593-7400.  
www.whiteoakwellness.com

# Metaphysics



AMETHYST ASTROLOGY SERVICES  
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Lynn Koiner, Research Astrologer  
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- Astrological Medical Forum — haforum.co.uk/lynnkoiner/
- Interpretations for medical questions
- Educational Services:
- Online courses on Medical Astrol-

ogy: 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: ncgrannapolis@outlook.com & www.facebook.com/groups/ncgrannapolis — Sharing with local astrology organizations

ARLINGTON  
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Since 1981 All Welcome

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Worship Service: 11:00 am  
Lecture and Message Service: 7:30 pm  
Adult Study: 9:30 am  
Spiritual Healing at 10:30 am and 7:00 pm

Wednesdays:

1st and 3rd Developing Mediumship Circle  
2nd and 4th All Message Service  
5th To Be Announced (see website)

Spiritual counselors available by appointment for private consultations.

The Arlington Metaphysical Chapel is a Metaphysical church with Spiritualist roots. We offer classes, workshops, special programs and speakers throughout the year. Some courses in Mediumship, Spiritual Healing and other areas can be applied toward certification or ordination with our national association, The United Metaphysical Churches (www.unitedmeta.com).

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# Metaphysics

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**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

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helping them to find peace, love, and well-being in their life.

Douglas is Lead Minister of Healing at Rays of Healing Church in Frederick, Maryland; faculty member at EnergyMasters Institute; certified in Angel Therapy, Reiki and experienced in distant intuitive healing, mindfulness training, shamanic

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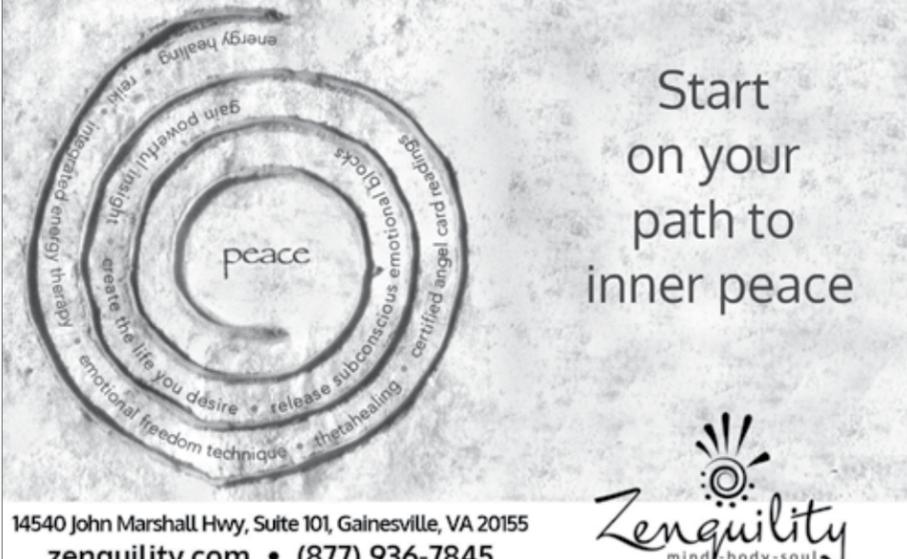
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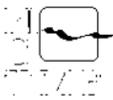
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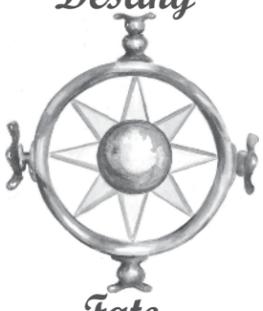
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Acupuncture for Healing Support ..... [www.healingsupport.com](http://www.healingsupport.com)  
Facial Rejuvenation - Amos, MD, Helena ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
Meridian Healing Works ..... [www.meridianhealingworks.com](http://www.meridianhealingworks.com)  
My Wellness Center ..... [www.mywellnesscenter.com](http://www.mywellnesscenter.com)

## ADHD

NIHA - Dr. Gant ..... [www.NIHAdc.com](http://www.NIHAdc.com)

## ALLERGY

Allergy Amos, MD, Helena ..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)

## ANIMAL WELLNESS

Holistic Veterinary Healing ..... [www.holisticveterinaryhealing.com](http://www.holisticveterinaryhealing.com)  
Veterinary Holistic Care ..... [www.vhcdoc.com](http://www.vhcdoc.com)

## AROMATHERAPY

Aromatherapy Center ..... [www.aromatherapy-center.com](http://www.aromatherapy-center.com)

## ART

Pendragon, Victoria ..... [www.victoriapendragon.artspan.com](http://www.victoriapendragon.artspan.com)

## ASTROLOGY

Amethyst Astrology Services ..... [www.lynnkoiner.com](http://www.lynnkoiner.com)  
Kuceric, Misty ..... [www.enhanceoneself.com](http://www.enhanceoneself.com)  
Sacred Awareness Insight ..... [www.insightlight.net](http://www.insightlight.net)

## AYURVEDA

Center for Health & Wellness ..... [www.marylandhealthandwellness.com](http://www.marylandhealthandwellness.com)

## BONE BROTH

Brain Belly ..... [www.brainybelly.com](http://www.brainybelly.com)

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Angels Watching Over Me ..... [www.archangelsupport.net](http://www.archangelsupport.net)  
Mountain Mystic Trading Co ..... [www.MountainMystic.com](http://www.MountainMystic.com)  
Redwood CD ..... [www.danielredwoodsongs.com](http://www.danielredwoodsongs.com)  
Remnants of Magic ..... [www.remnantsofmagic.com](http://www.remnantsofmagic.com)  
Sacred Circle ..... [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)  
Solartopia ..... [www.solartopia.org](http://www.solartopia.org), [www.harveywasser.com](http://www.harveywasser.com)  
Sticks and Stones ..... [www.sticksandstonescircle.com](http://www.sticksandstonescircle.com)  
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The Enchanted Fae ..... [www.theenchantedfae.com](http://www.theenchantedfae.com)  
The History of Swannanoa ..... [www.philosophy.org/store/p24/swannanoa](http://www.philosophy.org/store/p24/swannanoa)

## CHIROPRACTIC

Gardner Chiropractic ..... [www.easyspine.com](http://www.easyspine.com)  
Washington Chiropractic ..... [www.washingtonchiropractic.net](http://www.washingtonchiropractic.net)

## CHURCHES & SPIRITUAL CENTERS

Arlington Metaphysical Chapel ..... [www.arlingtonmeta.org](http://www.arlingtonmeta.org)  
Center for Spiritual Enlightenment (NSAC) ..... [www.TheCSE.org](http://www.TheCSE.org)  
Circle of Worship ..... [www.onecircle.net](http://www.onecircle.net)  
Four Quarters Interfaith ..... [www.4QF.org](http://www.4QF.org)  
Institute for Spiritual Development ..... [www.isd-dc.org](http://www.isd-dc.org)  
Superet Light Center ..... [www.spopmwashdc.com](http://www.spopmwashdc.com)  
Takoma Park Chapel ..... [www.TakomaChapel.org](http://www.TakomaChapel.org)  
Telespectral, LLC ..... [www.angeltalktv.com](http://www.angeltalktv.com)  
Washington DC Teaching Center ..... [www.washdctc.org](http://www.washdctc.org)

## CLASSES & LEARNING CENTERS

Awakening of Humanity ..... [www.share-international.us/ne](http://www.share-international.us/ne)  
Braided Way Healing Arts ..... [www.braidedwayhealingarts.com](http://www.braidedwayhealingarts.com)  
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Institute for the Advancement of Service (IAS) ..... [www.ias-online.org](http://www.ias-online.org)  
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Maryland University of Integrative Health ..... [www.muih.edu](http://www.muih.edu)  
Sanctum Spiritual Belly Dancing ..... [www.sanctumonline.com](http://www.sanctumonline.com)  
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Maid Brigade ..... [www.maidbrigade.com](http://www.maidbrigade.com)  
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Culp, LCPC, LPC, Courtenay J ..... [www.counselingandcoaching.com](http://www.counselingandcoaching.com)  
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Community Crisis Services, Inc. (CCSI) ..... [www.ccsimd.org](http://www.ccsimd.org)

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Crystalis Treasures ..... [www.crystalis.com](http://www.crystalis.com)  
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Ackerman & Assoc. of Alexandria ..... [www.ackermandds.com](http://www.ackermandds.com)  
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Modern Smile Dental ..... [www.dentistofficegaithersburg.com](http://www.dentistofficegaithersburg.com)  
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Eckankar - Maryland Satsang ..... [www.eckankarmaryland.org](http://www.eckankarmaryland.org)  
Eckankar of Northern Virginia ..... [www.eck-virginia.org](http://www.eck-virginia.org)

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Empath Coaching // Rose Rosetree ..... [www.rose-rosetree.com](http://www.rose-rosetree.com)

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Somatic Energy Therapies ..... [www.SETherapies.org](http://www.SETherapies.org)

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Certification in Positive Psychology, CAPP ..... [www.getcertifiedinPP.com](http://www.getcertifiedinPP.com)  
DC Veg Fest ..... [www.vsdcc.org](http://www.vsdcc.org)  
Free Spirit Gathering ..... [www.freespiritgathering.org](http://www.freespiritgathering.org)  
Illuminate Frederick ..... [www.illuminatefrederick.com](http://www.illuminatefrederick.com)  
Natural Living Expo ..... [www.naturallivingexpo.com](http://www.naturallivingexpo.com)  
Oneness Festival ..... [www.onenessfest.com](http://www.onenessfest.com)  
Qi Revolution ..... [www.qirevolution.com](http://www.qirevolution.com)  
SMVA Trust (Receive the Divine Mother) ..... [www.karunamayi.org](http://www.karunamayi.org)  
Traditional Chinese Culture Institute Intl., LLC (TCCII) ..... [www.tccii.com](http://www.tccii.com)

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All Eco Design Center ..... [www.allecocenter.com](http://www.allecocenter.com)  
Feng Shui Consultant, Jeannie Tower ..... [www.fengshuimagic.com](http://www.fengshuimagic.com)  
Interior Alchemy ..... [www.interioralchemy.com](http://www.interioralchemy.com)  
Mindful Decluttering and Organizing ..... [www.clutterfreenow.com](http://www.clutterfreenow.com)

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GoGardeners Garden Coaching ..... [www.gogardeners.com](http://www.gogardeners.com)  
Love and Carrots ..... [www.loveandcarrots.com](http://www.loveandcarrots.com)  
Mother Earth News ..... [www.motherearthnews.com](http://www.motherearthnews.com)  
Washington Gardener ..... [www.WashingtonGardener.com](http://www.WashingtonGardener.com)

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Spiritual Spectra ..... [www.SpiritualSpectra.com](http://www.SpiritualSpectra.com)  
Soul Mind Body Healing Services ..... [www.DrMalgosia.com](http://www.DrMalgosia.com)  
The Healing Heart School ..... [www.healingheartsschool.com](http://www.healingheartsschool.com)  
Zenquility ..... [www.Zenquility.com](http://www.Zenquility.com)

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Blue Heron Wellness ..... [www.blueheronwellness.org](http://www.blueheronwellness.org)  
Casey Health Institute ..... [www.caseyhealth.org](http://www.caseyhealth.org)  
Four Directions Wellness ..... [www.fourdirectionswellness.com](http://www.fourdirectionswellness.com)  
Health For Life, LLC ..... [www.HealthbyHelen.com](http://www.HealthbyHelen.com)  
Integrative Family Medicine ..... [www.fivestoneswellness.com](http://www.fivestoneswellness.com)  
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National Integrated Health Associates (NIHA) ..... [www.nihadc.com](http://www.nihadc.com)  
Roselle Alternative Care Group ..... [www.rosellecare.com](http://www.rosellecare.com)  
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Allergy & Nutrition Clinic ..... [www.LauraPower.com](http://www.LauraPower.com)  
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Health For Life, LLC ..... [www.HealthbyHelen.com](http://www.HealthbyHelen.com)

## ORGANIC MATTRESSES

Ostrow's ..... [www.ostrowpedicpillowtoppillow.com](http://www.ostrowpedicpillowtoppillow.com)  
SavvyRest -Rockville- back cover ..... [www.srb.com](http://www.srb.com)

## PARENTING

Holistic Moms Network - Arlington/Alexandria Chapter ..... [www.holisticmoms.org](http://www.holisticmoms.org)

## PHARMACY

Brookville Apothecary ..... [www.BrookvilleWellness.com](http://www.BrookvilleWellness.com)  
Knowles Apothecary ..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)  
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Physical & Massage Therapy Associates ..... [www.physicalmassage.com](http://www.physicalmassage.com)

## PSYCHICS

A Zen House ..... [www.azenhouse.com](http://www.azenhouse.com)  
Arlington Metaphysical Chapel - Psychic Saturday ..... [www.arlingtonmeta.org](http://www.arlingtonmeta.org)  
Britpsyhic.com ..... [www.Britpsyhic.com](http://www.Britpsyhic.com)  
Carlos - Medium ..... [www.carlosthemedium.com](http://www.carlosthemedium.com)  
Driscoll, Susan ..... [www.martinsmessages.com](http://www.martinsmessages.com)  
Intuitive Reading With Sandy ..... [www.compassionatereadings.com](http://www.compassionatereadings.com)  
Joan Of Light ..... [www.joanoflight.com](http://www.joanoflight.com)  
Jones, Alice ..... [www.alicajones.com](http://www.alicajones.com)  
Krafft, Melody ..... [www.melodykrafftartist.com](http://www.melodykrafftartist.com)  
Light Portal ..... [www.antoinehelightportal.com](http://www.antoinehelightportal.com)  
Light Works Reiki and 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.silverpringofflight.com](http://www.silverpringofflight.com)  
Psychic Life Readings ..... [www.lifemissionreadings.wix.com/vanessa-talma-lord](http://www.lifemissionreadings.wix.com/vanessa-talma-lord)  
Psychic Photo Reading ..... [www.psychicphotoreading.com](http://www.psychicphotoreading.com)  
The Soul Shepherd ..... [www.thesoulsherpherd.com](http://www.thesoulsherpherd.com)  
Voice of the Gatekeepers ..... [www.voiceofthegatekeepers.com](http://www.voiceofthegatekeepers.com)  
White, Jamila ..... [www.inspiredjamila.com](http://www.inspiredjamila.com)

## PSYCHOTHERAPY

Association of Holistic & Traditional Therapists ..... [www.dreilebenbuese.com](http://www.dreilebenbuese.com)

## QI GONG

Capital Qi Gong ..... [www.capitalqigong.com](http://www.capitalqigong.com)  
Taiji / Qigong/ Yin Yang Yoga ..... [www.prohealing.net](http://www.prohealing.net)

## QUANTUM TOUCH

Intuitive Wellness Ctr, Miriam Hunter ..... [www.meetup.com/intuitive-wellness-center/](http://www.meetup.com/intuitive-wellness-center/)

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### RADIO / PODCASTS

America Meditating Radio Show ..... [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating)

### REFLEXOLOGY

Wiss, Brigitte..... [www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

### REIKI

Nature Business Corporation ..... [www.natbuscorp.com](http://www.natbuscorp.com)  
NorthStar Healing Arts..... [www.northstarhealingarts.com](http://www.northstarhealingarts.com)  
Reiki Center of Greater Washington..... [www.reikicenter.info](http://www.reikicenter.info)  
Reiki For All Creatures..... [www.reikiforallcreatures.net](http://www.reikiforallcreatures.net)

### RENTALS

Center for Spiritual Enlightenment..... [www.TheCSE.org](http://www.TheCSE.org)  
Fox Haven Learning Center and Organic Farm ..... [www.foxhavenfarm.org](http://www.foxhavenfarm.org)

### SALT THERAPY

Bethesda Salt Caves ..... [www.bethesdasaltcave.com](http://www.bethesdasaltcave.com)

### SHAMANIC HEALING

Shamanic Healing Institute..... [www.shamanic-healing.org](http://www.shamanic-healing.org)  
Shamanic Spring ..... [www.ShamanicSpring.com](http://www.ShamanicSpring.com)

### SPAS

GPS Your Path // Vows And Wows, Inc. .... [www.gpsyourpath.com](http://www.gpsyourpath.com)

### SPIRITUAL CENTERS

Institute for Spiritual Development..... [www.isd-dc.org](http://www.isd-dc.org)

### 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)  
Laura, Judith..... [tarot.judithlaura.com/read.html](http://tarot.judithlaura.com/read.html)

Tarot by Thomas..... [www.tarotbythomas.com](http://www.tarotbythomas.com)  
The Spiritual Tarot ..... [www.thespiritualtarot.com](http://www.thespiritualtarot.com)

### THETA HEALING

Creative Healing Trends ..... [www.creativehealingtrends.com](http://www.creativehealingtrends.com)

### VISION HEALTH

Sikes, Alan..... [www.DrAlanSikes.com](http://www.DrAlanSikes.com)

### VOLUNTEERS

A Wider Circle..... [www.widercircle.org](http://www.widercircle.org)  
Johns Hopkins Meditation Research Study..... [www.hopkinsmeditation.com](http://www.hopkinsmeditation.com)  
Montgomery County Stroke Association..... [www.mcstroke.org](http://www.mcstroke.org)  
The New Dream ..... [www.newdream.org](http://www.newdream.org)

### WATER SERVICES

Crystal Clear Pure Water Services..... [www.crystalclearpurewater.com](http://www.crystalclearpurewater.com)  
Joy Love and Harmony - Velaqua ..... [www.joyloveandharmony.com](http://www.joyloveandharmony.com)

### WEB DESIGN

River Owl Designs..... [www.riverowldesigns.com](http://www.riverowldesigns.com)

### WEDDING OFFICIANT

Non-Denominational Wedding Officiant ..... [www.weddingofficiant4love.com](http://www.weddingofficiant4love.com)

### WEIGHT LOSS

Self-Empowerment Education Center ..... [www.seec-icmct.com](http://www.seec-icmct.com)

### WELLNESS SPA

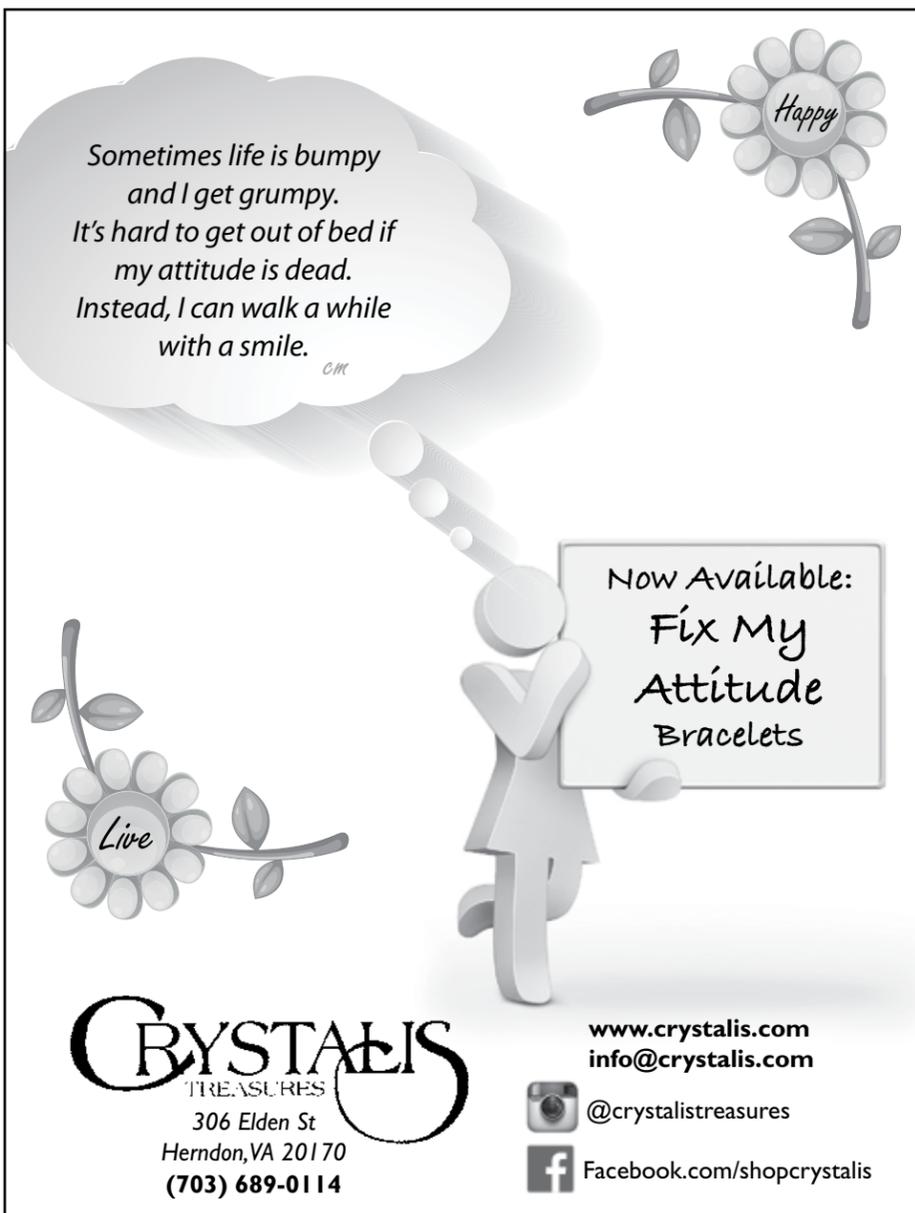
Birth Care & Women's Health..... [www.birthcare.org](http://www.birthcare.org)

### YOGA

Dream Yoga Studio & Wellness Center..... [www.dreamyogastudio.com](http://www.dreamyogastudio.com)  
New Future Society Healing & Yoga Center..... [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com)  
Unity Woods Yoga ..... [www.unitywoods.com](http://www.unitywoods.com)  
Yoga is for Everybody..... [www.alignwithgrace.com](http://www.alignwithgrace.com) // [www.yogafiveo.com](http://www.yogafiveo.com)

# www.PathwaysMagazine/com

Sometimes life is bumpy  
and I get grumpy.  
It's hard to get out of bed if  
my attitude is dead.  
Instead, I can walk a while  
with a smile. CM



Now Available:  
**Fix My  
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[info@crystalis.com](mailto:info@crystalis.com)  
[@crystalistreasures](https://www.instagram.com/crystalistreasures)  
[Facebook.com/shopcrystalis](https://www.facebook.com/shopcrystalis)

### THE CALDWELL ARCHIVES

## Forgiveness as Self-Care ...continued from page 59

so sad," noted Potenza. She thought—"What am I doing, these people aren't monsters." Just then for the first time she thought of Ernst, like her own son, as a real person. Immediately, she experienced forgiveness. She began to lobby for a reduction in his punishment and against the murder charge. She sought to have him released from the harshest sentencing and after seven years behind bars (a punishment she felt was right and complete), with her advocacy, he was released. Now, more than ten years later, she is his friend, he and his family of several children keep up with her regularly, and Ernst spends much of his time speaking in schools on the dangers of drunk driving.

Develop your process for healing your hurt and developing forgiveness. Though each person needs to create his or her own, here is a model you might use as a beginning, then vary it to make it yours.

Tell your story of your injury to persons who are sympathetic and supportive—not who blame or condemn your perpetrator, but to connect with others who truly hear your pain. Afterward, when you remember the event, you will also remember the kind ministrations of your friends, thus softening the emotional pain. As you tell your story, enlarge the account to include the circumstances of your betrayers as

well as your own. This can open the way for understanding and empathy—and *your mind will begin to shrink your belief about the universe being organized against you.* You will begin to remember the event with a lessened conviction that it was meant just to bring you harm, and you will begin to have some compassion in yourself for the person who hurt you. You can also, through your story, come to understanding and connection with others whose pain is similar to yours. Give yourself to increasing your connection with friends and family who are warm and committed to you. Nothing so salves hurt as happy connections with others. Develop projects of interest to you, so your life energy goes more into what you are creating than in what was done to you. As you grow in strength, your sense of shame and your need to dwell in the past will recede for you will be too busy creating new opportunity for growth and nourishing friendship. Call upon your determined will to not allow your betrayer to define you and dictate how you are to live your life. Move on to forgive for your own sake—for a freer and richer life.

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. See his wife, Erma's ad on page 66 and go to [www.psychsight.com](http://www.psychsight.com) for a collection of Bob's works.

# 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  
8am-9pm, Monday - Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

## COLLEGE PARK, MD



#### MOM's of College Park

9827 Rhode Island Ave., 20740  
301-220-1100  
www.momsorganicmarket.com  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

## 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  
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  
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  
Mon: 10am-6pm, Tues-Fri: 10am-8pm,  
Sat: 10am-6pm, Sun: 12pm-5pm  
Smile offers natural foods, bulk herbs and spices; gourmet foods and beverages (water processed decaffeinated coffees and teas); natural body-care products, vitamins and supplements; books, cards and gifts.



#### MOM's of Frederick

5273 Buckeystown Pike, 21704  
240-566-1444  
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  
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  
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.

We also give them thanks for acting as important distribution outlets for Pathways Magazine, now in our 40th year of serving the DC metropolitan area.

## BETHESDA, MD



#### Village Green Apothecary, Bethesda

5415 Cedar Lane, 20814  
301-530-0800  
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  
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  
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  
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.



Your Homegrown Organic Grocer Since 1987

#### 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 12th 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.

## 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.

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 Magazine*.

## WARRENTON, VA



**The Natural Marketplace**  
5 Diagonal Street, 20186  
540-349-4111  
Naturalmarket@aol.com  
www.thenaturalmarketplace.com

Organic Deli Hours: Mon - Fri, 9am - 6pm  
Sat, 9am - 6pm • Sun, 11am - 4pm  
We specialize in Organics offering a wide variety of Organic Groceries, Meats, Dairy, Fresh Produce, Vitamins, Herbs, Homeopathy, Cosmetics and have a large selection of Allergy-Free Foods as well. We offer a unique experience in customer service, atmosphere, education and selection of products. You can shop in person,



**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!

## 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!

### 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

Essential for Good Living  
• Friendly, Personalized Service  
• Celebrating 21 Years!

14453 Potomac Mills Road  
Woodbridge, 22192  
(near Staples)  
703-494-7287

Mon-Fri: 10am-8pm, Sat: 10am-6pm



### 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.

### 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

**SORRY WE ARE CLOSED!**

The Staff At *Pathways Magazine* Thanks These Natural Food Stores For Providing Their Communities With Healthy, Natural Products.

Please let them know that you saw them in *Pathways* or on [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)



### 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.

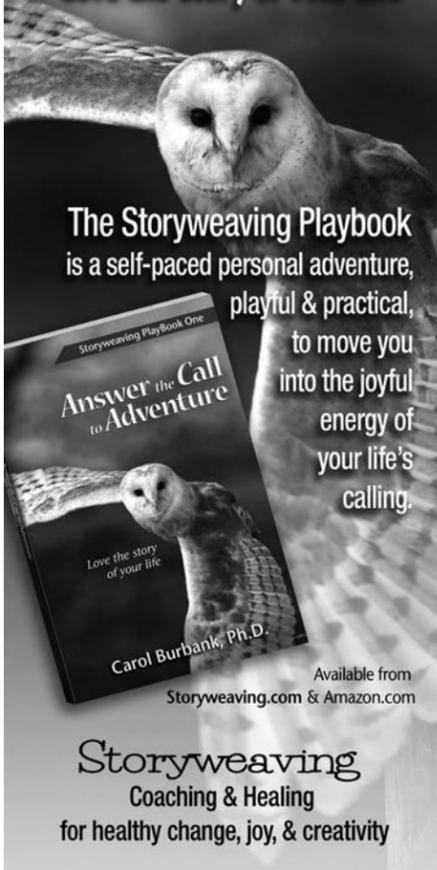
## PATHWAYS INTERVIEW

### Interview with Gretchen Videgar: Aging with Grace, Aging in Place ...continued from page 115

## Top 5 Strategies for Aging at Home:

- 1) Remove tripping hazards: secure cords, remove or tack throw rugs, use non slip rugs or rug pads where possible.
- 2) Look at your lighting! Make sure you have both task and room lighting in rooms where time is spent. Make certain hallways are lit and you get in the habit of turning the lights ON when using them, especially at dusk and dawn.
- 3) Learn new things all of the time, and use them regularly. Do not be afraid of new appliances that may make life easier, but be patient with yourself as you go.
- 4) Find people to help you maintain your home, inside and out and make it a priority. Avoid climbing ladders to clean gutters or roof, or to prune trees.
- 5) Look for universal design items when doing any remodeling, repairing or upgrading.

**NOW is the Time  
to Awaken to your Soul's Call  
- Love the Story of Your Life**



The Storyweaving Playbook  
is a self-paced personal adventure,  
playful & practical,  
to move you  
into the joyful  
energy of  
your life's  
calling.

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Storyweaving.com & Amazon.com

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Coaching & Healing  
for healthy change, joy, & creativity

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SELF-PACED VIDEO SUPPORT WITH YOUR PLAYBOOK:  
[www.storyweaving.com/online-classes/](http://www.storyweaving.com/online-classes/)  
ORDER YOUR PLAYBOOK FROM:  
[storyweaving.com/workbooksplaybooks/](http://storyweaving.com/workbooksplaybooks/)  
CONTACT CAROL BURBANK: [cburbank@storyweaving.com](mailto:cburbank@storyweaving.com)

### Ellis Express LLC



#### We Offer:

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Hot stones, aromatherapy, body  
wraps, acupressure, reflexology,  
relaxing therapy  
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## 30 Ways Chernobyl and Dying Nuke Industry Threaten Our Survival

...continued from page 15

the site. Peck filed his report within the NRC but it was made public a year later by Friends of the Earth and other community groups. The NRC has dismissed Peck's warnings and he has been moved to the Commission's Chattanooga office.

24. As terrorists slaughtered innocent civilians in Brussels, *The New York Times* reported that Belgian authorities evacuated two reactors, which they felt were vulnerable to attack. As mentioned above, Germany has now asked Belgium to shut these nukes down.

25. A wide range of reports dating back at least to the 1970s have confirmed that throughout the entire global nuclear industry, commercial reactors simply cannot be guaranteed to be safe from a concerted terrorist attack, making them all what Karl Grossman has called "pre-deployed weapons of mass destruction."

26. The technological basis for the 99 U.S. reactors now operating dates far back in the previous century, as the average age of an operating U.S. nuke American reactor is now roughly 35 years old, with Davis-Besse (near Toledo, Ohio) distinguished primarily

by four major cuts into its containment dome, and a shield building that is literally crumbling.

27. Since Fukushima on March 11, 2011, significant safety advances advocated by the staff of the NRC and others have not been installed at U.S. nukes despite widespread warning of defects.

28. Seven top NRC engineers took the rare and daring step of filing a public 2.206 petition warning that 98 of 99 current U.S. reactors have serious basic flaws in the electrical sector of their emergency core cooling systems, which are designed to protect the public from a major catastrophe.

29. Former NRC expert David Lochbaum, now with the Union of Concerned Scientists, has warned that the inspectors' findings on the faulty cooling system wiring are quite serious, and could have been solved easily and cheaply several years ago, when they were first discovered.

30. The corrupt regulatory culture of the NRC is now in the process of re-licensing every American reactor, with projected lifetimes stretching to 60 years, two decades beyond original

*continued on page 110*

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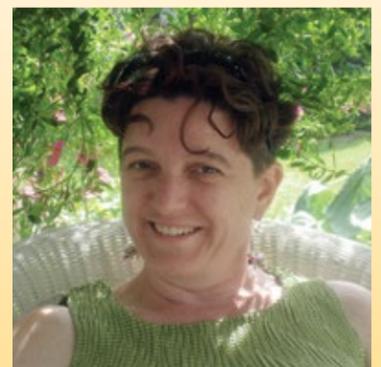
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## 30 Ways Chernobyl and Dying Nuke Industry Threaten Our Survival

...continued from page 109

design capacity, guaranteeing that America's 99 remaining reactors will continue to dangerously decay, putting us all in harm's way. All the relicensing has proceeded without a requirement that the industry get private insurance, which is still unavailable after more than a half-century of operations.

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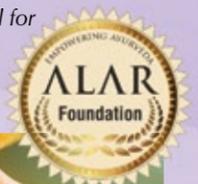
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— Paula B.



## PATHWAYS INTERVIEW

### Interview with Gretchen Videgar: Aging with Grace, Aging in Place

...continued from page 9

enriching activities within reach via adaptation, task modification, or use of devices to help.

Another mental and emotional hurdle is the change in life roles. Think about the effect of retirement on someone whose identity is wrapped in with a career role. One's self esteem and sense of worth can be hugely impacted by the changes brought on by retirement. I can't tell you how many people I have seen who declined rapidly because they had not planned their retirement activity well. They just sat on the couch letting their heart disease or respiratory condition catch up with them. Ok, there is my plug for having a retirement plan and getting more exercise!

If there is one thing I have learned in the last eight years working with people in their homes, it's that retirement requires planning, and that should start as soon as you start working! It sounds strange, but plans can be changed over time. Creating something from nothing at the last minute leaves a lot of room for error.

As an OT-CAPS, we are not only addressing conditions or disabilities, but the impact these conditions have

on people's roles. Retirement is a major life milestone, but it is also a huge shift in role. Many people underestimate this impact as they think about not working anymore. They focus on 'not working' instead of 'what is my day going to look like when I don't have work to structure it for me?' We, as humans, need meaningful activities to perform, but we also benefit tremendously from having structured daily tasks. What do parents do when their children are small? We create a routine to help them. That is what people facing retirement need to consider.

*Caring for an aging individual also takes a toll on the family or loved one involved. What are the major concerns for caregivers you address?*

Caregivers, particularly children caring for aging parents, are also dealing with changes in roles, which can be quite challenging, depending on the previous parenting relationship. It is often a delicate situation to negotiate between the needs of the aging person and the needs of their caregiver. It also depends on the nature of the issue requiring care. Dementia and other

cognitive changes can be very tricky, especially in the beginning, when denial is a big factor.

I find having honest discussions with input from everyone to be the most beneficial. I ask the client to show me how he/she does things, and what is difficult, and then I directly ask the caregiver in front of the client, "Is this what you are seeing?" or "Is this what is really happening from your perspective?" It makes it a bit easier to work with both of them if all the conversation takes place together. I don't want anyone to feel like I am taking sides, but more to be there to help them negotiate new roles together. I also discuss with them their expectations. This is hard for the person being cared for to direct, because often these adults are not used to communicating in that way. This generation of caregivers is much better at saying "Mom, I need you to let me know when you are in need of x so that I can make sure you have it." But mom doesn't want daughter to go out of her way to bring it—she would rather just wait. Caregiving is such a difficult job, but so is having to be cared for.

When I can set up a system in place for a client to be able to be more independent, that puts the caregiver at ease, and gives the client a sense of relief that he can return to some previous level of function. Many

*continued on page 112*

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## PATHWAYS INTERVIEW

### Interview with Gretchen Videgar: Aging with Grace, Aging in Place

...continued from page 111

times, it's a simple fix that makes a big difference: the shower chair, the bedrail, the one-handed can opener, or the safety peeler to make meal preparation easier. A medication alarm clock system that has a recording of a grandchild reminding the client to take their medicines makes this chore less tedious and also provides a way for the caregiver to track when medications are being forgotten and when a reminder call might be helpful.

I also never underestimate the power of listening to the stresses of each person and trying to help alleviate that wherever possible. And sometimes just having an audience is all they needed. Caregivers often neglect themselves and I always ask, "Who is supporting you?" If they don't have someone, I suggest support groups, respite care or rallying friends and neighbors. They so often don't want to ask for help, but I try to help them ask for something specific like "I have an important doctor's appointment, could you come spend this afternoon with mom?" People are much more willing and able to help if you explain what's needed and why, but many caregivers get pushed into a corner and are at their wits end by the time they ask. I stress

for them that if they don't rest and take care of themselves, they won't be of much use to the person for whom they are providing the care.

*As a CAPS, it is your job to come into the home and work with the aging individual, and the caregiver if there is one, to develop solutions to make everyday life easier. Once specific problems are identified, what are the types of solutions you provide?*

Caregivers in this process often don't notice because they are not always around, but they can learn a lot from paying attention to the signs, which are often subtle. Furniture left in odd places is a sign that perhaps there is a balance problem—it has been strategically placed to help with safe passage through the home. Bruising in odd places can mean that skin is fragile, but it may also signal a fall that was not related. The stack of uneaten frozen dinners in the freezer could signal that mom or dad may not remember or see how to use the microwave. Full bottles of medications that should be empty now that the refill is ready is a sign that managing medications is becoming difficult.

Pillboxes and medication alarms

can provide reminders for someone having difficulty remembering to take medications. Alarms on a cell phone can be used as well if someone is so inclined, and the elderly individual is familiar with how the technology works. That's an entirely different set of challenges. Isolation of essential buttons on the microwave can help someone find the right button to use for heating frozen meals. I often mark the 1-minute button and then mark on the box the number of times to push it for those who have trouble.

When mobility seems to be an issue, referrals for therapy may be indicated to provide activity that will improve balance. I'll suggest fall prevention strategies such as removing throw rugs, decluttering hallways, and making sure lighting is bright and consistently in use. Timers or motion sensors are easily available, and they assist in situations where lighting is essential, such as in hallways or entryways.

Or, if done one step better, homes are built with what is known as Universal Design features in place. These features, if done right, are incorporated into home design and style without someone even really noticing that something is more accessible to someone, *anyone*, to perform a given task. Some of the features that you would definitely notice in a home are things like wider hallways or aisles in the kitchen, counters at different



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## PATHWAYS INTERVIEW

heights, light switches placed slightly lower so that someone seated (or toddler age) might be able to reach them. Zero step entry to enter at least one door of the home, which usually should be placed inside of a garage, is another design feature that enables not only people in wheelchairs, but mothers pushing strollers or travelers with wheeled suitcases.

There are so many innovations today to make life easy that it's hard to describe all of the modifications available. Some are simple and others are high tech. And because every individual ages differently, and has different circumstances, there's no one-size-fits-all solution. If someone has anxiety, I may suggest they find a relaxation app for the phone they are carrying; but it will be clear from their reaction whether or not that's something they even feel comfortable with.

It is so surprising to find devices that can assist you with almost anything, as long as you have an idea of what you need. And these devices were not necessarily designed for people with disabilities, but just because someone needed to do something differently. A man who was trying to help his wife perform cooking tasks despite her arthritis designed Oxo Good Grips products. It is so great to watch all of these products being developed in a way everyone can use them.

The only thing I can say for sure is you need to use the person you are working with as your guide. My hope is your readers will pay attention to these signs as they age and be inspired to do something about it.

*You mentioned technology presents its own set of snags. Our older generations didn't grow up with the tech we have today, but not understanding how to use tech or not having access can contribute to their isolation. How do you address this gap?*

This is a tough thing to address, especially for our ever more wired caregivers. I always defer to where the aging person is in their comfort with technology. If I see they still have an old corded phone and nothing to carry with them as they go about their daily tasks, instead of starting with the cell phone, I ask if they would be open to a cordless phone that could be carried with them, or a lifeline if they had an emergency. This person might be open to the idea of a medication reminder watch, as long as they could simply turn it off.

I've had caregivers install video cameras in homes to monitor their aging parent, which works best if someone is pretty sedentary. It isn't so effective if dad is a putterer and you need 5 or 6 cameras in all areas to make sure he hasn't had a fall.

One of the best ideas I've seen for

clients who wander is a shoe insole that tracks the client so that once you install your app on your phone, you can keep track of your family member. They make other types, but the unique thing about this one is the client may not even necessarily know they have it with them, which is key for this population who does not usually want to have anything to do with any kind of monitoring. I haven't had anyone ready to try them. They are called GPS Smart Soles and I think they are genius!

Bottom line, I let my client tell me what he/she is comfortable with, but know that new learning capacity decreases over time, and lots of time, repetition and patience with teaching how to use *anything* new are important with this group. Sticking with what they know and building from that is best.

*It seems like the old saying, "Help me help you" is an apt motto for an Aging in Place Specialist.*

That is what aging in place, or universal design, is all about—looking at a space and designing it so that anyone, no matter his or her ability, can use it. Living in a space designed for anyone to function within makes it easier for everyone. Unfortunately, especially around here, homes have multiple steps to enter, and often many

*continued on page 114*



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## PATHWAYS INTERVIEW

### Interview with Gretchen Videgar: Aging with Grace, Aging in Place ...continued from page 113

inside. Once inside, there may or may not be a full bathroom on the main level for someone to bathe. Storage spaces are often out of the way, or have high shelving to maximize the use of space, but someone in a wheelchair or with balance issues can't easily access these areas. These aren't necessarily problems...until they are. An Aging in Place expert looks for these types of conditions within the larger environment to see what adjustments need to be made.

From my OT-CAPS perspective, successful agers work around their difficulties, and eventually find ways to do the things they love, even if they have to make some changes. I think people who make the necessary modifications, and are flexible about *how* they do things, are usually able to keep doing them.

But these folks also often have the means to make adjustments, try things differently. So having saved and planned for these situations is important. Modifications can be simple, but they can also bring with them high expense. Everyone needs to be prepared, either by putting some universal design features into their

home already, or by reading this and thinking "Hey! What a good idea, maybe I should look at what I could do around my house over the next 20 years?" The program I work in is so unique in that the county actually provides funding for the assessment and a limited amount of equipment aimed at keeping at-risk people safe in their own homes. There need to be more programs like this one across the country to provide access to those who are less able to afford big expensive modifications.

*How have attitudes towards aging changed over the last 20 years? And what should the Baby Boomer generation be thinking about to allow them to age with dignity and some sense of independence?*

I think attitudes are slowly changing and even bigger ones are coming. You know, when I took my certification class, the instructor was making the case that Baby Boomers are the target audience for aging in place services, and that, as a group, they really do not want to discuss aging, no matter where it will take place. I respectfully disagreed with him, telling him that

the target audience should be the *children* of the Baby Boomers for a couple of reasons.

The primary reason is that the children are the ones encouraging their parents to look ahead, because they want their caregiving to be easier. My parents are not Boomers, but I recently talked them into making modifications to their bathroom so they could stay at home no matter what. My mother said she could absolutely not live without a bath, so they skipped my recommendation for the walk in shower, but they raised the height of their vanity and their toilet, and widened the doorway so one of them need to use a wheelchair or a walker to get into the room. They installed grab bars that matched all of their other fixtures, which are widely available now thanks to the Internet.

The other reason to discuss aging in place with the children of Boomers should be obvious— they are an OT's next customers! *And* you are introducing the concept early enough that it's not scary for them. Nor does the idea of making adaptations make them feel like they will need them sooner. This generation should start planning now what their lives will be like as they get older; the value of these steps toward aging independently and on one's own terms can't be underestimated.



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## PATHWAYS INTERVIEW

*So is aging at home the ideal situation? If not, are there better options available?*

Aging at home is a great solution, if you are well equipped with resources, supports and the ability to pay for services you may not be able to perform for yourself. But as my work with lower income clients has shown, not every aging baby boomer falls into this category. Fortunately, lots of options are evolving, and this is where it is really exciting to be a part of aging in place. We are forming the next kind of situation where people can age with both independence and an availability of services that does not have an institutional feel.

People want to remain in their homes, but what I have learned is that what happens once people lose their ability to drive is they tend to become more and more isolated, which can lead to depression. Senior housing movements such as The Village network, which has several chapters in this area from Bethesda to Hyattsville and many communities in between, have emerged as an attractive option for aging Boomers. People pay a membership fee and can benefit from an organized and vetted list of volunteers to assist with anything from laundry to grocery shopping, and some sponsor different activities from lectures to picnics. This movement, which started in Boston, has grown across the country and really kind of formalizes what neighborhoods used to be. It is a perfect way to age in place, but maintain supports—you just have to live near one. And you have to be able to afford it, which means planning in advance if this is the kind of living situation you want to have as you age.

Granny pods on the property of children are now being marketed as a way for independence to be maintained while supervision is still an easy possibility. I think this would be the way I would want to do it. Everyone is still able to maintain their privacy but the convenience of being right there versus across town, or across the country, cannot be beat.

Shared housing options, similar to group housing but different, are also starting to be developed where folks who prefer not to live alone, can join forces in a housing situation with private bedrooms and bathrooms and joint living areas, kitchen and outside space. There is not a lot of programming, but perhaps a shared morning and evening meal. The Green House project is an exciting new small residence option for the elderly.

*With so many issues involved with aging, and we've really only scratched the surface here, what's the one parting thought you'd like our readers to consider?*

Everyone should really envision what they want life to look like as they grow older, including where you want to be, and then formulate a plan how to get there. What kind of environment are you seeking? One with all ages, or only seniors? Will you live in a community that has progressive increases in the availability of assistance? Will you

have someone nearby to help you? Will they be consistently reliable? What shape are your finances in? What lifestyle changes do you need to make to maintain good physical and mental health? Will you need to request services from a local office on aging for assistance or will you be able to afford assistance if you need it?

I am grateful to have learned what I have from watching the aging process of others. Planning ahead, making adjustments gracefully and thoughtfully, and lining up assistance *before* I need it are the best ways to charge ahead. The older adults that have shared their personal insights, revelations, and senses of humor with me taught me what it is to age with dignity and grace. Their caregivers have also taught me how to be resourceful, compassionate and relentless in making sure these older individuals maintain what they need in order to feel like themselves. I know I will take these lessons with me into as I age, and hope they will inspire your readers as well.

### Additional Resources

American Occupational Therapy Association:  
[www.aota.org/About-Occupational-Therapy/Patients-Clients/Adults.aspx](http://www.aota.org/About-Occupational-Therapy/Patients-Clients/Adults.aspx)

National Association of Home Builders Certified Aging-in-Place Specialist: [www.nahb.org/en/learn/designations/certified-aging-in-place-specialist.aspx](http://www.nahb.org/en/learn/designations/certified-aging-in-place-specialist.aspx)

AARP's "Aging in Place: A Toolkit for Local Governments":  
[www.aarp.org/content/dam/aarp/livable-communities/plan/planning/aging-in-place-a-toolkit-for-local-governments-aarp.pdf](http://www.aarp.org/content/dam/aarp/livable-communities/plan/planning/aging-in-place-a-toolkit-for-local-governments-aarp.pdf)

Maryland Department of Housing and Community Development: <http://dhcd.maryland.gov/Residents/Pages/ahsp/default.aspx>

The Atlantic, "Building A Better Nursing Home":  
[www.theatlantic.com/business/archive/2015/04/a-better-nursing-home-exists/390936/](http://www.theatlantic.com/business/archive/2015/04/a-better-nursing-home-exists/390936/)

Village To Village Network: [www.vtvnetwork.org/](http://www.vtvnetwork.org/)

The Green House Project: [www.thegreenhouseproject.org/](http://www.thegreenhouseproject.org/)

Med Cottage: [www.medcottage.com/products.php](http://www.medcottage.com/products.php)

*To contact Gretchen Videgar for more information about OT-CAPS services, she can be reached by email at [Gbvid1@gmail.com](mailto:Gbvid1@gmail.com).*

*Michelle Alonso is Associate Editor at Pathways Magazine, and a freelance writer and special events producer. She currently resides with her family in Montgomery County.*

**Please turn back to page 108 for the "Top 5 Strategies for Aging at Home"**

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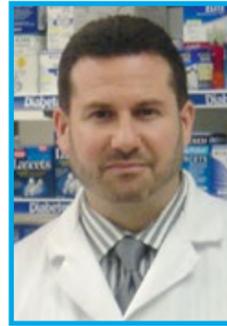


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