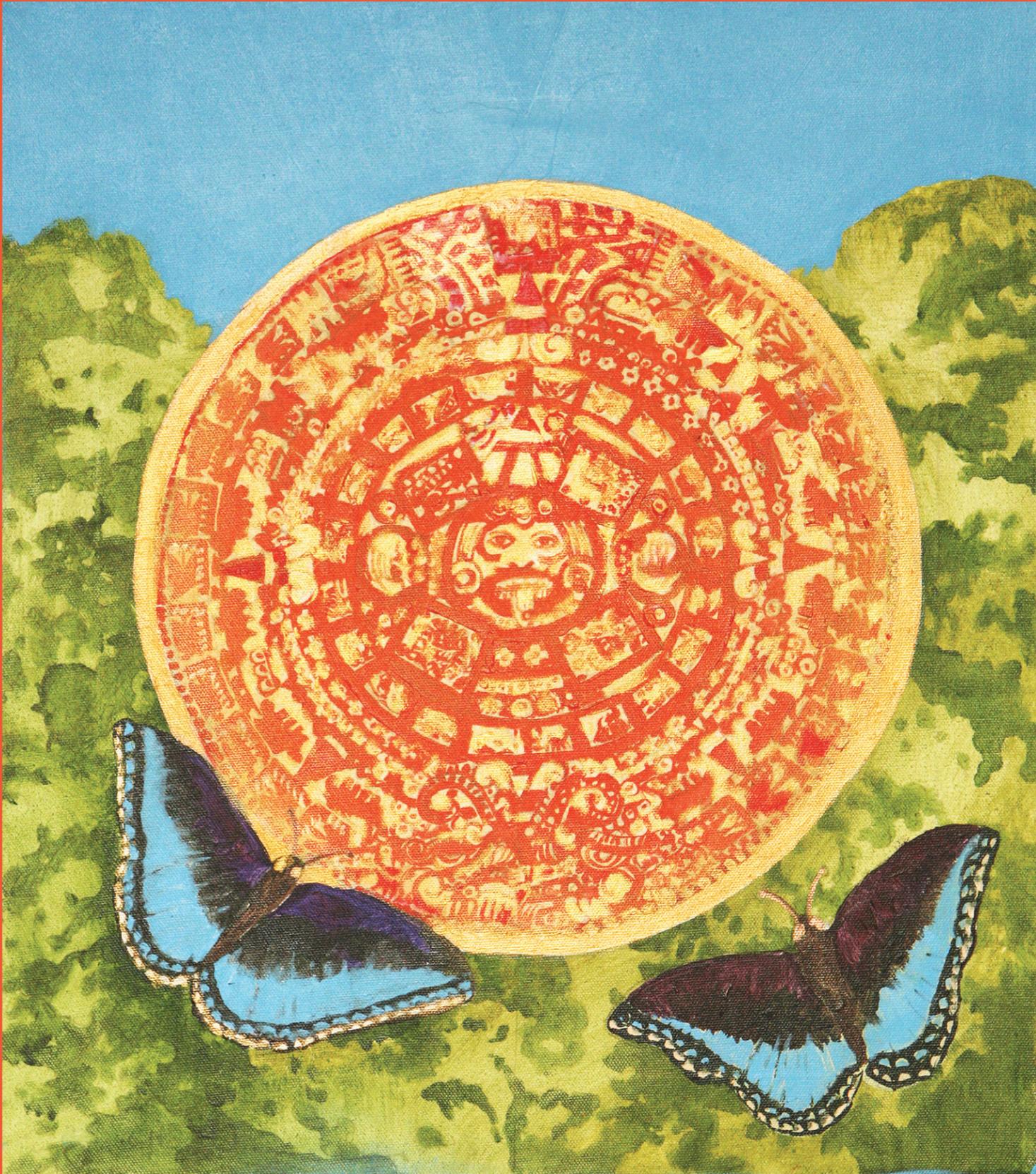


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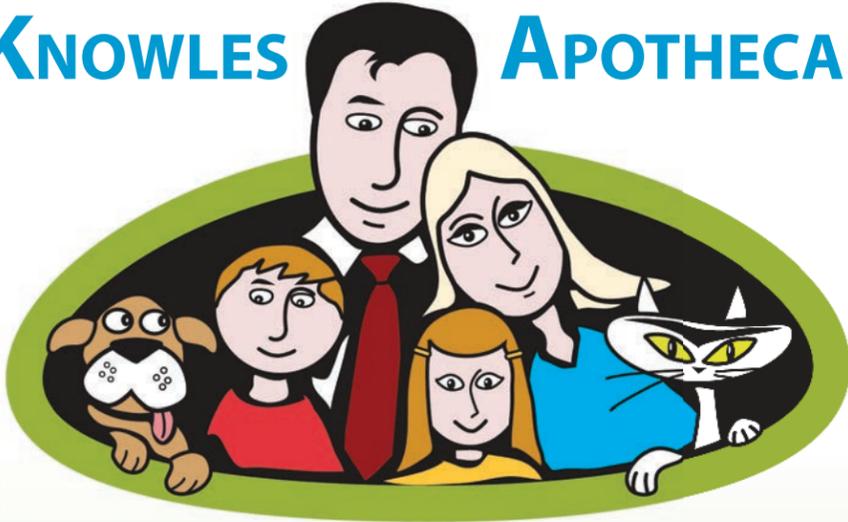
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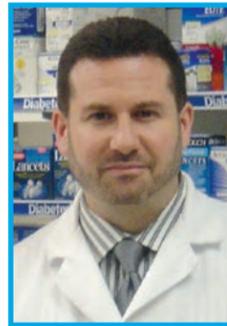
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Pathways is a quarterly journal and resource guide for the greater Washington area. We are committed to providing the public with free access to local resources and specific tools for improving the quality of life physically, mentally, emotionally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

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

—R. Buckminster Fuller

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

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

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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.

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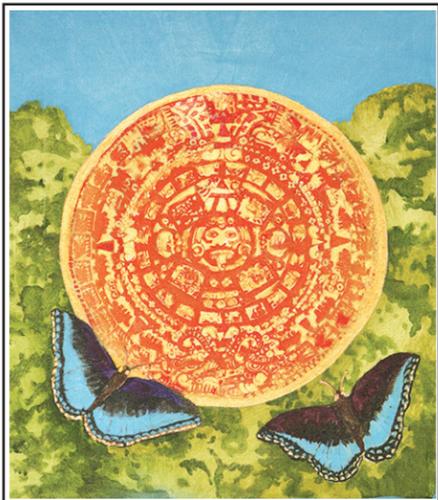
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Mind-Body Healing Graduates To Next Level: Integrative Medicine at the University of Maryland

INTERVIEW BY DANIEL REDWOOD, DC

Brian Berman is a tenured professor of family medicine and director of the Center for Integrative Medicine at the University of Maryland School of Medicine. Dr. Berman trained in family medicine and pain management as well as complementary medical approaches such as Traditional Chinese Medicine. He has dedicated his career to evaluating the efficacy, safety and cost-effectiveness of complementary and integrative medicine. In 1991 he founded the first U.S. academic medical center-based program for integrative medicine.

Dr. Berman is one of the most highly funded National Institutes of Health (NIH) researchers in the area of integrative and complementary medicine, receiving over \$30 million over the past 14 years. He is currently principal investigator of two NIH specialized center grants for the study of Traditional Chinese Medicine (TCM) and chronic disease, specifically arthritis and irritable bowel syndrome. These center grants build on 10 years of work from his two previous NIH center grants and a NIH international center planning grant that has built collaborations with leading institutions in Hong Kong, Australia and the U.S. In 2004, Dr. Berman's landmark study showing acupuncture to be a safe and effective therapy for osteoarthritis of the knee was published as the lead article in *Annals of Internal Medicine*. Subsequently, it was the focus of 23 million media stories worldwide. His research publications include 3 books and over 150 articles in leading medical journals focused on integrative medicine approaches for a wide range of chronic health disorders.

For the past 23 years, Dr. Berman has practiced integrative medicine and has introduced this approach into the University of Maryland medical system. He has also introduced core curriculum and elective courses on integrative medicine into the School of Medicine and established both research and clinical fellowships in this field. A pioneer in the field of integrative medicine, Dr. Berman was honored with the Bravewell Leadership Award for Integrative Medicine in 2005. The award "celebrates and supports visionaries who have committed their medical careers to transforming healthcare in America and ushering in a new practice of medicine." He was chair of the ad hoc advisory committee to the NIH Office of Alternative Medicine when it opened in 1992, as well as the report to the NIH on alternative medicine. Subsequently, he served on their advisory committee for 6 years.

Dr. Berman also helped found and now serves as field coordinator for the complementary medicine field of the



Brian Berman, MD

Cochrane Collaboration, an international organization dedicated to evaluating all medical practices. He was a panel member of the National Academy of Sciences, Institute of Medicine's report on complementary medicine, published in 2005, and was the first chair of the Consortium of Academic Health Centers for Integrative Medicine, which grew from 7 to 29 North American universities over his tenure. Dr. Berman is the co-founder and president of the Institute for Integrative Health, a not-for-profit organization that engages visionary scholarship and initiates innovative programs that aim to catalyze new paradigms in healthcare.

In this interview with Dr. Daniel Redwood, Dr. Berman shares the personal journey that led to his career in integrative healthcare, explains his research at the University of Maryland on acupuncture and osteoarthritis, and discusses his current work bringing

acupuncture and mind-body healing methods into the university's world renowned shock trauma center.

How did you first become interested in alternatives to conventional medicine?

I did a residency in family practice back in the late 1970s, but once out in practice, realized I didn't have a lot to offer to patients with musculoskeletal problems. I took some training in Cyriax orthopedic medicine, the diagnosis and treatment of soft tissue problems, and that opened my eyes to other possibilities.

I started to meditate back in 1972 when I first started medical school over in Ireland. In a way, I've always been interested in more than what the mainstream offers. When I was an undergraduate at Columbia University, I took courses with Margaret Meade in culture and anthropology and actually minored in anthropology while major-

ing in psychology. I took courses in hypnosis at the Columbia College of Surgeons when I was an undergraduate.

After my medical training, it was very clear to me that I had been taught excellent skills for acute problems but didn't have enough answers for my patients who suffered from chronic disorders. I had people who I knew weren't well but all the tests were showing things were fine. I would tell them that there's nothing that shows up on the tests so maybe we can refer you to the psychiatrist. That didn't seem like enough so I started to look around and see what else was there.

One thing led to another. I was running an emergency room for a couple of years over on the Eastern Shore area of the Chesapeake Bay. I remember going down to a meeting in Virginia Beach, where the owner of the different emergency rooms had their headquarters. So I'm looking at people who are 20 years older than I am who are running these emergency rooms and I'm thinking, I don't want to be like this is 20 years. [Laughter]

I said to my wife, why don't we leave the meeting and go for a walk on the beach. And so we did, and walking along I saw this sign for the ARE, the Association for Research and Enlightenment. I remembered that one of my classmates at Columbia was into Edgar Cayce, and I seemed to recall this has something to do with that. We went in there and I picked up a couple of books. One was on drugless therapies, by Harold Reilly.

Yes, the physical therapist. A fine book.

And I said to my wife, that's what I want to do. That began a journey. We ended up contacting the ARE clinic in Arizona, and Gladys and Bill McGarey were there and they said why don't you come out, we always like to see young physicians out here. I joined them in 1983. From there, I was really exposed to complementary and alternative medicine.

They were among the founders of the American Holistic Medical Association. Magnificent people.

I used to sit down with Bill twice a week and we would go over cases. I remember the first case I took, I was so proud that I had seen this woman with headaches and I hadn't given her a prescription for drugs, which is what I would have done based on my medical training. So Bill said, "Okay what did you do?" I said, "Well, no prescription for drugs." And he said again, "What did you do?" He said, I think we should call her back." And he started to teach me about lifestyle behaviors and other

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Purge Plastics

Reduce your intake of potentially harmful chemicals by getting your food off its plastic dependency.

BY JESSICA KELLNER, FROM
MOTHER EARTH LIVING

Look around your kitchen. If you are like most of us, you're likely to find plastic just about everywhere. In your cabinets, plastic food-storage containers and utensils. In your pantry, canned foods lined with plastic. In your fridge, plastic butter tubs and salad containers. Plastic is pervasive in our world, yet a variety of sources have confirmed the potential hazards of ingesting the chemicals that can leach from plastic products. Nowhere is that risk more direct than when the food we eat comes into direct contact with plastic. But don't panic. Although plastic is ubiquitous, learning a bit about the most dangerous types and replacing plastic with practical, easy-to-find alternatives will keep you and your family safe.

Know Your Plastics

The first step toward increasing food safety is to understand the differences in plastic types. While the safest approach is to avoid the interaction of food and plastic whenever possible, at the very least, we want to make sure to avoid the plastics that studies reveal are the most hazardous. To determine what type of plastic you're dealing with, turn over any plastic container and look for the recycling code on the bottom. The plastics with the greatest potential for negative health effects are #3, polyvinyl chloride (PVC) and #7, polycarbonate (PC) or "other." Safer plastics for food storage include #2, high-density polyethylene (HDPE), the plastic used for opaque milk jugs and cereal box liners; #4, low-density polyethylene (LDPE), the plastic used in plastic wrap and sandwich bags; and #5, polypropylene (PP), the plastic used in yogurt and margarine tubs.

PVC plastic is marked with recycling code #3. Often used in the plastic used to wrap meats and cheeses, "cling-wrap" style plastic wrap and cooking oil bottles, as well as toys, plumbing pipes and insulation, PVC is known as the "toxic plastic." The most potentially hazardous elements of PVC are the plasticizers used to help make the product flexible, notably phthalates and adipates. Traces of these chemicals are known to leach into foods stored in PVC. In animal studies, phthalates interfere with the production of male reproductive hormones, lower testosterone levels and decrease sperm counts. Exposure during fetal development can cause malformation of the male reproductive tract as well as cancer, according to the Natural Resources Defense



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10 Plastic Safety Tips

Use these steps for a less-plastic lifestyle.

1. Never heat food in plastic containers. High heat releases chemicals from plastics into your food.
2. Always avoid the most hazardous plastics—those marked with recycling codes #3 and #7.
3. Do not reuse single-use plastic containers such as water bottles or clamshells.
4. Do not use baby bottles, children's sippy cups or other children's dishware made of plastic, particularly #7 plastic. Instead, choose glass, ceramic or stainless steel baby bottles and children's dishware.
5. Reduce your consumption of BPA-lined canned foods and beverages. Instead, opt for foods packaged in glass jars or cans not lined with BPA (such as those from Eden Organics).
6. Do not serve or store hot or fatty/oily foods in plastic containers, which can cause chemicals to leach more readily.
7. Choose reusable glass or stainless steel food-storage containers.
8. Avoid foods sold in plastic such as deli meats and cheeses. If you do purchase items packaged in plastic, transfer them to a glass or stainless steel container as soon as possible.
9. If you continue to use plastic, retire old containers. Plastics leach more chemicals over time as they are worn down.
10. If you are pregnant or nursing, remember that BPA is transferred from your blood to your baby's.

Council (NRDC). To avoid PVC, ask your grocery-store butcher to cut meat and wrap it in paper. When choosing cheeses, opt for those in zip-closure-style bags rather than shrink-wrapped cheeses. If you use plastic wrap in your kitchen, make sure to buy those made of safer #4, or LDPE, plastic.

Plastic marked #7 fits into the broad category of "other," but the majority of it is polycarbonate (PC) or polylactide (PLA). PLA plastic is a compostable plastic, but PC plastic contains bisphenol-A (BPA), a potent endocrine disruptor that mimics estrogen in the body and has been linked in animal studies to health problems ranging from behavioral disorders and obesity to reproductive system damage and increased cancer risk. BPA is ubiquitous in the United States. Up until recently, one of its most common uses here was in baby bottles and children's sippy cups, despite the fact that children's developing systems are more at risk for harm from this chemical than adult systems. But last July, the FDA banned the use of BPA in children's bottles and sippy cups. BPA is still found in the plastic lining of canned foods, where it is at high risk of leaching into foods—particularly those that are acidic or canned in liquid. Organic products don't necessarily contain less BPA than conventional canned foods. Eden Organics is one of few U.S. brands that offers canned goods in BPA-free cans.

Although PET or PETE plastic (polyethylene terephthalate, recycling code #1) is commonly used to create beverage containers and is generally considered safer than #3 or #7, it too may potentially leach chemicals. Studies have also found that reusing single-use PET bottles (standard plastic water bottles) can cause the plastic to break down and allow bacteria to build up in threads for the cap.

Plastic marked #6 is polystyrene (PS), more commonly known as Styrofoam. Its health impacts are not as severe as in #3 and #7, but do include eye, nose and throat irritation. More important, PS is a major contributor to marine pollution because it floats and can take up to 50 years to break down. It has also been shown to cause cancer in production workers.

Food Safety and Plastic Safety: Avoiding All Plastics

While eliminating the most harmful plastics from your life will go a long way toward reducing your chemical intake, recent studies support the case for avoiding plastic altogether whenever possible. Recent findings have concluded that many plastic types can leach chemicals that have estrogenic activity, according to a study reported by the peer-reviewed journal *Environmental Health Perspectives* (EHP) published by the National Institute of Environmental Health Sciences.

continued on page 98

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The Wang Wellness Center was founded by Dr. Lisa Meiling Wang, L.Ac., OMD, who has over 35 years of experience. Dr. Wang is licensed by the Maryland Medical Board. She is from China and is a third-generation doctor of Chinese medicine. She graduated from the Academy of Traditional Chinese Medicine and practiced at the Temple of Heaven Hospital in Beijing – both featured in Bill Moyers' acclaimed PBS television series on *Healing and the Mind*. She has been practicing since 1975 and is a diplomate of the World Health Organization.

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This is a one-time offer valid through February 2013

Things Go Better With Bitters

Where once the green trees were kissed by the sunrise
 There's a highrise 'tween the sunrise and the smog in your eyes.
 All the other flow'rs got twisted by the herbicide squirt;
 The last dandelion's laughing, deserved bitter dessert.
 (HerbAlBum, 1985)

BY JIM DUKE, OWNER, AND HELEN LOWE METZMAN, DIRECTOR, THE GREEN FARMACY GARDEN

Perhaps one of the healthiest recommendations in the Bible is to "eat with bitter herbs," anticipating by a couple millennia the tardy appeal by the National Institutes of Health (NIH) to eat your leafy veggies. Helen and I are going to make that suggestion also. The bitter herbs of the Bible have variously been interpreted to include chicory, dandelion, endive, lettuce, sheep sorrel, watercress, and possibly fenugreek. Some have even suggested rocket, which I find more bitter than the endive, lettuce, and watercress.

In the Green Farmacy Garden, we have a more exhaustive list of bitters—some weak, some strong, and many of them invasive weeds, but free to us for the harvesting. They are: air potato, alfalfa, aloe, Ameri-

can and Asian ginseng, angelica, artichoke, asparagus, baical skullcap, balmony, barberry, bayleaf, bearberry, blackberry lily, black cohosh, blessed thistle, blue cohosh, boneseed, bottle gourd, burdock, cascara sagrada, chickweed, chicory, Chinese foxglove, corydalis, cranberry, creat, dandelion, dogwood, dong quai, Dutchman's breeches, Echinacea, eclipta, eleuthero, ephedra, fennel, feverfew, forsythia, fo ti, fringetree, gotu kola, goldenseal, goldthread, hawthorn, hops, horehound, horseradish, horsetail, huang qi, Indian valerian, juniper, lesser periwinkle, licorice, magnolia vine, mate, mayapple, milkthistle, mugwort, nandina, neem, nettle, Oregon grape, pawpaw, phyllanthus, pot marigold, redroot sage, rhubarb, rose-of-Sharon, rue, saw palmetto, self-heal, shatavari, sida, skullcap, southernwood, sweet annie, tansy, tulip tree, tulsii, turmeric, vervain, watercress, wild yam, willow, wolfberry, woodruff, worm-

wood, yellow dock, yellowroot, yerbasanta, and yucca.

All of these bitter herbs contain many important nutraceuticals, which primitive and modern agriculture tend to select against, as seeds of more palatable variants are saved and more bitter ones discarded. In other words, modern agriculture selectively breeds to diminish the bitter nutraceuticals, making them less bitter and tastier, but thereby also reducing their medicinal value. I suspect that a half cup a day each of seven of these bitter herbs would lower the incidence of many diseases of modern man, some by as much as seven-fold. Instead of following the NIH directive, maybe you should strive for seven veggies a day, maybe even seven bitter herbs.

For example, among the many diseases for which the maligned dandelion is useful are some of the most advertised ailments of Americans. I will wager that if you have the much-touted acid-indigestion, dyspepsia, gas-

troesophageal reflux disease (GERD), and heartburn and/or indigestion, dandelion can help. But I will also wager that if you go to your doctor, he or she is more liable to prescribe such things as (alphabetically from A to Z): Alka-Seltzer™, Acid®, Bromo-Seltzer, Duracid™, Gaviscon®, Maalox®, Mylanta®, Nexium®, Pepcid®, protein-pump-inhibitors (PPIs), Prevacid®, Prilosec®, Roloids®, Tagamet®, Tums®, and Zantac®.

These medicines are all mentioned in a great book I am tardily reviewing, *Why Stomach Acid is Good for You*, by Jonathan V. Wright, MD, and Lane Lanard, PhD (2001). Most of them are also mentioned in Consumer Reports on Health (CRH) (24, No. 7, 2012). The CRH is usually a bit more conventional than Jonathan Wright, a great holistic physician, and me, a mediocre botanist. Under the title, *Soothe the Fire in Your Belly*, CRH has a picture that looks like a hot dog on fire (one

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HEALING AS NATURE INTENDED

Colon Hydrotherapy

What is colon hydrotherapy?

Colon hydrotherapy is a safe, painless, and effective method of removing waste from the large intestine without the use of drugs or laxatives. By introducing ultraviolet-light-purified, carbon filtered, and temperature controlled water into the colon, waste is softened and loosened resulting in evacuation through natural muscle contraction or peristalsis. This process is repeated many times during a therapy session.

Benefits:

Helps eliminate and control: allergies, asthma, aches, pains, stiffness, bad breath, painful or difficult BM, constipation, chronic fatigue, food cravings, depression, difficulty sleeping, stress, gas, headaches, body odor, irritability, lack of vitality, overweight conditions, protruding abdomen, skin problems and foul stool odor.

“Every tissue is fed by the blood which is supplied by the intestinal system. When the intestines are dirty, the blood is dirty and so are the organs and tissues. It is the intestinal system that has to be cared for first before any effective healing can take place.” — Dr. Bernard Jensen, Ph.D.

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- **Repetitive Strain Injuries** that may take the form of muscle spasms, strains, inflammation of joints and various soft tissues, loss of motion, and chronic pain. Some examples are carpal tunnel syndrome, tennis elbow, golfers elbow, rotator cuff injury, and frozen shoulder problems.
- **Chronic low back pain:** including Piriformis Syndrome and the referred problems of Quadratus Lumborum – the two most overlooked, insidious perpetrators of low back pain
- **Whiplash injuries:** including Levator Scapular, Scalenes, and SCM, pain “between the shoulder blades”, and repetitive use problems involving Rhomboids, mid and upper traps
- **Sports injuries:** including Plantar Fasciitis, heel pain, shin splints, knee pain, Hamstring, Quad, and IT band problems, and Adductor and groin injuries
- **Fibromyalgia and Thoracic Outlet Syndrome** including myofascial pain syndrome and primary fibromyalgia

Massage Therapy

Benefits:

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Instruction given by Robert Jordan and Isabel Hon – 22 years combined background in raw foods preparation and Living Foods Lifestyle

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



Robert Jordan,
M.A.Ed., LMT, NCTMB, I-ACT

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ONCE IS ALWAYS ENOUGH!

The Four Biggest Mistakes In Tarot Reading

BY GERALDINE AMARAL

There are many answers you have received, but have not yet heard.
~ The Course in Miracles

When it comes to consulting an oracle, once is always enough! One thing I've learned over the years about using and studying the Tarot is that there are very few hard and fast rules. And if there is one paramount rule it is this: *Use the system that calls to you.* If a technique works for you, makes sense to you and you are happy with the results, honor that practice—not to the point of being inflexible, but trust what your guidance advises. Isn't the whole point of working with an oracle like the Tarot supposed to be to develop your intuition? Learn to trust it from the first moment you flip over a card.

The concept of not having one true or correct approach can apply to how you choose a deck, which deck you use, how you flip the cards over when doing a reading, what spreads you use, what books are best to read, what meanings of the cards are the "true" meanings, what are the best questions to ask the oracle and so on and so on. We all have our opinions about these and similar topics.

As a Tarot reader and teacher for the past 30 years, I've noticed there are a few practices a beginner with the Tarot is apt to make. Below are FOUR of the most common mistakes a Tarot reader can make. Whether you are giving a reading, or receiving a reading, consider these mistakes as a good framework for evaluating a reading. You can consider my advice . . . or not. Remember, trust your own instincts and guidance.

MISTAKE NUMBER ONE: Multiple Tarot Readings on the Same Topic or Question

If there is one issue I feel especially strong about, it is the issue of whether or not to do repeated readings in a short space of time on the same question or issue. Many people believe that it is okay to do repeated readings on the same question, that it may even be a wise thing to do so. Proponents of multiple readings say that repeated inquiries may take you deeper, allowing you to see new facets and new dimensions of the question or issue at hand. Proponents say that the Tarot images can act like a brainstorming session, releasing lots of creative and intuitive flashes.

The opposing point of view says this: Once you lay the cards out in response to a question or issue, *that is your answer.* Take what you get and only that. If you don't like the answer or if you don't understand the answer, *all the better.* Sometimes the tension, confusion and dislike that we feel about certain cards and spreads help create a



paradox and in that paradox comes a kind of creative problem solving. New solutions and insights may come to you and you may find a resourcefulness you never knew you had. Finding your own solutions through this kind of process can be much more empowering than relying on the cards to tell you what may happen, or what you should do. To keep repeating the question invalidates the power and message of the first cards you chose. It is best to let the images that you have chosen impart their message. So lay the cards out and keep these cards out, in plain sight. Look at them every day. *See what happens.*

If you are a beginner with the Tarot, read the various definitions from different books. See what the images have to say from one day to the next. Each card has many levels and layers of meanings. These images appeared in your reading; your unconscious mind chose them for a reason, so let them speak to you. Further, this point of view holds true when you consult any oracle, whether it is Tarot, the *I Ching*, Rune Stones and the like. *The medium contains the message;* trust its inherent wisdom to come through on your first contact. (Please note: There is a fine line here between repeating a question because you don't like or understand the answer that the cards offered versus a sincere desire for clarification. Pulling ONE additional card strictly for clarification purposes may be acceptable, but the *intent* with which you do this is critical.)

When you repeatedly ask a question of any oracle, the message you are sending to Spirit, to your own unconscious mind and your intuitive mind is this: "I DON'T TRUST YOU." Sending such an invalidating signal to the unconscious can set up a negative sequence of events in which you will begin to distrust other cards and messages, other intuitive tools and perhaps

even begin to doubt your intuition altogether. Diane Skafta in her wonderful book, *Listening to the Oracle*, says: "You may ask for clarification . . . but an old rule of divination says that you should not ask the same question twice in a row." For those of us who use various oracles for spiritual and mystical wisdom, this is sage advice. Skafta emphasizes the importance of bringing reverence to the divinatory experience. Repeatedly asking an oracle the same question does not convey reverence or trust, it conveys fear and disbelief.

A friend of mine had a painful breakup with her boyfriend. She desperately wanted the relationship back and over a period of several weeks, did repeated readings with the Tarot and the *I Ching*, hoping for a sign that the man would return, or that he still loved her. In fact, she was so obsessed that she barely took the time to digest the messages that were coming through. Her obsession with that one person and the only result she would accept prevented her from being open to other opportunities coming into her life as well as an exploration of what was driving her obsession. Such obsessive behavior is a good example of what *not* to do when consulting an oracle. We all need to slow down, breathe, step back and truly *listen* to Spirit's guidance. Eckhart Tolle might say that we need to be present with *this* moment. In fact, he says, "Accept this moment [this situation] as if you have chosen it!"

A variation of this mistake is to keep pulling so-called "clarifier" cards. These are cards that you draw to clarify one card in the spread that you don't understand, or perhaps don't like. Occasional clarifier cards for problematic cards is acceptable, but if you are constantly pulling clarifier cards, or selecting more than one card as a clarifier, it suggests there is something you need to pay attention to in the *original* card selected. If the card puzzles you, or

troubles you, perhaps there is a deeper meaning in the card that can help you address a particular issue in your life path.

MISTAKE NUMBER TWO: Mistakes in Formatting the Question

Another controversial and critical issue that relates to the questions you ask an oracle has to do with the manner in which you pose or format the question. I believe that the *very structure* of the question may limit Spirit's ability to guide us. For example, if you go to an oracle and ask a question such as, "Should I move to California?" you have, by the very nature of the question, narrowed the scope and context of the question so that other dynamics and variables that may be at play in your life will be overlooked. Furthermore, "should" is one of those loaded words and, by its connotation, can set us up for failure. "Should" in whose eyes? Society? Parents? Co-workers? Our own inner critic? Do not fall into the trap of using any oracle such as the Tarot as an extension of your own beliefs. You want your questions to any oracle to encourage you to step "outside the box" and help you see new alternatives. Be open to universal interception. You never know in what form that which you seek will come to you. *Don't put limitations on Spirit's ability to respond to your requests.*

The *I Ching*, one of the oldest oracles of all, tells us that if we can formulate the right question, we don't need the answer. Picasso is attributed with saying "Computers are useless, they can only give us answers." The questions you pose are, in some ways, *the most important aspect of a Tarot reading.* I recommend that you formulate your questions with the specific intent of releasing any limited, subjective or narrow points of view. The ideal question enables you to surrender to the wisdom of the Higher Self, the spiritual forces that surround us, the Source, however you conceive of it. The ideal question will enable you to take off your human blinders, to "borrow" the mind of Spirit. For the question mentioned above, "Should I move to California?" below are some possible alternatives, and some recommended phrasing for all questions in general:

What is the expanded viewpoint of Spirit regarding moving to California?

What guidance is available to me about moving to California?

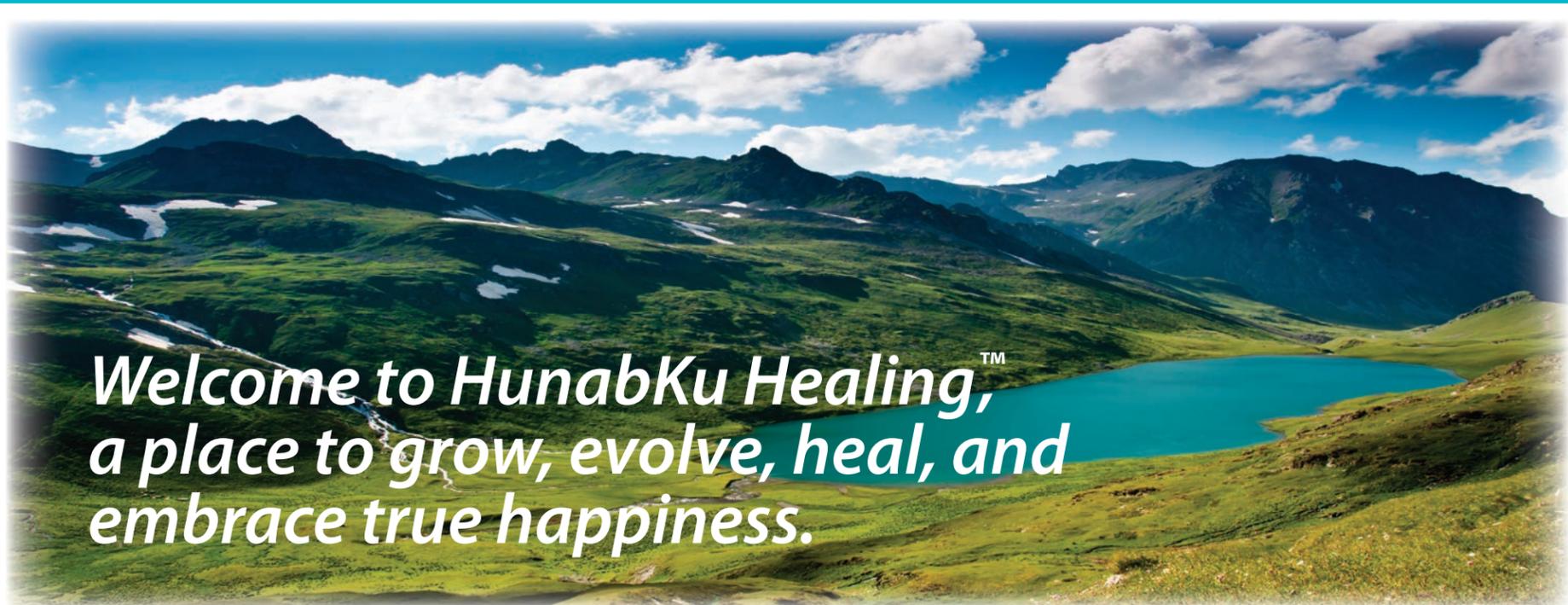
What advantages and disadvantages do I need to be aware of in considering a move to California?

What perspective should I take on this issue in order to have success?

Please give me helpful information or advice about _____.

What are the energetic patterns for

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The Yoga of Caregiving: You Come First

BY CLAUDIA NEUMAN

You know the familiar instruction, "In the event of an emergency, please put *your* oxygen mask on first, and then strap on your child's mask." The reasoning behind this is that you come first because others are dependent on you. If you don't survive, neither will they.

Unfortunately, thinking about yourself first is usually the last thing on your mind if you are the one in charge. Some of us thrive under this kind of pressure. Perhaps there is some short-lived glory in sacrificing ourselves; or perhaps this is what we have been taught is the *right* thing to do, lest we should be considered selfish. The problem with this line of thinking is we forget who we are. After while our internal reflexes become about others' survival. We learn how to disconnect from our real needs, and the thought of taking time to recharge and nurture ourselves gets lost forever.

Yoga is a discipline that asks at least this much of us: Let's carve out a moment in our very busy and important existence to put on our own oxygen masks and breathe life into our bodies and souls. As an instructor for many

decades now, my heart reaches out to all caregivers, such as parents, that I have watched come to class. I make sure they understand it is a major victory to take the time for yourself let alone get to the yoga mat. And to the parents, I will say I consider parenting to be the 24-hour-a-day, 7-day per week yoga practice of discernment and self study—something that is strived for from a regular meditation practice.

More often than not being consistent about anything having to do with your well-being becomes a distant memory—that class you went to once and vowed to return to is a faded dream. When a crisis hits, like the stress of the holidays, or any other, how can we water and feed this intention that seems so foreign to us now? The answer is to find a way to do yoga at home, even if you don't have the slightest idea about how to begin and you can't touch your toes.

There are so many ways to do yoga that do not involve being in a class on a yoga mat. More importantly, a yoga routine does not have to be an hour long. A very wise teacher once explained to me the way to start to make yoga happen in your home is to set out to do only five minutes of yoga; or set

out to do just three things you remember from a class you took or a video you saw. Make an appointment with yourself—log it into your iPhone, just like any other appointment you want to keep, and keep it. Even if all you do is to remember think about it for a moment, it's a start. Keep the appointment and watch what happens. Just five minutes. Anyone can carve out 5 minutes, right?

And what about the place in your home where all this yoga stuff could happen? If you don't have much space, and don't own all the fancy accoutrement such as a yoga mat or yoga clothing, this could already be a tall order. BUT...if you have a bed to sleep in, or just a place to lie down, you CAN do yoga. Read on.

Yoga Nidra: The Sacred Practice of the Yoga of Sleep

Yoga Nidra is a powerful meditation technique in which the only skill required by you is that you lie still and listen to the suggestions being made by the teacher/CD or DVD (there are many available).

This blissful ancient yoga practice done lying down has been proven to be a more efficient and effective form

of psychic and physiological rest than regular sleep—a single hour of this practice is worth at least four hours of quality sleep. Yoga Nidra literally means, "Yogic Sleep." In this state the mind straddles the boundaries between wakefulness and sleep so that the subconscious mind comes to the front of your awareness while the conscious mind takes a back seat. Your level of receptivity to suggestion is powerfully increased, and one can actually train the subconscious mind so that the intellect will follow suit. In other words, deep relaxation on every level takes place; distractions from the outside world are put aside.

The stages of relaxation in this practice include what is known as *sankalpa*. Sankalpa means "will, purpose or determination," which means to set an intention. This is perhaps one of the most effective means of training the mind; with each practice, you make a strong resolution with yourself. In this respect many magnificent benefits entail apart from the fact that the whole body, inside and out, feels deeply recharged.

As mentioned, there are many CDs

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DENTAL CARE IN A HEALING ENVIRONMENT

Whenever two people come into relationship with good intention and purpose a healing environment is created for **both** of them. In such a relationship patient and doctor **become** equal partners helping each other toward physical and spiritual balance.

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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The Yoga of Caregiving: You Come First
 ...continued from page 15

of Yoga Nidra sessions available to everyone online. Over the last several years the popularity of this practice has grown, so many yoga studios and wellness centers are offering these classes by trained and certified instructors. Going to a Yoga Nidra class at a studio certainly makes it easier to find your own "oxygen mask" of time, but if you simply cannot find that time, consider a CD.

Right here in Washington, DC, Robin Carnes, MBA, E-RYT 500, has done extensive work and training as a specialist of this type of yoga. (See her website at: <http://yoganidranow.com/>.) She is currently the Clinical Director of an outpatient program that treats Wounded Warriors "from the invisible wounds of traumatic brain injury and posttraumatic stress disorder after multiple deployments Iraq and Afghanistan over the last decade and more." Many who have done Robin's classes have loved her CDs and other products as well.

Restorative Yoga

This style of yoga is exactly what it says it is. Restorative Yoga uses poses aimed at restoring the vital energy forces of the body and mind. Judith Hanson Lasater, PhD, a Physical Ther-

apist and one of the major forces in the world of Restorative Yoga, says, "We work very hard in our lives, and, while we may sleep, we rarely take the time to rest." For more information about Restorative Yoga, I recommend Lasater's book, *Relax and Renew*—it is the Bible of Restorative Yoga for many. There are also many CDs out as well. Spirit Voyage provides free Mp3 downloads of restorative yoga practices at www.spiritvoyage.com/restorativeyoga.aspx.

Restorative yoga poses are done by setting yourself up in a pose with yoga props and remaining in the pose without effort while you breathe and relax. Although props, such as blankets, bolsters and blocks, are used for many of these positions, there are a few you can do at home with home-made props, or with no props at all. As mentioned earlier, five minutes might be all you need to make you want to go out and find more. Here are two poses to get you started.

Legs Up The Wall Pose

Find an uncluttered space in your home where you can lie on the floor. Swing your leg around and up so they are resting on the wall while your back is on the floor. If you like, you can place a folded blanket underneath your low-



The legs up the wall pose can be done with or without a folded blanket under the hips.

er back to lift the hips higher and create a gentle stretch in the backs of your legs. Even without props, you will still love this pose.

Benefits: This is natural way to invert the body without danger of harm. It is safe for those with low or high blood pressure because the head is not the place where the blood gathers. It is also a passive opening for the hips, lower back and hamstrings. This is a great pose to give yourself after you have had to walk or run a lot—it

brings blood to the pelvis and allows any swelling in the legs to decrease.

Hold the pose for three to five minutes if possible (longer is also good), and maintain long slow deep breaths through the nose while in the pose. You can also add an eye bag over your eye lids to block out distractions and find the place of peace inside you.

Simple Supported Back Bend

This pose can be done with a yoga blanket or thick towel, but make sure the blanket is folded neatly so you do not have wrinkles or lumps. Use the blanket as a gentle prop for the upper back by folding it or rolling it into a long line, like the length of your spine. You can place the blanket underneath your spine long ways by snuggling right up to it and sliding it underneath your back, leaving your bottom on the floor. The blanket should make the torso stretch in a heart-opening way, lifting the sternum and opening the lungs. You can bring the soles of your feet together in this position as well, if you want an additional stretch in the groins.

Benefits: This is a passive back bend that loosens the tightness of the pectoral muscles and also restores the natural arch in your lower back. The pose is excellent for practicing deep breathing in as the lungs are already in a passive

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YOGA TODAY



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You can use a rolled up blanket or towel if you don't have access to a bolster for the gentle backbend pose.

The Yoga of Caregiving ...continued from page 17

open position. It is a nurturing, relaxing and deeply restorative pose that calms and energizes. You can remain in this position for as little or as long as you like.

Yin Yoga

If you are familiar with the concept of Yin and Yang, then you know that Yang refers to something more active and assertive, or masculine, and Yin refers to that which is passive and flowing, or feminine. Yin Yoga can be thought of as a form of balancing these two qualities—it moves slowly but goes very deeply. This type of practice seems essential as far as I am concerned. In order to remember yourself and put yourself first, taking a little time out to do perhaps one or two poses in the Yin Yoga style will no doubt be life affirming.

There are several great masters of Yin Yoga you may want to research a bit before you begin. (A great online resource is www.pranamaya.com.) Yin Yoga's founder, Paulie Zink, started it all by combining Indian Hatha yoga and several disciplines from the Chinese Taoist traditions. He has created a practice of postures and movements aimed at opening up the ligaments, connective tissues and even the joints of the body (which are considered yin body parts), as opposed to the superficial muscles (considered yang body parts) that are affected in regular exercise. Paul Grilley, another master teacher and the student of Zink, refers to Yin Yoga technique as "gentle tension for long periods of time."

Sara Powers, yet another Yin Yoga master, discusses Yin Yoga's three principles on her website (www.yogaflavoredlife.com/styles-poses/three-principles-yin-yoga-postures.html). These are:

1. Come to your appropriate edge in the pose. This means that you find the respectful balance in your own body

of "gentle tension"—not too much, not too little.

2. Once you are in the pose, be still and allow the muscles to become soft. The technique stretches and lubricates the joints and connective tissue. In order to feel the benefits, you must soften the muscles and relax, allowing gravity to help you make the pose deeper rather than pushing yourself with your muscles.

3. Hold each pose for a period of time. Holding poses longer in a relaxed way helps the essential "chi," or energy, to be coaxed deeply into the body and the organs, which many find profoundly healing.

We are blessed with an abundance of studios and wellness centers in this area offering a variety of classes and workshops where you can experience these different styles of yoga practice. Even if you can't make it to a class, you can still take advantage of the many benefits of these yoga styles in the comfort of your own home. Either way, what's important is to set aside the time and space to take care of the caregiver—take care of YOU.

Claudia Neuman, M.S.W., is an E-RYT 500 and a certified Anusara Yoga Instructor. www.AlignWithGrace.com. See Claudia's ad on page 118.

Local Yoga Resources

(Name and Page Number in this issue of Pathways)

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You can also find yoga resources in our Resource Directory yoga section on page 118 and on our website: www.PathwaysMagazine.com

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Do You Have Hidden Food Allergies?

Are these your symptoms?

Fatigue

Itching

Hives

Memory Loss

Menstrual Problems

Psoriasis

Respiratory Problems

Sex Problems

Infertility

Muscle pains

Digestive Disorders

Depression

Headache

Joint Pains

Learning Problems



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

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

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

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

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

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

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

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

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

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

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

Pierre P. Gagnon, M.D.

Ear, Nose, & Throat

Allergy

Yeast Related Health Problems

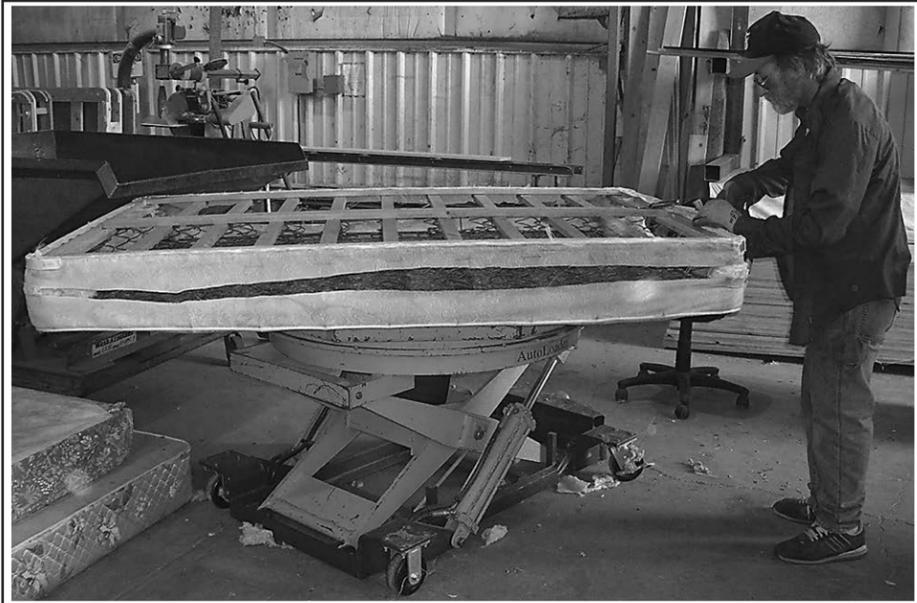
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CULTIVATING COMPASSION



Mattress recycling in Eugene, OR, creates jobs and reduces waste

Recycling Stimulates Economic Development:

Make Zero Waste a Reality in Prince George's County and D.C.

BY NEIL SELDMAN, PH.D.

Prince George's County and its immediate region can take advantage of the recycling and economic development movement in the U.S., also referred to as Zero Waste. The County and its surrounding jurisdictions need to decide quickly whether they want to move in this direction. Alternatively, with increasing trash and decreasing landfill space, local governments are likely to see garbage incineration as the only viable option, especially when surrounded by incinerators including those in Alexandria and Lorton, VA, Montgomery County and Baltimore, MD.

Prince George's County and the District of Columbia may already be considering incineration; Frederick County has planned to build a large incinerator for several years now, and a second larger incinerator is planned for southeast Baltimore. Prince George's County and D.C. residents must protect their environment and public health as well as their economic and financial future by opting for sound economic development and environmental security. Happily there are many models to follow.

In the late 1960s and early 1970s, the U.S. recycling movement benefited from the decentralized nature of our government. With 10,000 local governments each in charge of its own solid waste, it was possible to experiment and to share successful approaches across the country. Today, in the midst of the Great Recession, decentralized recycling is proving its worth to the country once again. The recycling industry has created well over 1 million jobs and is projected to add another million jobs as recycling levels continue to divert more and more material to

industry and agriculture. The level of experimentation continues.

The following stories introduce just a fraction of the new job creating and job sustaining endeavors from around the U.S.

In Bridgeport, Connecticut, a mattress recycling and refurbishing enterprise started up in late June. Twenty workers will process 100,000 mattresses and box springs annually. This will reduce transfer station and landfill costs, while making good end products available to consumers at pennies on the dollar compared to new mattresses from formal retail stores. The plant is owned by the Greater Bridgeport Community Development Corporation, which used a \$100,000 Community Development Block Grant (CDBG) to leverage additional capital.

An array of refurbishing operations in Eugene, Oregon—including mattresses, automobiles, appliances, computers and furniture—sell through 11 outlet stores run by Saint Vincent de Paul (SVDP). It is estimated these operations have helped lower the cost of living in Eugene by three percent. SVDP's total operations employ more than 400 workers at living wages plus health insurance. SVDP also manufactures products made from window glass and fire starters made from old crayons. Since the Great Recession of 2008, SVDP has hired over 100 new workers and raised wages.

In Reading, Pennsylvania, a small town that has suffered through the collapse of much of America's manufacturing base, as well as the losses brought by the Great Recession, Mayor Vaughn Spencer is introducing creative ways to use raw available materials for sustainable economic growth.

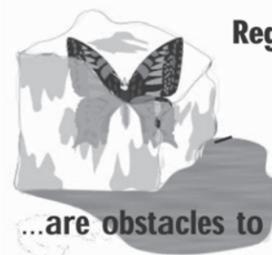
continued on page 92

Past life Regression Therapy with Darshan Khalsa

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



Frozen Blocks...



...are obstacles to

Regression Therapy is a form of guided self-healing which allows a release of core energy patterns we bring with us from previous lives. Both unresolved physical and emotional patterns in this life may be reflections of patterns from past lives. Regression therapy is an effective tool which can release these patterns. Through hypnosis, a therapeutic trance which is a combination of physical relaxation and mental

concentration, you are regressed to an earlier time and are guided to process past actions and make adjustments in core beliefs according to who you are now. During hypnosis you are never unconscious, your control is intact, and you are aware of everything that goes on.

Regression Therapy can help give answers and solutions to questions such as these:

- Why do I feel stuck or blocked, unable to stop negative patterns in my life?
- Why do I have anger, hesitation or resistance?
- Why am I in depression, fear, anxiety or guilt?
- What is blocking me from experiencing fulfilling and loving relationships?
- What is my soul's lesson in this life?
- What is causing this chronic condition or illness?
- How can I experience the light of my soul?

...health and happiness.

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Darshan Khalsa is also now certified through NATH as a Life Between Lives Therapist in the style of Dr. Michael Newton, author of *Journey of Souls*. While in a state of deep hypnosis you can recall and gain deep understanding of your experiences between lives as eternal spirits.

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

For further information call **(703) 742-YOGA (9642)**

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

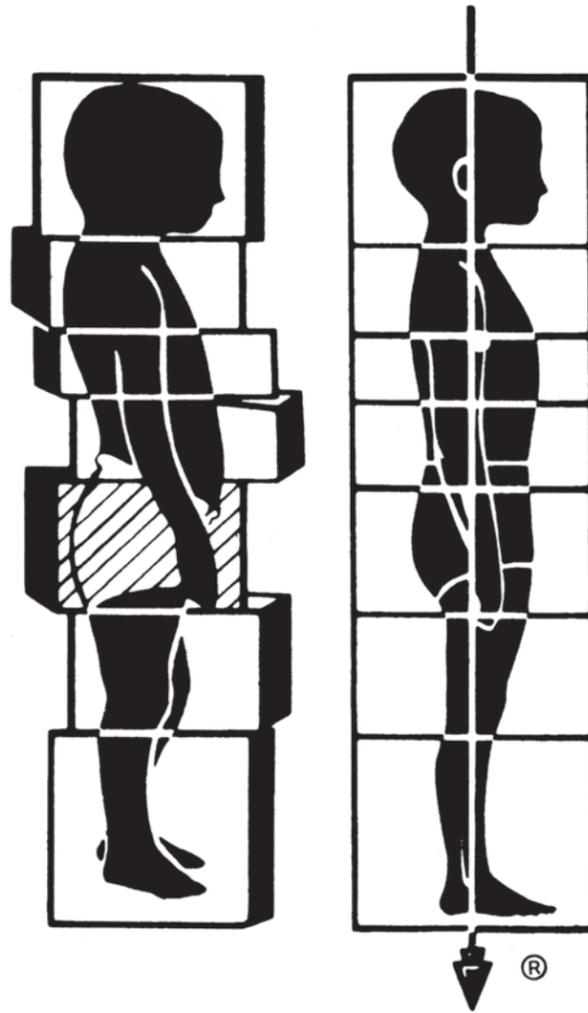
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Call now for an appointment or more information

Energy Enhancement: Herbal Alternatives to Sugar, Alcohol and Caffeine

BY TOM WOLFE, RH

"Eight metabolic diseases associated with large amounts of ingested sugars now account for 75% of all world-wide healthcare expenditures. It is the sugar not obesity that causes these diseases since 20% of obese people have completely normal cellular metabolism. These 8 diseases are Hypertension, Diabetes, Heart Disease, Dementia, Cancer, Polycystic Ovarian Disease, Nonalcoholic Fatty Liver Disease, and Lipid problems. The obese are the victims not the perpetrators."

"Sugar: The Bitter Truth"
(available on YouTube)

Dr. Robert Lustig,
Professor of Pediatrics
University of Southern California
Department of Endocrinology

"80 percent of adults consume caffeine every day—the average adult has an intake of 200 mg per day, the amount in two 5-ounce cups of coffee or four sodas. A study of 7th, 8th, and 9th grade students in Ohio found that students took in an average of 53 mg of caffeine per day, but almost one in five students took in more than 100mg of caffeine each day."

~ FDA.gov

"You are missing the point that does not need to be making.... The Christmas spirit is not what you drink"
~ Jethro Tull

Throughout my 38 years as a professional Herbalist, I have often said all Americans are herbalists. They just regulate their energy through the use of extreme herbs. What would happen in America if tomorrow we did away with immediate access to Coffee, Sugar, Booze, Tobacco, and Black Tea? This entire culture would go into energetic shock and folks would be lost trying to find their balance.

Consider for a moment, as I do as an Herbalist, that all of these extremely energetic substances are plant based. Don't you agree this means that virtually everyone is using plant-based substances to get by? Since almost



all of us use one or more of these plants daily to keep their energy level constant through the stresses of everyday life, we are all Herbalists to one degree or another. Of course, for those of us that know about the wisdom of Ayurveda, Sugar, Booze and Caffeine are respectively Kapha, Pitta and Vata. Kapha (Water and Earth) is sweet and makes things grow, which is the way of sugar. Pitta (Fire) changes things and makes them flow, which is the way of Booze. Vata (Air) puts things into motion, which is what Caffeine does. So come with me on this journey as we look at herbal alternatives to Sugar, Booze and Caffeine to make that degree of plant use more professional, moderate, and intelligent.

Basically during these trying days we are seeing a planet of people way out of balance. The natural elements

of Ether, Air, Water, Wood, Fire and Earth are each causing a disease of excess that is epidemic. The statistics on this epidemic are not from the alternative health community but from mainstream medicine. In the U.S., more than half of us over the age of 50 have one or more of the following diseases: Anxiety, Osteoporosis, Depression, High Cholesterol, Hypertension, and/or Diabetes. Those of you who have been reading my *Pathways* articles know it is clear that the epidemic of chronic illness that plagues our land matches up perfectly to the six elements of Ayurveda and Traditional Chinese medicine. See if you can match the six elements listed in the prior sentence (in excess) to the six diseases listed earlier in the paragraph. I'll give you a hint: they are in the same order.

Friends, the same truth of excess in one or more of the elements making us sick is also manifesting in the excess of extreme tastes we over enjoy. The link of the elements of Kapha (Water and Earth), Pitta (Fire) and Vata (Air) to excess consumption of Sugar, Booze and Caffeine leads us to simple herbal protocols that can reverse the etiology (path leading to) disease. Does it make

continued on page 94

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Plus, all weekend, we'll have classes, circles and readings from noted mediums and spiritual teachers, including:

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Saturday, February 16, at 7:30 pm

A free message service demonstrating the mediumship of our instructors.

**Schedule subject to change. Visit our website for current details as the event approaches.*

Holiday Services

Lessons and Carols Service with Rev. Sally A. Knuckles
Sunday, December 16, 2012 at 7:30 pm

Christmas Eve Service with Rev. Sally A. Knuckles
Monday, December 24 at 7:30 pm

Christmas Dinner Tuesday, December 25, 3:00-5:00 pm - All welcome!

New Years Renewal Service with Revs. Randy Doster and Mark Stein, Tuesday, January 1 at 12:00 noon

Classes

The Universal Laws with Rev. Sally A. Knuckles

First Saturday of each month (December 1, January 5, February 2, March 2) at 7:00 pm

Group Past Life Regression with Rev. Sally A. Knuckles

Second Saturday of each month (December 8, January 12, February 9, March 9) at 7:00 pm

The Art of Mindful Living Through Journaling with

Deacon Deb Sachs, Second Thursday of each month (Dec. 13, Jan. 10, Feb. 14, March 14) at 7:00 pm

Spiritual Tarot 2013 with Geraldine Amaral, Sunday,

January 13, 2013 from 1:30 to 5:30 pm

Prying Open the Third Eye Sunday, January 20, 2013

The Principles of Divine Metaphysics Sunday, Feb. 10, 2013

Visit our website for details and registration information.

Psychic Saturday

Jan. 26, Feb. 23 and March 30, 2013 10:00 am- 2:00 pm

Rev. Sally Knuckles



Arlington Metaphysical Chapel welcomes and introduces Rev. Sally A. Knuckles, CHT as our senior Pastor. Rev. Sally moves to our area from West Virginia, but has spent most of her life on the Outer Banks of North Carolina. She has been involved in Metaphysics most of her life, and serves on the Board of Trustees of the United Metaphysical Churches (UMC), of which Arlington Metaphysical Chapel is a member. Receiving her mediumship certification, then ordination from UMC, Rev. Sally continued her metaphysical studies with Dick Sutphen in past life regression therapy and metaphysical counseling.

"It is so exciting to see people really accept the fact that they have lived many lives and all life continues... and we are able to communicate with those in Spirit... which gives us the knowledge and tools to be able to use this information to craft a better life for ourselves now and in lives to come. These great realizations allow us to live with peace and a knowing that we never lose those

we love! With the Spiritual guidance Divine Metaphysics teaches us and all the classes and services offered at our Chapel, we really are able to help those who seek unfoldment and progression and comfort in a like minded community. It is an honor and joy to be the Spiritual leader of such a dynamic, alive organization."

The Chapel offers private sessions with Rev. Sally Knuckles by appointment in Metaphysical Counseling, Past Life Regressions and Regression Therapy, Hypnosis for Behavior Modification, and Private Readings. She is also available for general pastoral counseling. Rev. Sally teaches classes on The Universal Laws, Quantum Metaphysics, and does monthly Group Past Life Regressions. Call the chapel office to schedule an appointment.

Worship Services

Sunday

Worship Service: 11:00 am

Lecture and Message Service: 7:30 pm

Tuesday

Healing Meditation: 7:00 pm

Wednesday

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An Election Protection Agenda for 2016

BY BOB FITRAKIS & HARVEY WASSERMAN

A mass grassroots election protection movement has been born. It's finally forced the issues of mass disenfranchisement and hackable electronic voting machines into the mainstream. And it's emerged from this election with a must-do list of things that need to be accomplished—soon—if we are to retain any shreds of American democracy.

Meanwhile the flaws in our system allowed the theft of the presidential elections of 2000 and 2004, and threatened to do it again this year. They've allowed the theft of countless other races for Congress, governorships, state offices, judgeships, referenda and more. This cuts to the core of our democracy process. But as we've seen so many times before, we can change all this. Here's how.

- Money out of politics: Corporations are not people; money is not speech. We cannot afford a system of "one dollar, one vote." Citizens United must be overturned and workable limits placed on campaign spending. This will require a Constitutional amendment.

Since Florida 2000 and Ohio 2004, we have made great strides in exposing the corrupt nature of an all-too-vulnerable electoral system. But the hard work has just begun. If we are to live in a democracy, we have no choice but to win.

Move to Amend (www.movetoamend.org) is working on it, and needs our support.

- The Electoral College: This useless anachronism was meant to empower slave owners through the 3/5 bonus granted for their slaves. It has allowed the theft of elections in 1800, 1824, 1876, 1888 and 2000. The Electoral College has repeatedly flunked the test of time, and must be abolished. It's time the candidate who gets the most votes actually wins. It will require a Constitutional amendment.

- A guaranteed right to vote: Nowhere in the Constitution does it say all American citizens are guaranteed the right to vote. It must.

- Universal automatic voter registration: All US citizens should be automatically registered at the age of 18. Forms should be sent in the mail and made readily available at schools, motor vehicle bureaus, and elsewhere. Only a

signature should be necessary then to get a ballot and vote. This will have to be won on a state-by-state basis.

- Universal hand-counted paper ballots: Germany, Japan, Canada, Switzerland and Sweden stage their elections entirely on hand-counted paper ballots. Electronic voting machines are perfectly designed to steal elections. Ireland has just thrown out its voting machines and moved to paper ballots. We must do the same. This will also have to be won on a state-by-state basis.

- A four-day weekend for voting: The first Saturday-Sunday-Monday-Tuesday in November should constitute a national holiday for voting. High school and college students should be given credit for working the polls and counting the ballots. Early voting in general should be expanded, as long as it's done in person and not over the Internet or by smartphone.

- Washington, DC, wants to become a state. It's long overdue. DC has more people than Wyoming and Vermont. It deserves full representation in Congress and the rest of our government. This will have to be done over the vehement opposition of the Republican Party. The option should also be available to Puerto Rico if it wants.

Winning all this—and more!—will require the usual blood, sweat and tears of a long, hard national grassroots campaign. Since Florida 2000 and Ohio 2004, we have made great strides in exposing the corrupt nature of an all-too-vulnerable electoral system. But the hard work has just begun. If we are to live in a democracy, we have no choice but to win.

So let's do it!

Bob Fitrakis & Harvey Wasserman have co-authored five books on election protection. To sign on to the election protection movement, see us at freepress.org, where Bob's "Fitrakis Files" can also be found. Harvey Wasserman's *History of the U.S., and Solartopia! Our Green-Powered Earth*, can be found at www.harveywasserman.com.

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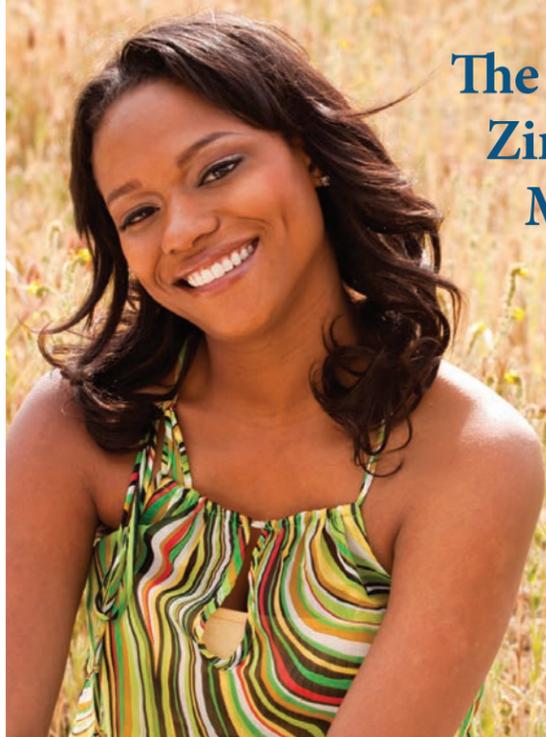
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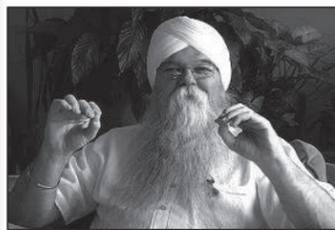
Tom Wolfe, Co-owner of Smile Herb Shop

Along with Smile's 6 on-staff herbalists will be teaching

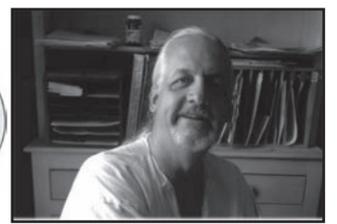
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KP Khalsa, President
American Herbalists Guild



Tom Wolfe, Co-Owner
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*KP Khalsa, from Washington State & Mass. College of Pharmacy teaches

Saturday Ayurveda Herbal Series

by Tom Wolfe

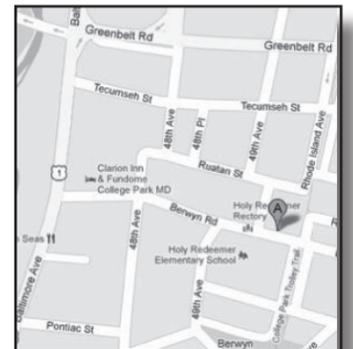
(\$150 for the series)(Held Monthly)

Free Intro: November 17 & 18th 2012 • 10:15am – 2pm

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How to Breath like a Yogi, Herbs for Respiration & Herbs for Meditation (12/1/2012)

Combining your Yoga Practice with Herbs & Herbs for the Fire of Digestion (12/8/21012)



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Herbs for Stress Management	Urinary Tract
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Allergies:

Nose, Lungs, Gut, Head—What OM Can Do For You!

BY CLAIRE M. CASSIDY, PHD, DIPLAC, LAC

Hyper-reactions to the ordinary environment—*allergies*—can create symptoms in almost any part of the body. Spring is famous for symptoms that show up in the nose, eyes, and ears—hay fever, sometimes accompanied by asthma or eczema. But allergies can be troublesome any time of year, with symptoms from arthritic swelling and pain, to migraines, digestive bloating, muscle fatigue, irritability, weepiness, chronic runny nose... the list goes on.

Some allergies are well hidden. I knew a woman who was constipated until a lab test showed she was sensitive to aluminum—an item so commonplace that it never occurred to any-



one that foil and her cooking pots could be making her sick! Another person got headaches when she ate onion bagels with cream cheese—turned out the onions were to blame. Someone sensitive to moist heat can get asthma in Washington's August, while another may cough when the temperature drops past freezing. A remarkably common sensitivity—only now being fully recognized—is *gluten sensitivity*. Gluten is a component of wheat, oats, barley and rye. Sensitivity can show up with painful cramping and diarrhea, but more often there are only mild symptoms like blotchy skin, bloating, or chronic runny nose, which people easily explain away.

Do you have a puzzling symptom that just won't go? Perhaps it's an allergy!

How Oriental Medicine Understands Allergies and Hypersensitivity

Biomedicine ("regular" medicine) and Oriental Medicine (OM) explain things somewhat differently, but they agree on the bottom line: Allergies appear if there is both an inborn tendency to over-react to commonplace substances and lifestyle behaviors that support the expression of allergies. *What makes Oriental Medicine special is that it addresses both the inborn and the lifestyle features, and thus can reduce or even eliminate your allergic tendency and discomfort.*

What is the source of over-reaction? In the common language of our time, hypersensitivity begins when a foreign substance (food, odors, dander, pollen...) enters the body and the body

reacts as if attacked. Foreign substances always surround us, so why is *this* body going out of kilter? Besides familial tendency, the most common immediate cause is a "leaky gut." A healthy gut breaks incoming food down into very tiny molecules that the white blood cells (part of the immune system) recognize as "useful" when they enter the blood stream. A poorly functioning gut allows large molecules through, and the white blood cells identify those as "foreign" and attack. This provokes *inflammation*. A normal immune system uses the inflammation reaction to protect itself; abnormally, the reaction continues beyond the time when it is useful, and the person experiences symptoms.

In short, to improve the health of the immune system, to control allergic symptoms, one must improve the health of the gut. But wait! What does the gut have to do with pollens and sneezing? Everything! Pollens may cause your nose to react, but if your gut were working better, your nose would be much less reactive—in OM, the *nose* is part of the gut! The same argument holds wherever you experience symptoms—a calm gut encourages a calm immune system, so the whole body is more at ease in the world.

Not surprisingly, OM considers the gut to be the root of good health. Further, the major digestive organ of OM is the "Mother" of the Lung (= entire respiratory system, plus skin). Thus hay fever, eczema, and asthma all represent abnormal digestive function, even when it's not immediately obvious.

The Oriental Lung also has the special task of keeping the exterior of the body safe from invaders. This protective envelope, the *wei qi*, is a component of the immune system. The Lung's partner is the Large Intestine, which relates not only to the health of the colon, but also to that of the nose. Its special capacity is to *let go of trash, whether physical, mental, emotional, or spiritual*. Thus hay fever is a problem of weak external protective capacity along with a compromised digestive system. Treatment alleviates immediate symptoms, and strengthens both *wei qi* and gut function.

What about asthma, which also expresses itself in the Lung? The Lung is the "Mother" of the Kidney (= kid-

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Miriam Jacobs is a cross-cultural Shamanic Practitioner, whose spiritual lineage includes Celtic, Jewish and Native American ancestors. Miriam's approach is to explore healing and growth through ceremony, so that joy may flourish.

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

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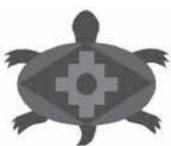


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ORIENTAL MEDICINE

Allergies: What OM Can Do For You!

...continued from page 27

neys, endocrine glands, etc.). The Kidney is the organ that stores the energy gifts from one's parents, including any 'inherited' tendencies. And while the Lung controls our ability to take in air, it won't "go down"—one can't take a deep satisfying breath—unless the Kidney is working well, and "pulls" it down. Asthmatics will recognize this problem, and most asthmatics have an underlying Kidney deficiency.

I could write this way—displaying the logic of Oriental Medicine—for any allergic condition, but they all share similarities: a gut that is not working optimally, which in turn causes the immune system to misfire. Now let's explore ways to enhance gut and immune health, and treat symptoms.

Using Oriental Medicine To Reduce Hypersensitivity

Over the centuries OM has developed many ways to help stressed bodies calm down and "flow calmly with life" most of the time. Treating symptoms is called a "branch" treatment, while treating cause is a "root" treatment. For the patient, Step 1 is to treat symptoms to feel better...this can happen fast. To make the improvement last, take Step 2—rebuilding the body so that it does not over-react to commonplaces of the environment.

Acupuncture normalizes physiology by inserting tiny needles in specific points to guide the patient's energy back toward "normal," and as this happens one feels and functions better. **Moxa** involves warming herbs over acupoints, and it's excellent for toning the immune system. Your practitioner may tape magnets to acupoints or use other methods to make the acupuncture treatment last longer. To treat yourself at home, ask your practitioner to teach you to use a **tiger warmer**—a safe moxa implement.

Herbal remedies have the advantage that you can take them regularly at home. Chinese herbal medicines are sophisticated combinations featuring: a) herbs that treat your symptoms directly; b) herbs to minimize side effects; and c) "adaptogens" to make the others work well together. Well-chosen herbs can safely and effectively treat almost any complaint—they were used for centuries before there were pharmaceuticals. With your practitioner's guidance, purchase herbs grown and/or manufactured in the U.S.—a simple way to ensure safety and quality.

Try **Moving Meditation**. **Tai Chi** and **Qi gung** are forms of gentle exercise that help the body maintain balance, both with regard to movement and muscles, and with regard to metabolism and emotions. Some moves are particularly beneficial for those with allergies and compromised digestive and immune systems. Look for a teacher who can design a set of healing movements for you.

Then there's **Diet**. Oriental ideas about diet are somewhat different from Western ideas but not difficult to integrate into ordinary eating habits.

Based on your symptom picture, your practitioner will guide you toward foods or herbs that help improve your symptoms.

Consider **Enzymes, Probiotics, and Nutrients**. OM is not focused on these substances, but in my experience, these are important. Enzymes enhance digestion and can help improve the health of the gut. Since many discomforts (especially as we age) partly derive from deficiencies, enzyme and nutritional therapy can be powerful while very safe. Some nutrients actually act as antihistamines, e.g., quercetin.

Finally, tackle **Allergy Elimination**. Several energy-based methods eliminate allergies. These systems identify hypersensitivities by noting what substances weaken your muscles; after successful treatment the muscles (i.e., the body) remain strong even in contact with the test substance. Allergy elimination has markedly improved the lives of many people. To find local practitioners, consult *Pathways*, and see self-descriptions of acupuncturists at www.acufinder.com, or Google "allergy elimination" for more detail.

What You Can Do For Yourself

Oriental Medicine practitioners love it when patients help themselves! Put the following into practice to help reduce your allergy and associated symptoms.

Avoid the Stressors. If you know what sets you off, and can avoid it, do so. It may be easy, like avoiding shrimp, or it may be tricky, like getting along better with co-workers. Recommendations below aim to help you deal positively with stressors, as will acupuncture, herbal remedies, and Qi gung/Tai Chi.

Clean Your House and Car. Dust and the tiny critters that live in it are potent allergens: clean your bedding and use allergen-proof encasings. Wet-mop floors if you can, but be sure the mop is free of mildew. Remove all the trash from your car, shed, garage, attic, basement...and house! You may want to purchase a HEPA-filter machine. Consult online sources for further guidance.

Exercise and Relax. Exercise is a potent method for strengthening the Lung system, encouraging disposal of wastes, improving mood, and improving circulation. Pick ways to exercise that you *like*, and exercise until you feel energized, not fatigued. Remember to relax and rest—allergies are tiring!—you must give your body time to rebuild itself. Find hobbies that are creative and pleasing, but not so intense they feel like work. Turn off the computer and the TV, especially in the evening. Play and be social—very healing!

Diet: Pay attention. Avoid anything that seems to make your symptoms worse. Take time to identify triggers, for some reactions occur promptly

continued on page 97



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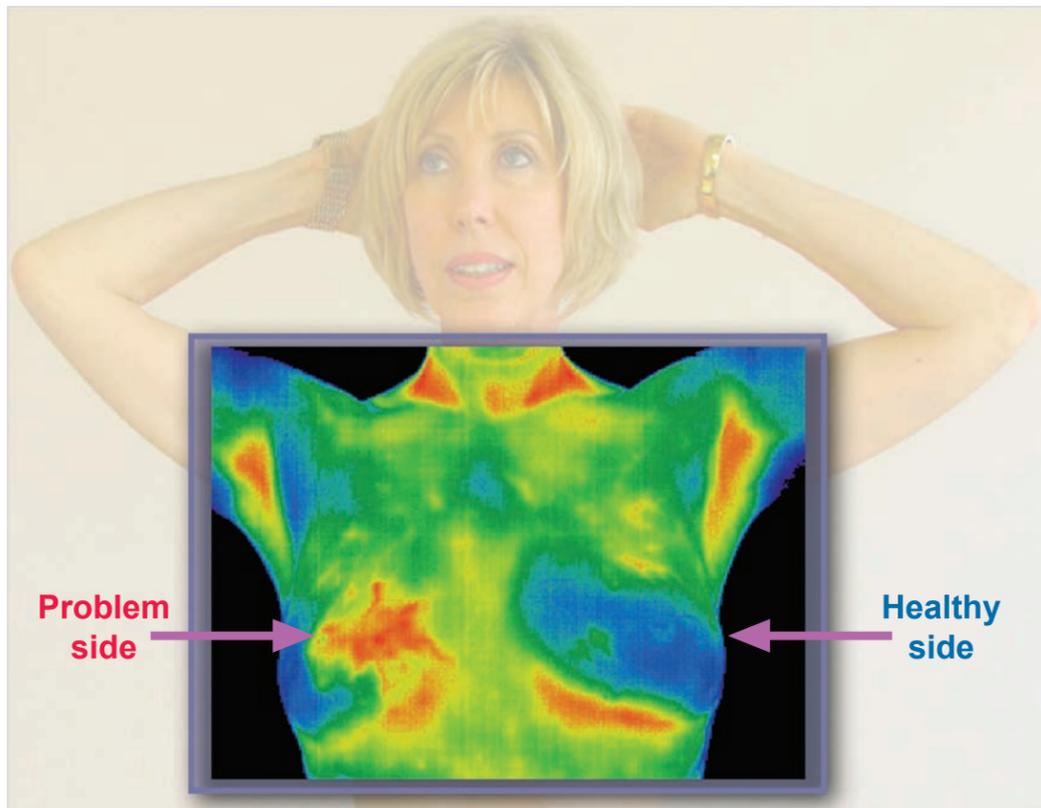
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simulation of a breast thermographic exam

1 in 8 women are at risk for breast cancer. Are you at risk?

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can pick them up. The reason is that the mammogram can only show a cancer after it is already present and then, when it is large enough to be seen. The thermogram, however, can show an unhealthy pattern evolving years before that breast develops the cancer, allowing time to take steps to improve breast health and monitor closely with ultrasound, mammography, MRI or PET scans, and tumor markers as needed.

*Note: the red (warm) areas in the armpits, necks base and under the breasts are normal for those locations. A red (warm) spot such as the one seen in the right breast above is not normal and is considered suspicious.

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Identifying breast areas of high risk. Follow-up and monitoring progress and changes. Preventive care, pregnant women, dense or fibrocystic breasts, implants.

****Referenced articles**

- Ries LAG, Harkins D, Krapcho M, et al. *SEER Cancer Statistics Review, 1975-2003*. Bethesda, MD: National Cancer Institute, 2006.
- Parisky, Y R, et al. Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *American Journal of Roentgenology*, January 2003, 263-69. The article states that Th-1 and Th-2 (i.e., thermographic risk levels 1 and 2) scores can be reassured with a 99% level of confidence that they do not have breast cancer.
- *The Breast Journal*, Volume 4, 1998, 245-51. Keyserlingk et al documented 85% sensitivity in diagnosing breast

- cancer using clinical examination and mammography together. This increased to 98% when breast thermography was added.
- Gautherie, M, and Gros, C M. Breast Thermography and Cancer Risk Prediction. *Cancer*, 1980, volume 56, 45-51: The article reports that fifty-eight thousand patients with breast complaints were examined between 1965 and 1977. 1,245 patients with abnormal Th-3 mammothems had normal breasts by mammography, ultrasound, physical exam, and biopsy. 38% percent of women with normal breasts and 44% of those with mastopathy (i.e., breast problem) developed biopsy proven breast cancer within five years. In 90% of patients with a Th-4 or Th-5 (thermographic risk level of 4 or 5), a diagnosis of cancer was made on their first visit.

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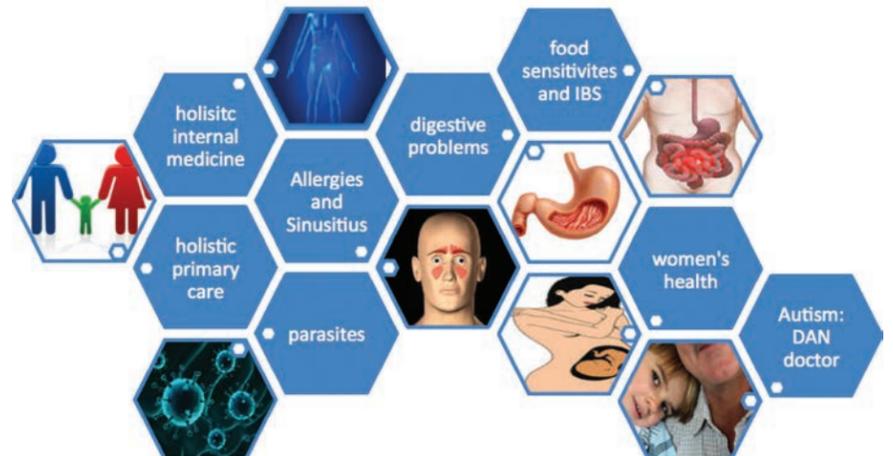
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Finding a Way to Bridge the Gap

BY MISTY KUCERIS

Before the 2012 Winter Quarter end and the beginning of 2013 even came into existence, major events occurred in the United States. At the end of October 2012, Hurricane Sandy ravaged the mid-Atlantic and Northeast coastal states. Potential tsunamis, which didn't happen, were predicted for Hawaii as a 7.7 earthquake occurred off the coast of British Columbia. And, at around 11:19 pm EST, November 6, 2012, NBC was the first network to announce that it appeared President Barack Obama would be re-elected for a second term. On November 7, 2012, it was announced that President Obama won with 303 electoral votes to Governor Mitt Romney's 203 electoral votes. Florida was still undecided. Finally, on November 8, 2012, Governor Romney admitted defeat in Florida as the votes were still being counted and President Obama was awarded 332 electoral votes. But the actual count for Florida is still out (at the time of writing this article) and the popular vote count, which was cited on November 7th may hold: 49.4% for President Obama and 49.1% for Governor Romney. With the Senate and House staying relatively the same, another four years of a very divided country remains. Each side says they have a mandate. And the world spins as the United States government begins a countdown on how to deal with sequestration or what the media is calling the "fiscal cliff."

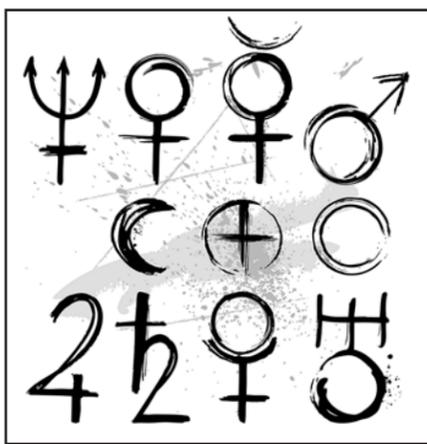
With Mars being out-of-bounds as the Winter Quarter begins, all the energy that occurred around the end of October 2012 (when Mars initially went out-of-bounds) and the beginning of November 2012 is not surprising. A planet is considered out-of-bounds when it goes beyond the ecliptic of the celestial path. It means the energy of the planet wanders around without any focus. Since the planet is Mars, it means your energy is feeling scattered and unfocused right now. It may be difficult for you to start new activities. Or you may start too many new activities and not finish any of them. Mars will finally return in bounds on December 9th.

Ceres retrograde re-enters the sign of Gemini on December 4th and communications become more important. You need to discuss matters with other people. You want to hear their side of the story in hopes that a compromise

can be reached. But sometimes everyone is more willing to talk only about their own side and not listen to your side. If this happens, more separation will occur and less will be accomplished.

When Mercury re-enters the sign of Sagittarius on December 10th, you need to look at things in your life and determine what goals are important to you. Mercury will be in mutual reception with Jupiter retrograde at this time. Mutual reception occurs when a planet is in the sign of another planet, and it will often operate as a conjunction making it easier for matters to be completed.

With Mercury and Jupiter retrograde in mutual reception, you may be very optimistic about your ability to convince other people that your



viewpoint is the right viewpoint. You may find ways to justify your concepts. But it's critical you also listen to the other point of view if you want to achieve your goals. This could become very difficult on December 11th because Mercury forms a square to Neptune. So, either critical information is being withheld from you or you're hearing only the information that supports your view.

When the new Moon occurs on December 13th, with both Sun and Moon in Sagittarius, you may have an opportunity to work with other people to develop your goals. Perhaps for the first time this month, you may be willing to develop plans that can be mutually beneficial with other people in your life. This is especially true on December 14th when Mercury forms a trine to Uranus. But when Venus enters the sign of Sagittarius on December 15th and forms a square to Neptune on December 16th, you need to be careful. Things are not as they seem. You may be expecting too much of other people. These two days are better for following creative pursuits than trying to negotiate matters, especially matters that involve financial dealings.

Things are happening quickly with Venus forming a trine to Uranus on December 19th. Relationships happen quickly. Finances exchange hands quickly. While you may have a sense of optimism that you can do anything, be careful. By moving so quickly, you could miss some very important details.

When the Sun enters Capricorn on December 21st, the final quarter of the astrological year begins. This is

continued on page 35

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Erma Caldwell

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

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Finding a Way to Bridge the Gap
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the time of the Winter solstice in the northern hemisphere. This chart also sets up the underlying energy you'll feel over the next three months. The theme for the winter solstice chart is communications and action. Not only are the political events occurring in the United States important, but so are the political events in the world. You want to feel safe and know that with all the political disagreements, some form of compromise can be reached so that your financial situation is more secure. You want your elected officials to find a way to come together and achieve some goals. But there is a danger that too much talk is occurring without enough action or follow-through. Pay attention to this in your personal life as well. Thinking about your goals is a good thing; but over the next three months it's also critical to develop a plan of action and start implementing that plan.

As Jupiter retrograde moves into a quincunx with Scorpio and Venus forms an opposition to Jupiter retrograde on December 22nd, you may feel a bit unsettled. Problems with financial markets overseas seem to be in the news quite a bit right now. You may feel you have to hold back on your spending even if it is the holidays. Financial

matters are in flux and you need to figure out how to protect yourself.

The full Moon that occurs on December 28th could be very intense. The Sun, which is in Capricorn, is forming a conjunction to Pluto, while the Moon, which is in Cancer, is forming an opposition to Pluto. Pluto represents the need to understand power and how to use that power to benefit society. However, Pluto can also represent manipulation and the use of power to abuse other people. With the Sun forming a conjunction to Pluto, you need to make certain that leaders in your life are not using power to manipulate you into decisions you're not ready to make. With the Moon forming the opposition to Pluto, you need to make certain your decisions are not driven by fears or emotions. You may be more concerned with security at this time, and you may be more concerned about your family.

Saturn is also involved with this full Moon because the Sun forms a sextile to Saturn while the Moon forms a trine to Saturn. This can be a good thing if you are willing to build solid foundations in your life. If you do this, you won't let other people manipulate you, and you'll hold everyone accountable, including yourself.

Energy starts shifting at the end of December 2012 and as you move into January 2013. The energy shifts from needing to communicate and finding common goals to focusing on how to create action to implement those goals. This is first seen as Mercury enters the sign of Capricorn on December 31, 2012. This is reinforced as Venus enters the sign of Capricorn on January 8, 2012. Another underlying theme is the importance of finding a balance between your family and work. This is especially true with the first new Moon of 2013. Both the Sun and Moon are in Capricorn when the new Moon occurs on January 11th.

During the time of this new Moon, you need to discuss your goals with people who are important in your life. You don't want to be so focused that you ignore important input from others, especially those you love. If you are getting a lot of resistance, you need to find out why. If you're involved in a relationship where resistance and lack of compromise is strong, you may want to re-evaluate the actual benefit of the relationship. You may decide it's time to leave rather than keep fighting.

In some ways you may feel relieved when both the Sun and Mercury enter the sign of Aquarius on January 19th. You may be more open to new ideas and concepts. You may feel that leaving some things behind is a good thing. And you may decide that some of your

old ideas from the past just aren't as important right now. Perhaps you may even see the beginning of some compromise from the elected officials.

The sense that things can still work out continues at the time of the full Moon, with Sun in Aquarius and Moon in Leo, which occurs on January 26th. The Sun has just separated from a trine to Jupiter retrograde and the Moon has just separated from a sextile to Jupiter retrograde. Things are looking better globally, especially economically, but at the same time, the full Moon is applying to a square to Saturn. What this means is that it's important to move slowly right now. While things may look better, changes need to be applied in a careful manner if you don't want to disrupt things in your life. The same is true on a global level. Change needs to be applied very slowly.

Jupiter went retrograde on October 5, 2012, and on January 30th, Jupiter turns direct. This may not seem as important to you on a personal level, but it is important on a business level. When Jupiter was retrograde, products and services were priced inappropriately for the market. Companies had difficulty in making profits. Labor costs were a concern. However, with Jupiter turning direct, companies are being more realistic about their value. In some ways this will affect you because you'll start seeing some improvement

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Finding a Way to Bridge the Gap

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in the job market. If you were dealing with legal matters, it will be easier to settle the problems. Hopefully, this will also play out in Congress.

However, just as the energy shifted between December 2012 and January 2013 from communications to action, the energy shifts again in February 2013 as Mars enters the sign of Pisces on February 1st and Mercury enters the sign of Pisces on February 5th. With these two planets entering the sign of Pisces, a stellium in Pisces begins. A stellium is when three or more planets are all in the same sign. With Neptune being one of the planets in Pisces, this stellium is stronger than usual. Plus, this stellium forms a trine to Saturn, increasing the strength of Saturn as well. What this all means is that now is the time to connect with your spiritual values and make certain they are part of your foundation as you move forward with your life. You may want to retreat from action. You may want to spend more time reflecting not only on your personal life but on the world around you.

Although the new Moon that occurs on February 10th is in Aquarius, meaning both the Sun and Moon are in Aquarius, that doesn't lessen the energy of the Pisces stellium. In many ways, it can actually complement the energy. You may have a desire to utilize your spiritual values to help other people in the world. You may decide it's important to get involved in organizations supporting growth in the world. Or you may decide to step back and see what occurs in the world so you can better decide later on just how you want to balance your spiritual and material goals.

Politically this can go either way for the United States. There could be an increased sense of religious fervor as politicians try to resolve various fiscal problems. This fervor could make more people stuck in their own beliefs and unwilling to compromise; or this fervor could bring the realization that only through compromise can the fiscal problems be resolved. February 2013 can become a very important month for Congress and also the rest of the United States. If an appropriate plan of action isn't implemented during this month, the next two to three years will be very difficult for the country and all of us.

As the Sun enters Pisces on February 18th, Saturn also turns retrograde later that same day. With the Sun entering Pisces there are now five astrological energies in Pisces: The Sun, Neptune, Chiron, Mars, and Mercury—and all these energies trine Saturn retrograde. The fact that Saturn will be retrograde is important right now. It's not as easy implementing new changes when Saturn is retrograde because there's a desire to hold on to old concepts. This can become a stumbling block. On the other hand, you can use the sluggish energy of Saturn retrograde to make certain that any steps you take support

your spiritual foundation. So, perhaps slowing down and implementing the changes slowly may actually end up being better for everyone involved.

With Mercury turning stationary retrograde on February 23rd, you'll really need to take time to think things through. You'll need to reach within yourself and take time to understand your motivations in life. You'll also need to understand the motivations of other people as well. It's too easy to believe in rumors when Mercury is retrograde in Pisces, and you don't want to get sucked into stories that aren't true. Mercury will remain retrograde until March 17, 2013.

The need to understand motivations is especially important on February 25th when the full Moon, with Sun in Pisces and Moon in Virgo, occurs. Information could be misleading. You may even question your value systems, but you don't have to be swayed by negative information. If you just take the time to reflect, you'll sense the truth and later be able to find it. This is also a good day to spend on creative pursuits, which will let you come up with realistic solutions later.

As the Winter Quarter draws to a close, Venus enters the sign of Pisces on February 25th and now six planetary energies (Venus, Neptune, Sun, Chiron, Mars, and Mercury retrograde) are in the sign of Pisces. The need to connect with your spiritual values that began at the start of February really intensifies this day. If you are connected with spirit, you'll feel more love around you. You'll feel the support of others in your life. If you are disconnected from your sense of spirit you may feel that others are ignoring you. If you feel this way, spend time understanding what's important to you in life and accept you are valuable enough to have important situations come your way.

How does this all connect with what occurred in late October 2012 and early November 2012? The population of the United States still showed that there are very strong divides. People are very adamant about their beliefs and stick to them. They really weren't swayed by any political campaign slogans or ads. And the weather seems to reflect this tension in the world. But the months of December 2012 through February 2013 indicate a foundation can be developed to work through this divide, and rather than use it as a cliff to fall off of, use it as a river to travel to a better future together. There is no quick solution, but there are solutions if people are willing to find a way to bridge the gap.

Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See her ad on page 62.

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ENERGETIC LITERACY



Do You Wish to Live From Your Deepest Self?

BY ROSE ROSETREE

Clients tell me a lot about their goals for healing. Often their innermost dreams for self-actualization are shared in those hopeful sentences about, "Here is how I wish to grow as a person." Discussing and shifting these goals has become an important part of how I help clients.

By the time 2012 is over, I will have completed another 1,000+ session hours, each one based on my client's intention. While facilitating sessions to heal and help, it never ceases to amaze me that whichever skill set is used with that particular client, intention is *always* vital. You can't get where you want to go without—wisely—choosing a destination.

Often I have wished that somehow I could make the best parts of those personal sessions available to *Pathways* readers, free and clear and powerful. I have wished to use this column to supply a do-it-yourself tweak that could make a huge difference for your life now... and all the way through to Enlightenment.

Today it occurred to me, I could at least make *the first five minutes* available—that part of an Energy Spirituality session about intention. Are you willing to accept some coaching about your process of setting intention? I'll warn you in advance, it takes courage. I'll promise you this as well. The benefits could be huge.

An Alarming Trend with Intentions in 2012

Having worked in New Age since 1970, I have seen trends come and go. Most are interesting, even beautiful. However, that can't be said about the biggest trend in 2012. It's very concerning. Variations on the following theme

abound. Reading them, can you identify the problem?

- "I want to live from my deepest self."
- "I want to speak only the highest truth."
- "In every relationship, in every situation, I want to live only from the best part of me."

All great examples of goals that could bring about the highest... misery. If they came true. At best, such results would bring imbalance. At worst, imagine a life high on a mountaintop retreat, a simple lifestyle replete with vows of chastity, obedience, and poverty.

Of course my perspective is based on using skills of Stage Three Energetic Literacy, not simply contact with clients. This year, five of my long-term clients moved into the state of consciousness known as spiritual "Enlightenment." That's a pretty strong result in the direction of balance. Enlightenment benefits many aspects of life, including what shows with Stage Three Energetic Literacy.

What does energetic literacy mean? It means reading auras. Reading them in detail. Stage Three Energetic Literacy means reading a person's energy field all the way through to the level of chakra databanks.

Take your aura, for example. Every one of your major chakras contains 50 chakra databanks, with more in your sub-chakras. Each chakra databank contains a permanent, beautiful, Divinely-designed gift of your soul. Plus there is a size and quality to each chakra databank. This depends on lifestyle + how your human time is spent + the subtle positioning of consciousness in everyday life + how much STUFF is stuck at the astral level.

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ENERGETIC LITERACY

Do You Wish to Live From Your Deepest Self? ...continued from page 37

If you're a mind-body-spirit healer, there is no substitute for using skills of energetic literacy. Likewise is true if you're a self-actualizing person, who sets goals for yourself. Either way, energetic literacy reveals vital patterns beneath the surface.

To use the language of psychology, the level of personality where energetic STUFF is stuck corresponds to the *sub-conscious* mind (a.k.a. the *unconscious* mind). STUFF can always, always, always be healed. Hence, you have the many techniques used by holistic healing professionals. The healing skill set I use, Energy Spirituality, aims to help emotionally and spiritually. For this, intention matters enormously.

Any of the three intentions at the start of today's article would provide serious consequences emotionally, spiritually, and even physically. If you think about the implications, a longer version of each of these might go like this:

"I despise my normal human functions, except for a cherished few. Ideally, I'd prefer to totally ignore little things like my human emotions, gut reactions, human likes and dislikes, how I spontaneously talk, and everything else about who I am. All I would

allow, ideally, is one tiny fraction of myself. I want help to toss out my human self and replace it with my highest ideal."

Takeovers? Not such a great idea. Takeovers can mean a personality hijack by one component of the personality, one chakra databank. Or a takeover could mean surrender to guidance from those who don't have your best interests at heart. Or perhaps it's more like, "Jesus, Take the Wheel"—not as a lovely country music song, but as a deeply confusing way of life!

In my practice, I have seen the occasional takeover that requires an exorcism. At my blog you can even read about Energetic Ponzi Schemes, which are truly frightening until you remember that STUFF can always, always, always be healed.

When setting an intention, you will surely get results. So be careful what you ask for! Ideally, a wise intention will help strengthen all your chakra databanks, including these:

- "Connecting to Physical Reality" Chakra Databank at the Root Chakra
- "Making Money" Chakra Databank at the Root Chakra
- "Analyzing My Life" Chakra Databank at the Solar Plexus Chakra

- "Emotional Growth" Chakra Databank at the Heart Chakra
- "Verbal Integrity" Chakra Databank at the Throat Chakra
- "Connecting to Spiritual Source" Chakra Databank at the Third Eye Chakra

Which Intentions Bring Balanced Results?

At best, an intention is something you really want. Consider it a personal improvement that would work well in reality. Often, folks think of a goal in terms of a particular technique. Yet a goal is not a technique. A goal is a goal.

Let's consider brave spiritual seeker Joe. His initial intention is, "I want to live from my deepest self." Noble though this sounds, it's a technique as much as an intention, because aiming to base life exclusively on one part of the self has to be a technique. The statement, "I want to live from my deepest self," implies that Joe is capable of living from other motivations, drives, urges, and impulses. I should hope so! Otherwise why would all those extra bits be installed? Why would God bother to create people with flesh and blood, as complex incarnations, rather than populating this earth with cartoonish two-dimensional figures with names like "Goofy" or "Smarty Pants"?

Okay, flinging aside that slightly facetious question, let's go back to facts. Here's an energetic literacy-type fact

of life. Joe, like you, was born with hundreds of chakra databanks, each containing a magnificent gift of the soul. Sure, Joe could call them "deep" or "shallow," prefer some and despise others. Nonetheless, everything originally installed in the human energy field has a purpose, a value. Whatever Joe happens to prefer, he cannot have just one cute and perky chakra databank, like "Connection to Spiritual Source" Chakra Databank at the Third Eye Chakra; or "Connection to Psychic Guidance" Chakra Databank at the Third Eye Chakra; or "Analyzing My Life" Chakra Databank at the Solar Plexus Chakra. Nope, Joe has hundreds upon hundreds of glorious human potentials.

What's the problem when Joe pursues a technique-laden goal like, "I want to live from my deepest self"? Consciously or not, he has made a choice to place one chakra databank in charge of the rest. Perhaps Joe, who happens to be very smart, equates "My deepest self" with his "Analyzing My Life" Chakra Databank. In pursuit of that goal, official techniques can be used. Teachers, healers, friends will be selected based on how severely they emphasize the "Analyzing My Life" Chakra Databank.

Even more problematic, any strongly motivated spiritual seeker will wind

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A Course For Peace

BY JEFF PRINCE AND
KATHRYN ASHERA ROSE

Rita Marie Johnson is arguably one of the most successful peace advocates in the world. But you won't see her marching in the street in protest of the war in Afghanistan or picketing outside a military base.

Just as the United States proclaimed that the Vietnam War was a fight waged for hearts and minds, hers is a fight waged for hearts and minds, fought in classrooms rather than in warzones or on the streets. The Vietnam War had tragic results; Rita Marie is going for spectacular results. And she goes for the most profound targets: kids.

Johnson's strategy seems to be working. In her soft-spoken way, she may talk about things like coherence and intuition, but her results in Costa Rica speak of determination and practical know how. Her efforts there led to the creation of a governmental Ministry for Peace, an Academy for Peace and a curriculum called "BePeace" that has been implemented in 18 schools in that country.

After 17 years in Central America, she's returned to take on her native



Rita Marie Johnson's efforts in Costa Rica led to the creation of a governmental Ministry for Peace, an Academy for Peace and a curriculum called "BePeace" that has been implemented in 18 schools in that country.

United States. "I feel called to my own country," she said. "Right now I know this is where I belong. I had to go away for 17 years to learn how to do this. I had to learn how to do it personally, I needed to learn how to teach it, and I needed to see that in one small country we could at least set up a framework that supports peace. I had to learn about peace infrastructure."

But the United States isn't Costa Rica. That compact nation abolished its army in 1949, while this huge, sprawling country spends hundreds of billions of dollars each year on its military. Johnson isn't daunted. The U.S. government isn't so different from

Costa Rica's, she says, and she is certain she can reproduce here what she has accomplished there. "Peace infrastructure is a new concept," she says. "We have infrastructure for war—why wouldn't we have infrastructure for peace? It's so important to the well-being of our children."

Why not work against war? War in the Middle East is dragging on, but she's not interested in taking a stand on it. "We are for every person and every living thing," she said. "We're not against armies, as we understand that the protective use of force is necessary at times. We don't take any political stance. We don't affiliate with a

religion or political party. We are completely neutral. We are for peace."

Johnson's timing is right. Serious study on the topics of peace and nonviolence is becoming more widespread—more than 80 colleges and universities in the United States now have some type of peace studies program. Calls for a US Department of Peace have stepped up in recent years. Dozens of local and national peace organizations exist and more emerge each year.

Johnson has a detailed plan and a timeline for establishing an infrastructure here similar to what she accomplished in Central America. She envisions teachers across America attending her training sessions and integrating those techniques into their classrooms. She sees universities offering credits to students who complete the course. She sees children absorbing principles of peace at early ages and passing those beliefs down to subsequent generations. And she shows no hint of uncertainty despite myriad obstacles. "It's replicable," Johnson said.

The BePeace program is now being offered around the country by Rita Marie and certified BePeace teachers who present in-service training, courses

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A Course For Peace
...continued from page 39

and small group practice to educators, parents and the general public. The participants learn skills that transform stress and conflict into wisdom and compassion within their classrooms, families and communities.

The Core Peace Skills

Johnson's program is no quick fix of feel-good platitudes. It's a four-day, 32-hour research-based curriculum. "BePeace is a synergistic skill set that combines coherence and connection to build social and emotional intelligence."

Coherence is a scientific term for when our heart, mind and emotions are in sync with one another. BePeace teaches coherence techniques drawn from the Institute of HeartMath®, including biofeedback software, which shows people how they can shift into greater clarity and well-being. In this physiological state, the nervous, cardiovascular, hormonal and immune systems are working efficiently and harmoniously. We then have greater access to our creativity and can make our wisest decisions.

Connection happens through enhanced communication skills. This approach is inspired by Nonviolent Communication, developed by Dr. Marshall Rosenberg, and is taught

in four steps: observations, feelings, needs and requests. The heart of this model is the understanding that human beings share universal needs. Connecting to our own needs and to those of others, through empathy and honesty, is the key to reliably accessing our compassion.

The power of the BePeace practice arises from the synergy of combining coherence with connection, allowing individuals to resolve issues quickly and peacefully.

A couple of years ago, Johnson was practicing BePeace with a group of fifth-graders at the Academy for Peace of Costa Rica, and a boy named José was being disruptive. "When he first arrived that day, he was punching people," she recalled.

José began to engage in the technique for achieving heart coherence, and his demeanor changed when he saw the proof on the monitor. "Suddenly, he's learning he has the power to shift into that," Johnson said. "It's empowering for kids who have ADD or are bouncing off the walls, when they learn they can choose to feel peaceful and be more intelligent."

Toward the end of the training session, Johnson asked José if he'd had any conflicts during the week. He de-

scribed how he'd failed an exam and then took his anger out on a schoolmate. "He said he'd been so angry he went out on the playground and pulled this little girl's hair, and he pulled her all across the playground," Johnson said.

Johnson asked him what he was feeling, guessing that he was angry but also lonely and alienated from his teacher and his schoolmates. "As I guessed these feelings and needs, this big tear slides down his cheek, and in that moment I knew he was connected to himself. He was getting in touch with his needs and feeling my empathy, feeling this connection between us—that he wasn't alone anymore," she said.

She's seen similar changes in many children over the years who've been introduced to the BePeace practice. It takes more than one session, but children like José can learn a new way to respond to problems if the skills are practiced over time. That's why Johnson is focusing her efforts on public school teachers and college students, the people who are currently teaching children, or those who are about to go into teaching.

"José's teacher knows BePeace and is still teaching it," she said.

So why would José choose to address his loneliness by bullying a classmate instead of trying to make friends? "It's still some form of human

connection, even though it's negative," Johnson said.

She teaches people to close their eyes, put their hands over their chest, and move into deep appreciation (Johnson uses her dog, Shanti, to send her there). Focus on the heart, breathe through the heart, and feel deep appreciation. When they find coherence, they feel more grounded, calmer, and empathetic. Johnson has seen it work repeatedly.

"If I'm coherent, I'm radiating out that coherent wave, and you're feeling it," she said. "It goes out at least three feet beyond my body in an electromagnetic field. Same with you. If you're radiating coherence, I'm getting it. As we radiate coherence to each other, we have created an energy field that helps us be our best selves."

Her version of nonviolent communication involves a deck of cards that list a variety of human emotions and needs. Children who are upset can choose cards that describe their emotions (such as anger, loneliness, and hurt) and cards that describe their needs (such as trust, emotional safety, and understanding). "Examining emotions and needs before acting out helps build high self-esteem," she said.

Clarity of Purpose – A Turning Point

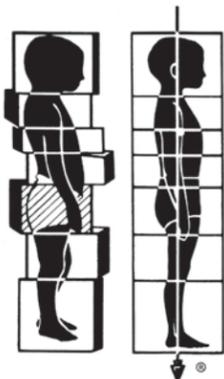
It was the Fourth of July in 1962, and 10-year-old Rita Marie Johnson was waiting for the sun to go down. She

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ON THE PATH



Rita Marie began developing her methodology after establishing the Rasur Foundation in 1997. An epic Costa Rican poem about a master teacher, Rasur, who taught the children of a village how to create peace, inspired the name. These children then shared these skills with their parents, resulting in a shift to a more peaceful way of life.

and her brother and sister were eager to light their sparklers but first had to wait for darkness to cloak her family's Missouri farm.

Following an inner prompting, Rita Marie took a stroll down the dirt road near their farmhouse. It was a walk that would change her life in ways that would take years for her to understand. "As I walked I saw this beautiful sunset," she said. "It was like my heart just opened, and I was feeling so appreciative of this beauty. I noticed that I was filled with this deep feeling of peace. And something inside me said, 'You will work for peace.' It was so vivid." In that moment she decided to make it her life's calling, even if she wasn't exactly clear on how she would accomplish her goal.

"I know [now] from what I teach that when I was walking down that road and saw that beautiful sunset, I became coherent," she said. "When we are coherent, when our hearts and minds are in a deep state of appreciation, that's when we are most intuitive. That's why my inner voice came through."

She walked home and handed her sparklers to her surprised siblings. "I was in such a state of awe that I gave my sparklers away, not because I didn't enjoy sparklers, but I was so filled with inner sparkle," she said. "I didn't need outer sparklers."

Johnson eventually became a minister, but in the 1990s she decided to follow a secular approach to peace. She'd been studying the work of Carl Rogers, Marshall Rosenberg, and other psychologists who examined ways to harness compassion and empathy.

Costa Rica as a Model for Peace

Johnson chose Costa Rica as the place to continue her peace studies because of its 20th-century advances in peaceful coexistence. The country went so far as to abolish its army after a bloody civil war in 1948.

She began developing her methodology after establishing the Rasur Foundation in 1997. An epic Costa Rican poem about a master teacher, Rasur, who taught the children of a village how to create peace, inspired the name. These children then shared these skills with their parents, resulting in a shift to a more peaceful way of life.

Johnson's mission was to strengthen the country's peace model through education, supported by their peace education law passed in 1997. A few years later she began working at the United Nations University for Peace in Costa Rica, a graduate school for international leaders. In 2002 she had an "aha" when she experienced the synergy between coherence, as a reliable way to access her wisdom, and connection as the fast track to her compassion. With this inspiration, she quit the university to create her own teacher-training program.

This path evolved into BePeace and has been taught in some Costa Rican schools since 2004. Its basic premise is to understand one's own feelings and needs, empathize with the needs of others, and use your intuition when working through conflicts. "We started training teachers to teach it in their classrooms," Johnson said. "So we had peace from the bottom up, the grass-roots level."

But Rita Marie also wanted peace from the top down. In 2006, she and others pushed for the government to create a peace department. After three years of wrangling, Costa Rica in 2009 created the Ministry of Justice and Peace—only the third such department in the world. The ministry focuses on initiatives such as alternative conflict resolution and peace promotion. In the meantime, Johnson's foundation was instrumental in pulling together various nonprofit organizations to collaborate on peace programs.

There's still a long way to go before the program is in every school in Costa Rica, she said, but the framework is in place. Many teachers have been trained, and the Academy for Peace will continue training others. Johnson has turned over the reins to Costa Ricans but continues to support the program. "We've got a holistic national model of peace that's inside out, bottom up, top down, and all around," she said.

Shifting the Educational Paradigm

Carol Donovan is a professional mediator and executive director of Peacemakers, Inc. in Dallas, Texas. She invited Johnson to give a brief BePeace training session to Dallas teachers. Bullying in schools was a hot topic, with

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A Season of Joy Concert featuring music, theatre and dance,

Sunday, December 16, 7:00 p.m.

Admission: Canned goods and non-perishables to be donated to Manna Food Bank.

12/21/12: The Next Sacred Breath, 7:30 p.m.

Suggested donation \$15-\$25

Breathwork and Meditation featuring

Lauren Chelec Cafritz (experiencebreath.com),

Rev. Ogun Holder (unityforall.org) & Rev. Jennifer Holder

Christmas Eve Candle Lighting Service,

Monday, December 24, 7:00 p.m.

Labyrinth Walk, Monday, December 31,

9:00 p.m.–midnight, love offering.

Qi Gong with Reverend Keith Hall, Tuesdays, January 15–March 5,

7:30 p.m., \$149/series (Pre-registration Required)

Soul Pajamas Concert

Saturday, February 2, 7:30 p.m. Suggested love offering \$15

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ON THE PATH

A Course For Peace ...continued from page 41

several high-profile national cases being discussed in the media.

"We rounded up a bunch of teachers from public, private, and charter schools, and we also solicited a bunch of scholarships from businessmen and businesswomen who donated money for the registration fees for the teachers so they were able to attend for free," she said.

Teachers are already overwhelmed with standards-based testing and other duties, and many public school districts are battling budget problems and high dropout rates. Getting schools to adopt peace curricula will be tough. Showing teachers how to employ BePeace's conciliatory skills while sticking with current curricula seemed a simpler prospect. "If we're able to train these teachers, they'll be able to train the children, which will create a social and emotional environment where they can learn more easily," Donovan predicts.

And, as the theory goes, children will be less likely to resort to aggression. In fact, once they absorb these principles, they're apt to discover they don't view nearly as many situations as problems. According to Donovan, these studies are showing, "Children who have this skill behave differently and live peaceful lives. Internally motivated children are naturally compassionate."

Vivian Castleberry, a trailblazing journalist and longtime peace advocate in the Dallas area, attended the BePeace session, reluctantly. She knew Johnson and was impressed by her integrity, techniques, and passion. But at 88, Castleberry had been to more than her share of peace seminars and training sessions over the years.

"I wanted to love, appreciate, and support Rita Marie for what she had done and was doing, but I very honestly felt that I did not need one more workshop/program/project to enlighten me," Castleberry said. "I went ... because I wanted to support her and Peacemakers. ... And I was blown away. I am not too old to learn. The synchronicity of mind/body/spirit that is spelled out in BePeace makes perfect sense. Instinctively, I had always known this. To learn tools to put it all together is intriguing."

Karen Blessen is an artist, writer, and teacher who combines art and peace principles in teaching middle-school students. Most teachers aren't looking for new curricula to teach, but they are generally open to new techniques to reach students, she said.

"We're at a crisis point," continued Blessen. "There is too much violence, fear, chaotic behavior. I like Rita Marie's [BePeace] program. What she's doing is terrific. It empowers the teachers to have a toolbox to work with kids at this level. It would be great if she got in all the schools."

"There are a lot of obstacles," she reflects. "Administrators and teachers have a lot on their plates. It's going to take some time to be persuasive about

it and keep spreading the message and track the results."

BePeace intends to do just so, having recently completed a pilot program in Austin, Texas, and obtaining a research grant to track measurable results.

Although BePeace isn't aligned with any religious institutions, church congregations have been among the early devotees. The Rev. Tony Lorenzen at Pathways Church in Southlake invited Johnson to speak to adult church members and said they embraced the program.

"I would like us to get to the point where we are teaching our kids this at an early age," he said. "If you learn to behave in this way as a young child, you don't learn the patterns of reactionary behavior." Rev. Lorenzen added, "There is more of a problem with bullying in schools in the area than people want to admit. There is more intolerant behavior than people want to admit. This is a nonviolent way of approaching it."

The Future of BePeace

Earlier this year, Johnson returned to the U.N. University for Peace in Costa Rica to teach a graduate class. The 26 students from 16 different countries who took the class each received two graduate credits. "Because UPeace regularly offers our BePeace Foundations Course for credit, we now have a way to enter into dialogue with U.S. universities," she said. "It's a transferable skill. We see incredible transformations every day because we know how to teach this."

Johnson is well on the way to implementing her three-year strategic plan for spreading BePeace in the United States. A first pilot project at Oakley Elementary in the Houston area has been deemed a success, heartily endorsed by the principal, teachers and students. Her goals are to secure funding, prepare trainers, offer BePeace curriculum and in-service training to thousands of schools and establish university courses throughout the nation.

Johnson is ready to lead the charge—peacefully, of course. And perhaps the people who attend a BePeace training will find their version of the epiphany she experienced so long ago on that dirt road in Missouri. "Most of us have learned to become angry or resentful quickly when things don't go our way," she said. "But if you find coherence by channeling your feelings through your heart, you can find that sunset."

ADDITIONAL RESOURCES

For information on the Costa Rican program: www.academyforpeacecr.org. For information on BePeace Foundations Courses, or on becoming a Rasur: www.rasurinternational.org.

Kathryn Ashera Rose is a certified BePeace trainer in the DC area. www.facebook.com/BePeaceDCArea. This article was adapted from "There'll BePeace in Texas" by Jeff Prince.

Rising Above Fear and Doubt ~ Understanding Your Soul's Experience

BY JOANNE SELINSKE

Perhaps you have heard and agree that you are a soul having a human experience. The question is have you reached a level of understanding where those words enable you to experience joy and relief rather than fear and doubt?

Full realization that you are a soul having a human experience enables you to view the drama and challenges of life, most particularly your own, as your "back story"; while your search to understand the "front story" is your soul's plan for this lifetime.

Understandably, each of us gets caught up in the trials and travails of daily life—our families and loved ones, our jobs and careers, our hopes and our dreams. Some of us view our life as the "only story," while others have a broader perspective that encompasses the myriad stories of humanity. In these instances our attention is too often fixed on the external dimensions of the experiences—the stories. When our outlook is limited to

the events or their details, we increase the odds that the emotions we experience will be more painful; and we potentially limit our opportunity to glean wisdom from these emotional lessons.

Understanding the nature of the soul creates context for our life experience. Accepting its eternal nature provides perspective on life events and painful emotions. Doing so can ease the pain of those experiences. More importantly, viewing this lifetime against the backdrop of eternal lifetimes fosters spiritual maturation as well as emotional development. In essence, it enables discovery of our soul's plan for this lifetime.

Each lifetime our soul makes a plan before it incarnates. That plan contains important details about the exterior dimensions of our lives. For example, our soul plan includes our selection of parents and other loved ones, where we are born, where we will live, major health issues, life opportunities, career paths and yes, life challenges. From the soul's perspective, these external aspects of our life are comparable to the setting and characters in a theatrical

drama. In fact, we can liken our life to a play we have self-scripted. Each of us is the starring character in our own life.

Each lifetime, our soul selects the emotions it wants to experience and come to fully understand. These emotions include the good, the bad, and the ugly! These emotions and how we overcome them or make peace with them are in fact the "front story" in our soul's life. For our soul, it is what we come to understand through the experience of the lifetime, and not the drama itself, that is important.

I will use a common vignette to illustrate. Those who have experienced a broken heart when the love of their life exited their "play" before the end of the second act have coped with the intense emotions that such a loss elicits. At the level of conscious awareness there is sadness, grief, anger, perhaps despair and depression. At the level of the soul there is an interest in how one resolves those emotions and what one learns from the experience.

The soul may want to overcome its fear of being unlovable or the dread of abandonment. In order to do so, it

plans experiences that will force it to resolve these very ideas. The broken heart precipitates intense pain and elicits fear of abandonment. These powerful emotions can prompt one to discover or deepen their spirituality, which in turn brings balance to the fears and dreams.

Admittedly, all of us dislike suffering and we try to avoid it. Notwithstanding, it is a potent way to learn and heal even when we do not understand consciously when and how it brings about healing or the balancing of our consciousness. Soul plans heal certain energies left unresolved from our prior lifetimes and remove emotional residue from our souls. Left unresolved, these emotions and imbalances would be carried from lifetime to lifetime.

When we cultivate a conscious awareness that our suffering has purpose, we seek to understand the underlying lessons and the purpose of our soul. We create necessary healing and/or balance. The journey of life is in part a journey of remembering—who we

continued on page 44

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"Christ is our Hope"

Annual Children's Christmas Pageant

Sunday, December 16 at 1 pm

Christmas Eve Candle Lighting Service

Monday, December 24 at 7 pm

We warmly welcome you to join with our Unity family as we celebrate the joy and wonder of Christmas and the birth of the Christ within each of us.

New Year's Eve

Burning Bowl Service

Monday, December 31

This service provides an experiential way of letting go of the past and setting an intention for the coming year. We celebrate by writing letters to GOD (which are mailed back in July 2013) and writing down those unwanted characteristics and burning them. Potluck begins at 9:30 pm, Service begins at 10:30 pm.

The Creative Process in the Bible Tuesdays, February 5 through March 12, 2013 6:30 pm to 8:30 pm

Facilitator: Rev. Milton Clarke

This course reviews the biblical account of the seven days of creation and presents the seven steps of the creative process metaphysically interpreted. You will learn how to use the process to create a more fulfilling life.

Ins and Outs of the Internet Sundays, February 3 through 24, 2013 12:30 pm to 2:30 pm

Facilitator: Darlene Cross

Four separate classes will be offered. You choose the topic(s) that interest you: What is the Cloud? (2/3); Emailing (2/10); Searching the Internet (2/17); and Social Networking (2/24). Class size is limited to 10 people, so sign-up now.

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Rising Above Fear and Doubt ~ Understanding Your Soul's Experience ...continued from page 43

truly are and what we are here to experience and learn. It is journey of the soul as it seeks to raise its awareness, release judgment, and expand compassion for itself and others.

The challenges and dramas in our life may not be in sync with our hopes, dreams and expectations. We planned them to serve as the playing field to learn, practice, master and then evolve spiritually. When we don't understand this, we not only have to contend with the drama and challenges, but we have to cope with frustration, anger, sadness, and exhaustion. Absent an understanding of our soul's purpose, we are more likely to experience fear, confusion and doubt, become resistant and act powerless. We might even conclude it is all too much and instead of forging ahead, we might retreat and sink into the depths of despair. At times like these it's important to remember we are not our emotions. We are a soul who chose to experience these emotional states for the wisdom they can provide.

The challenges and dramas and the emotions that ensue have become our teachers—the instructors in earth's life-school. When we consciously carry our emotions, we have the power to experience even the most difficult ones with understanding and compassion rather than fear, doubt and resistance. With the perspective of distance and passing time, we can often realize the value of negative experiences to our emotional growth and spiritual maturation. We discover that inner peace is born out of this resolution and acceptance. We can even reach a point of gratitude for the wisdom and fortitude that we have gained. At that point, we have learned to turn fear and doubt

into understanding and compassion. In doing so, our personal maturation process is birthing heart-based consciousness, we are manifesting Christ ~ Buddha ~ Krishna consciousness.

The transcendent—the One, the mystery we named God—is complete and absolute knowledge. Life, the process of becoming, is the One experiencing Itself, experiencing all and everything through its creation. For the mystic, the One is the Cosmic Soul, the principle of all wholeness; we are individualized souls expressing Its ultimate consciousness. The union with the One pursued by mystics throughout all time is not beyond comprehension or access. It is found through realization of the supreme truth that there is no distinction between knower, knowledge and the known. It is, as the philosopher Plotinus remarked centuries ago, the richness that becomes articulated in our relative awareness as thinking and loving. Each of us is a manifestation of the One and all our experience—all of the experiences and emotions that our soul has selected for us to have—is an awakening; the awakener being no other than the One.

In life, we are experiencing the One awakening to Itself. When you remember that your soul is a spark of divinity, you can comprehend that your entire life—the highs and the lows—are the One reflecting back to experience Itself. Within this realization, joy and peace replace fear and doubt.

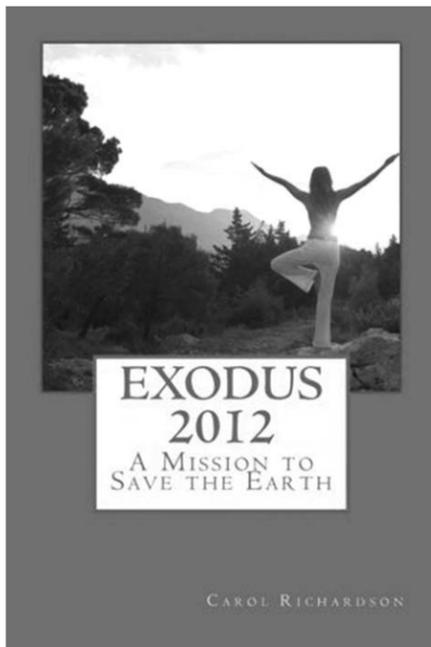
Joanne Selinske, M.S., M.Msc., Cht., is proprietress of Soul Source retreat center and a certified hypnotherapist, spiritual counselor, instructor and author. She can be reached at jselinske@verizon.net. See her ad on page 37.

METAPHYSICAL BOOK REVIEWS

REVIEWS BY LISA WECHTENHISER

Exodus 2012: A Mission To Save The Earth

By Rev. Carol E. Richardson
Babienge Productions: Washington, D.C.
2012; 338 pages (PB)
ISBN-10: 0615658830



Imagine that one day you hear a knock at your front door. Opening it, you are face-to-face with a serene Asian man who intimates that he is Jesus the Christ and needs you to assist him in his mission to save the earth. What would your reaction be?

For Liz Cooper of Kalamazoo, Michigan, it was disbelief and a thought that perhaps she had taken leave of her senses and not realized it. And yet, it was all too real. Hu Jing Shen shows up at her door and after introducing himself asks this question: "I wonder if you know the significance of the year 2012?"

Liz answers the way many of us would: "Well, it's the end of the Mayan Calendar for one thing. I read one book that said that either humankind needs to make a shift in consciousness by then or we'll destroy the planet—something to that effect."

After many questions back and forth, Liz asks in exasperation: "Are

you with some group—a religious or environmental group?"

"No," Jing Shen answers. "I've come to start a group. A group of people who will change the world by 2012 and save lives at the same time they save souls."

And then, Liz says the words that she (at times) regrets: "Wow. That's ambitious; is anyone helping you?"

I bet you know what comes next, right?

"The Spirit of God is helping me, and I trust that you will help me because my prayers have led me to you." Jing Shen replies.

See? You were right!

Exodus 2012: A Mission To Save The Earth is the story of Tai Chi Master Jing Shen and Yoga teacher Liz Cooper who work together with others to shift the consciousness of a large group of people before the end of the year. The title refers not only to the Mayan prediction but also the scripture verse Exodus 20:12, of which one version is, "Honor your father and your mother, so that you may live long in the land the LORD your God is giving."

With the Spirit of God helping and Ascended Master Jesus the Christ in charge of the operation, it's a safe bet they do. Still, we go along for the ride and learn what it is to be on such a mission, what it takes to counter the disbelief that they're sure to run into, and enjoy the high vibration of Master Jing Shen.

But why Liz?

"That is why you are with me, Liz. Of all the people I could have chosen to help me start this mission, which is a mission and not a cult, I needed you because you learn spiritual truths like a sponge soaking up water. Nothing is more important for this mission to succeed than finding people who will

learn, and who can then understand what it is all about. To do that, some people have to be willing to understand me, a task which my original disciples found very challenging indeed."

We see Jing Shen through Liz's (admittedly wary) eyes. It's clear right from the beginning that he is different in some way. Yes, he can communicate telepathically (as any Ascended Master worth his weight in incense would!); but beyond that, there's something so compelling about him that you *want* to follow him. It's easy to see why Liz would drop everything (just about) and help with this mission.

"Jing Shen's answers created in Liz a sense of completion, a sense that life really did make sense somehow, even in so vast a universe. She realized that people who, like her, responded right away to following Jing Shen were spiritual seekers who cared about the earth, and who had not found answers in conventional religion."

It was this character that pulled me in to the story and kept me there. Like Liz, I found his answers full of wisdom and so very down-to-earth:

"There is also a difference between religion and true spirituality. The point

continued on page 46



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METAPHYSICAL BOOK REVIEWS

Exodus 2012: A Mission To Save The Earth ...continued from page 45

of spirituality is to grow close enough to God so as to incarnate God with one's mind, one's heart, one's soul, one's words and one's actions. Since God is love, the point of life then is to celebrate love, and to incarnate love. Everyone who does that embodies God within themselves and births God into the world."

In fact, Jing Shen reminds me of another memorable character—Owen Meany from John Irving's classic novel *A Prayer for Owen Meany*. Both have this sort of inner peace that just emanates forth regardless of what's going on around them at the time. And they both possess an otherworldly mission (although Jing Shen's is a bit more clearly articulated than Owen's was!) that requires the assistance of an unlikely partner.

Like Moses leading the way out of Egypt, Jing Shen comes to move us into a new realm of consciousness and offers an updated set of "commandments" that are really more like guidelines for life as it is NOW.

Although it's written as a novel, I found it interesting to dip into, closing my eyes and opening to a page, reading Jing Shen's words—it was almost

like a message from the Divine. But it reads just as well (and you can glean the same wisdom) taking it as a parable of what life can be when we all have elevated consciousness and understand the true message: we are all one. Jing Shen specifically chose each character in the story as central to his mission, and yet each was what we would consider "just an ordinary person" doing his or her work in the world.

If Jesus the Christ showed up at your door tomorrow and asked you to join him to help save the world, what would you say? If he truly is anything like Jing Shen, I'd go in a heartbeat.

The One Command: Six Steps to Attract Wealth with the Power of Your Mind

By Asara Lovejoy
Berkeley Books
2012; 270 pages (PB)
ISBN: 978-0-425-25795-1
Author's website: www.commandingwealth.com

I first heard of *The One Command* through a course I was taking this past summer. The course instructor, Georgina Sweeney, a trained facilitator of this process used The One Command® method to help us remove blocks to receiving abundance of all kinds in

our life. Intrigued by how this works, I looked up the author's website and checked out the book.

The premise is actually pretty simple and straightforward and integrates three parts: "The first part stops your old way of negative or fearful thinking; the second part puts your mind into a state of pause where you connect to that greater capacity within you; and the third part brings your dreams and desires into the world."

Author Asara Lovejoy began to realize the power of the mind when it moves into the Theta state (versus beta, where we pretty much live every day) and came upon the wording that makes it all come together: "I don't know how I (fill in what you want here). I only know that I do now and I am fulfilled." As an example, "I don't know how I pay my bills quickly and easily. I only know that I do now and I am fulfilled."

The important part is really the second sentence—I only know that I do now and I am fulfilled. It affirms that you are the powerful creator of your life and while you don't always know the HOW of it, you do know it happens.

"When you learn to travel to your Source Mind through the Six-Step Process and when you issue The One Command, you activate portions of your brain that have been waiting to wake up. In doing so, you tap into ideas that are greater than you.

When you have an idea that is greater than you, you are increasing your capacity to think, to reason, to imagine the unknowable, and to manifest efficiently all that you desire.

When you learn to think from that greater capacity within you, and to allow ideas greater than you to arrive, you become the conscious director of your reality, and by doing so, you create your life anew."

Seems easy enough, doesn't it? Say a few words, wish for a new car and POOF! It all shows up. Or does it?

As I learned from working with The One Command® in the class I took, you need to take the time to do the commands. Just doing it once isn't enough to overcome your ego objections. You need to work the steps and do it repeatedly. The more you do the process, the more trained your mind gets to working in the Theta state so you can go there easily and quickly.

The book gives you all you need to start the process—not only the background info on why it works, but also stories of how others put it into practice. You are sure to find at least one example of someone who has a desire close to yours and learn how he/she was able to shift into a whole different way of thinking using this simple technique.

Lovejoy also gives you a very special bonus at the back of the book:



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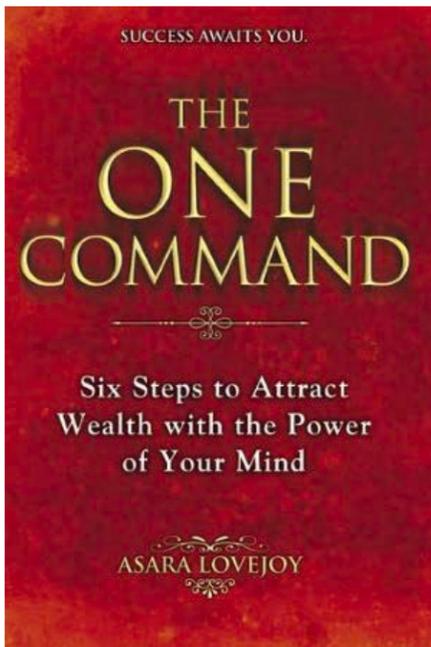
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METAPHYSICAL BOOK REVIEWS



will happen is a lovely sense of empowerment when you take one step, then another, then another and all of a sudden WHOOOSH!—what you wanted manifests, and not because of any magical incantations or a special dance you did at midnight on Tuesday. It manifests because you focused your intention while in a specific brainwave pattern, took action on that intention and helped create your reality.

If you're open to new ideas and willing to set your skepticism aside and just try something on to see if it's a fit for you, I recommend *The One Command – Six Steps to Attract Wealth with the Power of your Mind*.

Lisa Wechtenhiser is a teacher, healer, medium and psychic who specializes in helping you take the next step on your soul path. If you're stuck and need some illumination and direction, please check out www.practicallyintuitive.com for more information.

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she sends you to a specific web page where you can download (at no cost!) an MP3 recording of a guided meditation that walks you through the six essential steps; a PDF to print out of the six steps for you to review in between listens; and a couple of other really nice goodies. This book and those additional pieces will get you up and running fast.

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WASHINGTON GARDENER



When that cold snap hits and kills off your summer annuals, you don't have to abandon your containers and give in to the winter blahs. Instead use this transitional period to put in some hardy plants now that will get you through until the spring thaw. *Photo by Kathy Jentz, at River Farm, headquarters of the American Horticultural Society, in Alexandria, VA*

Gardening Color in Autumn Through Winter: Containers to Get You Through the Seasonal Doldrums

BY KATHY JENTZ

This is the time of year where leaves are falling, frost is on your windows, and your planting beds are looking a bit bare. When that cold snap hits and kills off your summer annuals, you don't have to abandon your containers and give in to the winter blahs. Instead use this transitional period to put in some hardy plants now that will get you through until the spring thaw.

There are two schools of thought on containers. Some advocate the one-plant-for-one-pot look. You then mass the pots in groupings. The other technique is to cram-and-jam at least three kinds of plant in one large pot (one tall, one bushy, one trailing). Both styles have their use and appeal depending on the effect you want. In dead winter though, I prefer the one plant/one pot approach. It is just easier to substitute out any failures and will look less "skimpy."

Choose containers that are gorgeous such as glazed pottery. In fall/winter, plants are less full so the containers you use are more important than other seasons. Group together pots of the same materials or of coordinating colors.

Use props and fillers to give the illusion of fullness in your plantings. Try pots filled with dried seed heads, squash, and gourds. Stack hay bales, wooden crates, and nice rocks/fossils.

Display antique wood and iron pieces, hypertufa spheres, and stone figures. Add white lights or holiday décor as seasonally appropriate.

Keep your winter containers only in high traffic areas (i.e. near entrances). Do this because they are the only place people will see them, and also because in winter's cold you won't want to be out more than a few seconds to maintain them.

Stuff the bottom of containers with filler such as styrofoam chips or lava rocks to ensure good drainage. This is even more crucial in winter than the rest of the year. The freezing rains we get in the DC area in late winter can be brutal to any planting.

Containers need extra fertilizer, but don't overdo it in winter. Cut back on watering as well, especially if rains are fairly frequent. Only water if the container is under a roof or ledge.

Top off container plantings with an insulator—mulch, pea gravel, peat moss, bark mulch, etc. They provide protection from the cold and keep the soil from drying out. They can also disguise plastic planting pots if you just pop them inside more decorative containers.

Consider planting a layer of bulbs now as you pot up your containers. They will pop up next spring and are a low-cost, easy step.

When choosing plants, combine textures and colors. Consider a display of

WASHINGTON GARDENER

three, five, or seven different kinds of boxwoods. Try newer boxwood varieties like 'Green Pillow' next to 'Elegantissimo.'

Try a sculptural display of twisted willow or other interesting branches. Just twist up chicken wire into a cage in the bottom of your pot to support the sticks. Twist ivy throughout them to create an interesting effect.

Another striking winter container idea is a golden holly in topiary standard form, surrounded at its base by pinecones spray-painted gold.

Lastly, remember that containers are ideal because they can be moved! If a hard freeze comes in and you have some "borderline" or less hardy items planted, you can move them indoors or into a sheltered area for a few days.

Fall/Winter Container Plant List

TALL

Grasses
Sedges
Evergreens
Small trees
Redtwig dogwood
Twisted willow
Harry Lauder's walking stick

BUSHY/FULL/FILLER

Flowering kales and cabbages
Plumbago
Nandina
Boxwood
Evergreens/conifers
Barberry
Cypress
Sedums
Mums
Asters
Heuchera
Dianthus
Primula/primroses/polyanthus
Violets/pansies
Bergenia
Salvia
Ajuga
Pachysandra
Cotoneaster
Lavender
Skimmia rubella
Heather
Convolvulus cneorum/Bush Morning Glory/
Silverbush
Holly/golden holly

TRAILING

Periwinkle/vinca
Ivy
Creeping jenny
Bacopa
Sweet alyssum

Kathy's own containers are full of seasonal greenery. She is the editor of Washington Gardener magazine (www.WashingtonGardener.com) and a long-time DC area gardening enthusiast. Washington Gardener magazine is all about local gardening in the greater DC/MD/VA region. Subscribe today and as a Pathways reader you get 10% off. Look for the subscription form ad in this Pathways issue on page 89



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Your Emotional Type: The Advent of Personalized Alternative Medicine

BY MARC S. MICOZZI, MD, PHD,
WITH MICHAEL JAWER

It is well recognized that many medical treatments—whether conventional or alternative—don't work equally well for everyone. One person may respond better to a given drug than someone else taking the identical medication; one person may return to good health after a medical procedure whereas someone else, who had the same symptoms and followed the same post-procedural advice, does not.

The same is true in the field of complementary and alternative medicine (CAM for short). Here's a case in point. In 1995, I appeared on *Good Morning America* to be interviewed about my textbook, *Fundamentals of Complementary and Alternative Medicine*. (Now in its fourth edition, *Fundamentals* was, at that time, the first US textbook on the subject.) Co-host Joan Lunden told me during the segment that she was bothered by shoulder pain from an injury suffered horseback riding.

She had tried acupuncture, but it hadn't worked—though she *wanted* it to work, believed that it *would* work, and had many friends for whom it *did* work. If acupuncture were merely a placebo, Ms. Lunden should have derived some benefit. The fact that she did not illustrates the individualized nature of our physical and emotional well being—and that even alternative therapies documented to be effective work better for some people and not as well for others.

Why should this be? The ready answer is that, since people differ by age and sex, have different lifestyles, significantly different habits and occupations (a high-stress job, for example), their health outcomes will of course be different. But even when those variables are controlled (that is, when experiments compare people who are very similar in these respects), we still find unexpected differences in outcome. An example is the placebo effect. Scientists find that some people respond incredibly well to a sugar pill or another 'sham' treatment; their

symptoms will abate or disappear entirely. Other people, matched so there are no obvious differences, derive little or no benefit. No one knows quite why. While both nature (genetics) and nurture (environment) are presumed to play a role, the gap in understanding represents a major challenge in placebo research.

A Shift in the Landscape

Fortunately, attitudes are changing. The fact that individuals differ in so many ways—their degree of introversion or extroversion, their general outlook on life, their ease in expressing emotion, their degree of bodily awareness, their susceptibility to stress and infection, their openness to experience, their resilience to life challenges—now represents the hottest topic in psychology and behavioral science. A book celebrating the virtues of introspection was recently featured in a *Time* magazine cover story (Walsh, Bryan. *The Power of Introverts*. *Time*, February 6, 2012, 40-45). Another new book, by a leading neuroscientist,

looks at the brain as the focal point of individual differences (Davidson, Richard J. with Sharon Begley, *The Emotional Life of Your Brain*. New York: Hudson Street Press, 2012). And yet another recent release, by a pair of Harvard University authors, presents criteria by which different people can evaluate the kind and extent of medical care they might need (Groopman, Jerome and Hartzband, Pamela, *Your Medical Mind*. New York: Penguin, 2011).

The time has clearly come for society to move beyond "one size fits all" medicine. This is how we might characterize a medical system that puts each of us into a box based on the disease or disorder we have and the diagnosis or treatment that is expected to always work for us. That nearly half of all Americans have sought out various CAM therapies speaks to people's rising frustration with "one size fits all" medicine and their desire for their healthcare choices to better align with their individual needs, outlooks—and, yes, personalities.

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What else is essential to personality? You might offer “my thoughts, my memories, my consciousness”—and you’d be right. But as science has delved into what it means to be human, it has made a curious discovery: what underlies our consciousness is our sentience, our capacity to feel.

Feelings and Personality

“Personality” is the word that best sums up what we mean when we talk about individual differences. The accumulation of those differences, after all, is what distinguishes one person most meaningfully from another within a given society or culture.

A useful definition of personality is the following, courtesy of *The American Heritage Dictionary of the English Language*: “a person as the embodiment of distinctive traits of mind and behavior.” This definition captures an extremely important (though woefully overlooked) aspect of ourselves: *that we are embodied*. The fact that each of us is embodied means that we have a ‘me’ that is distinct from the world

around us. The physical boundary between ‘me’ and ‘not me’ literally defines the individual as a living being, and provides the foundation for our unique personalities.

What else is essential to personality? You might offer “my thoughts, my memories, my consciousness”—and you’d be right. But as science has delved into what it means to be human, it has made a curious discovery: what underlies our consciousness is our *sentience*, our capacity to feel. As the novelist Milan Kundera once said, “I think, therefore I am” is the statement of an intellectual who underrates toothaches.” And it’s true. We now know that the brain is but one player (albeit a highly important one) in a

bodily troupe where biochemical messages circulate everywhere, instantaneously. The brain is on the receiving end of messages from elsewhere in the body as often as it’s the sender. So, what our senses perceive and what we ultimately *feel* is very much an embodied affair. Descartes, it turns out, was mistaken. His famous dictum is more accurately put as follows: “I feel, therefore I am.”

If personality is a matter of feeling, so feeling is a matter of energy. The very word *emotion* conveys the energy that we can feel in our bodies. (The word derives from the Latin *emovere*, meaning “to move from” or “to move out of.”) While this energy ebbs and flows as we go through our day—and inevitably varies as we go through ‘up’ or ‘down’ periods in our life—we feel something as long as we’re alive. We are literally animated, and we feel accordingly.

Boundaries: A Key Concept

An enormously useful way to connect personality differences with health is the concept of boundaries. Developed by Dr. Ernest Hartmann of Tufts University, this framework allows us to understand why one person may develop one type of chronic illness while someone else develops another—and why a given alternative therapy works better for one person than another.

Boundaries are a means to appraise the characteristic way a person operates in the world based on how that person handles the energy of feelings. To what extent are stimuli ‘let in’ or ‘kept out’? How are an individual’s feelings processed internally? The concept of boundaries offers a window into perhaps the most fundamental way that we function as human beings.

According to Hartmann, each of us can be characterized on a spectrum of boundaries from thick to thin. People who have thick boundaries strike us as solid and well organized; they keep everything in its place. They may seem rigid, even armored; we might remark that they are “thick skinned.” People who have thin boundaries, on the other hand, strike us as especially sensitive, open, empathetic, or vulnerable. In their minds, things are relatively fluid. We might say that they are “touchy” or “thin skinned.”

The concept is particularly useful in illustrating how individuals differ in their emotional style. Thick boundary people tend to be calm, stoic, or persevering; they don’t emote easily and will often suppress or deny strong feelings. Indeed, feelings for them are something like a foreign language.

The situation is much different for thin boundary people. Their feelings

continued on page 52

GET YOUR BITE BACK!

Clenching, grinding, chipped teeth, worn down teeth, shortening of the face, difficulty finding a stable biting surface, headache, ringing in the ears, pain and fatigue of the facial muscles, clicking and popping of the jaw during opening and closing, neck back and shoulder pain, forward head posturing, and tingling in the fingertips.

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Your Emotional Type: The Advent of Personalized Alternative Medicine

...continued from page 51

flow easily and may present as a volatile mix. They also tend to be highly empathetic, responding strongly to physical and emotional pain and distress in others as well as in themselves.

Since the 1980s, at least 5,000 people have taken Hartmann's Boundary Questionnaire (BQ) and more than 100 published papers have referenced it. The scores on the BQ are distributed across the spectrum of boundaries in a Bell-shaped curve. Women tend to score significantly thinner than men, and older people tend to score somewhat thicker than younger people.

The Flow of Feeling

From our vantage point, the energy of feelings works differently in different people depending on where they are along the boundary spectrum. A good way to envision this energy flow is to consider the proposition that *feelings are like water*. Picture any given feeling as a flow of clear, cold water, rippling through the body, in continuous motion. In people whose boundaries are thinner, that flow is quicker and more direct. An especially thin boundary person will come across

as highly sensitive, reactive, even "flighty" because his or her feelings flow quickly through the organism. In contrast, people who have thicker boundaries exhibit a feeling flow that is slower and less direct. An especially

prone to hypertension, chronic fatigue syndrome, and ulcers; whereas thin boundary people are more susceptible to migraine, irritable bowel syndrome, and allergies. The particular form that a chronic illness takes has much to do with the way the stream of feeling meanders within an individual. In one person, it may pool in a particular locale or ripple over into a tributary. In another person, it may cascade freely. In a third person, the flow may be dammed up.

This is true personalized medicine that is far more affordable and obtainable than genetic testing (the model that conventional medicine is moving toward to 'individualize' treatments).

thick boundary person will appear aloof, imperturbable, even "dull" because his or her feelings proceed more slowly. Studies show, however, that a thick boundary person is ultimately affected just as much by what's happening within—it's just less immediately apparent.

The resulting differences in health are significant. Evidence suggests that thick boundary people are more

Given that energy is involved in any case, various symptoms (pain, fatigue, immune disorders) may result.

Personalized Medicine for You

Just as various illnesses will affect some people more than others, it makes sense that various CAM approaches will benefit some people more than others. We have performed an analysis of seven alternative thera-

pies according to boundary type—the first time such an evaluation has been undertaken. The results are presented in our book, *Your Emotional Type*. It turns out that thin boundary types typically respond well to an imagery-based approach, such as hypnosis. Thick boundary types, on the other hand, respond well to a more 'hands on' therapy such as biofeedback. And, the data show, most everyone can benefit from acupuncture and from a practice such as mindfulness-based stress reduction.

We chose the therapies we did (acupuncture, biofeedback, guided imagery, hypnosis, meditation, stress reduction, and yoga) because these have been extensively studied and are well established as safe and effective. These "Super Seven" have helped millions of people and saved them a substantial amount of money in the process. They constitute sound, cost effective treatments that—based on your boundary type—have a reasonable chance of improving your health. This is true personalized medicine that is far more affordable and obtainable than genetic testing (the model that conventional medicine is moving toward to 'individualize' treatments).

Your Emotional Type enumerates a dozen chronic illnesses (the "Dozen Discomforts") that are most amenable to CAM treatment. These include al-

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lergies, asthma, chronic fatigue syndrome, depression, fibromyalgia, hypertension, irritable bowel syndrome, migraine, phantom pain, posttraumatic stress disorder, rheumatoid arthritis, skin conditions (eczema, psoriasis), and ulcer. They differ from many diseases because they are rooted in one's emotional biology. The Dozen Discomforts are constitutional; they directly relate to how the energy of feelings works within us.

Allopathic medicine, which fundamentally views sickness as originating outside the person, fails in many cases to successfully treat chronic pain and illness. CAM, however, can often do so because it takes a more holistic approach. By knowing your boundary type—and understanding how it relates to chronic illness—you have the power to take healing into your own hands—and to select the therapies most likely to benefit you.

Additional Resources

Further information is available at www.youremotionaltype.com.

Center For Science In The Public Interest Urges Crackdown on Caffeinated Snacks

Boxes of Cracker Jack are famous for having a toy surprise inside. But what parent suspects that Cracker Jack might come with a surprising dose of a mildly addictive stimulant drug? A soon-to-be-introduced new version of that classic, kid-friendly snack does, in fact, have added caffeine—something that the nonprofit Center for Science in the Public Interest says is a violation of Food and Drug Administration regulations. CSPI says that if government regulators don't take some kind of action, products like Frito-Lay's Cracker Jacks could set off a new craze in which manufacturers add caffeine to more and more varieties of foods and beverages.

The FDA considers caffeine safe for use in cola-type beverages up to 0.02 percent. The lack of a standard for other products makes its use in those illegal, according to CSPI. In a letter to the FDA's Center for Food Safety and Applied Nutrition, CSPI executive director Michael F. Jacobson alerted the agency to Cracker Jacks, Kraft's caffeinated "water enhancer" MiO Energy, and caffeinated "Extreme Sports Beans" marketed by the Jelly Belly Candy Company.

"Unless the FDA begins enforcing its regulations, I fear that we'll see caffeine being added to ever-more improbable drinks and snacks, putting children, unsuspecting pregnant women, and others at risk," said CSPI executive director Michael F. Jacobson. "How soon before we have caffeinated burgers, burritos, or breakfast cereals?"

MiO Energy comes in 32 and 48 milliliter squirt bottles that dispense

The Boundary Questionnaire (BQ) is posted there; results of the 18-question quiz are tallied automatically so that individuals can see where they fall on the boundary spectrum. The BQ typically takes less than 10 minutes to complete and score.

Marc S. Micozzi, MD, PhD, is adjunct professor of physiology and biophysics at the Georgetown University School of Medicine. He edited the first US alternative medicine textbook, Fundamentals of Complementary & Alternative Medicine, now in its fourth edition. Dr. Micozzi had written or edited more than 40 books, and is a frequent speaker on CAM topics nationally and internationally.

Michael Jawer, an emotion researcher and writer based in Washington, DC, has been investigating the mind-body basis of personality and health for 15 years. He and Micozzi have collaborated on two books, Your Emotional Type (Healing Arts Press, 2011) and The Spiritual Anatomy of Emotion (Park Street Press, 2009).

half-teaspoon-sized servings intended to flavor water, according to the label. Each serving has 60 milligrams of caffeine, about as much as a small cup of coffee. In a letter to Kraft, Jacobson said young children might enjoy squirting two or three times as much MiO Energy into water.

"It is relevant to note that several state and city attorneys general and United States senators recently expressed concern about the caffeine content and marketing of energy drinks," Jacobson wrote. "Those products are marketed mostly to teens and young adults and have reportedly been associated with several deaths."

MiO Energy appears to be formulated with many of the same ingredients as other "energy" drinks. Besides caffeine, MiO Energy (in the Black Cherry variety) contains water, citric acid, propylene glycol, taurine, guarana extract, ginseng extract, niacinamide, vitamin B6, vitamin B12, the artificial sweeteners sucralose and acesulfame potassium, sodium citrate, potassium citrate, Red 40, Blue 1, and potassium sorbate. A Green Thunder variety is identical but has Yellow 5 instead of Red 40.

It's unclear exactly how much caffeine is in Cracker Jacks, though the labeling suggests a serving has as much as a cup of coffee.

"Whether or not they are advertised directly to children, it is certain that young children will consume Cracker Jacks ... and sometimes consume it to excess," Jacobson wrote executives at Frito-Lay and parent company Pep-

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TO YOUR HEALTH

CSPI Urges Crackdown on Caffeinated Snacks ...continued from page 53

siCo. Both MiO Energy and Cracker Jacks have fine print on labels saying the products are inappropriate for children but CSPI told the companies that that's not sufficient to prevent children from consuming them.

Effects of caffeine include anxiety, restlessness, irritability, excitability, and insomnia, according to CSPI. The American Academy of Pediatrics discourages the consumption of caffeine and other stimulant substances in the diets of children and adolescents.

"Additional concerns regarding the use of caffeine in children include its effects on the developing neurologic

and cardiovascular systems and the risk of physical dependence and addiction," the AAP says. "Because of the potentially harmful adverse effects and developmental effects of caffeine, dietary intake should be discouraged for all children."

The Center for Science in the Public Interest is a nonprofit health advocacy group based in Washington, DC, that focuses on nutrition and food safety policies. CSPI is supported by the 850,000 U.S. and Canadian subscribers to its Nutrition Action Healthletter and by foundation grants.
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Why the Chicken Crossed the Road

Factory farms are animal concentration camps

BY JIM HIGHTOWER

Thanks to the industrializers of American agriculture, we finally know why the chicken crossed the road: to run away from the factory farm.

These livestock and poultry factories are encased in thousands of sprawling, low-slung, metal buildings

that now litter much of our nation's rural landscapes.

Rarely seen by consumers, much less entered by them, the prison-like facilities are officially called "confined animal feeding operations." They're as far from pastoral as that name suggests.

Typically, a factory farm has many thousands of chickens, cows, hogs,

turkeys, or other animals jammed together in tiny cages and crates that permit little movement beyond eating and defecating.

An Ohio egg-producing operation, for example, was found to have four million birds "living" six to a cage. The cages were no bigger than an open newspaper, giving each one a space of roughly eight inches by eight inches. For life.

That's not a farm, it's an animal concentration camp.

And unbeknownst to the vast majority of consumers, 97 percent of the eggs we buy come from factory farms. Even less known is the nasty fact that those cages aren't just crammed with hens. They're also teeming with salmonella and other pathogens.

Indeed, Big Agriculture rationalizes its assembly-line treatment of animals

on the grounds that it yields cheap eggs and meat. But that "low price" is only achieved by passing onto the public the high health costs of food poisonings, antibiotic-resistant bacteria, cancers, and contaminated water that our reliance on the factory farm model creates.

This approach to producing food is so gross that: 1) The president's cancer panel urges consumers to avoid it altogether by buying organic food; and 2) The industry is trying to make it a crime to take pictures or make videos of factory farms.

Out of sight, out of mind, right?

Jim Hightower is a radio commentator, writer, and public speaker. He is also editor of the populist newsletter, The Hightower Lowdown. Distributed via OtherWords (OtherWords.org).

Poultry Petition for Change: New USDA Proposal Endangers Food Safety

BY MICHELLE ALONSO

Phyllis McKelvey of Albertville, AL, worked in the poultry industry for 44 years. Despite that fact, she has organized an online petition through change.org to combat a new proposal from the U.S. Department of Agriculture (USDA) affecting the very indus-

try that supported her and her family for over four decades. McKelvey objects to the possible expansion of a USDA pilot poultry inspection program called "HIMP," or the HACCP-Based Inspection Models Project.

The rule in question would broadly

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—Marilyn Morris, Silver Spring, Maryland

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—Heather McDonald, Washington, DC



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TO YOUR HEALTH

Poultry Petition for Change: New USDA Proposal Endangers Food Safety

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expand HIMP beyond the 20 poultry plants already participating. The HIMP model reduces the number of Food Safety and Inspection Service (FSIS) inspectors on duty and largely turns over physical inspections to company employees, while allowing plants to speed up their lines to 175 birds per minute, over the current 140

bpm limit. FSIS says the proposal will modernize an outdated inspection system, save taxpayers around \$90 million over three years, and prevent 5,200 foodborne illnesses, mostly from Salmonella, annually. Opponents to the proposal believe this opens the door to privatizing food inspection, creating opportunities to cheat the system, and ultimately putting the consumer at risk.

Before retiring in 2010, McKelvey worked for a plant involved in the HIMP pilot program. She's seen the inspection process firsthand and believes the new rule endangers both our food safety and workers in the industry. In her online appeal she states, "I have dedicated my professional life to protecting the integrity of the nation's food supply and I believe the USDA's plan to decrease poultry inspection and increase line speed is bad for consumers and poultry plant workers."

To read McKelvey's online petition, and to learn more about the HIMP program and the new rule proposed by USDA, visit www.change.org/petitions/scabs-pus-and-feces-in-chicken-usda-keep-it-off-my-plate. As of this writing, she still needs 22,004 electronic signatures of support.



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Nature Rewards Strong Humans

Mind-Body Conditioning with Qigong Strength Training

BY JEFF PRIMACK

Strength brings confidence and security to one's consciousness. More than the peace of being able to defend yourself in a fight, strength gives rise to higher vibrational states of enlightenment. My Qigong teachers all agreed that "Enlightenment" was a biological process and it required a strong nervous system, conditioned by special movements and breathing.

During the first week after announcing his candidacy, Paul Ryan, the Republican VP nominee, had more attention focused on his "washboard abs" and his workouts than on his fiscal policies. Literally for one week, comedians like Jon Stewart and major networks like CNN fixated on his strength-training regimen. Why? Because I believe society respects strength more than any other virtue. So I say, "If you want to change THIS world and make it better... get strong... get some abs!"

Reaching your maximum potential is not easy. Most people are not willing to do the work to reach peak states of vibration. Conditioning the nervous



system with several types of exercise is key. HyperThrows are "very fast" Qigong movements to help increase fast-twitch muscle. Quick movements release huge amounts of Adenosine triphosphate (ATP) energy—the molecule that transports chemical energy

within cells for metabolism—and when practiced over time, they develop a powerful endocrine and muscular evolution. Kung Fu conditions your nervous system to produce more ATP energy. Jogging or lifting weights cannot do this. It takes conditioning the ner-

vous system and the fast twitch muscle fibers, which is why martial artists experience full Kundalini awakening more than any demographic.

Slower movements, like in Qigong, are crucial to "circulate" this energy once it has been built up. Qigong Strength Training combines the best of both fast and slow movements to create the ultimate Qi workout. Extreme fast followed by slow "Pressing on Qi" movements can work wonders for circulatory issues and for building muscle. These extreme Yin & Yang alternating movements open your arteries to expand blood flow beyond that which traditional exercise is capable.

Enlightenment requires a body that can hold the light. I teach something called, "Journey to 100 Push Ups" to over 500 people at a time! This type of conditioning is where the massive results come in. A 75-year-old man complained he couldn't do any push-ups. After the Qigong warm-up, he did 87 on his knees! Muscles respond to this high repetition training better than lifting something heavy ten times. I en-

continued on page 58



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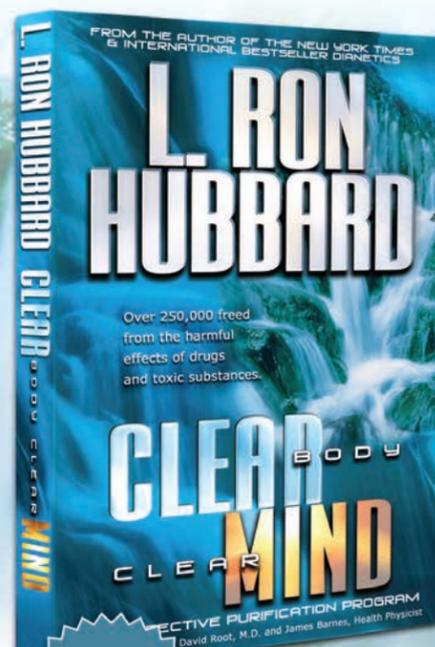
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...continued from page 57

courage people afraid of push-ups to do them on their knees or in the easiest settings possible. My grandma can do them like this.

Before starting your Qigong Strength Training practice, it's important to prepare the body for the work it's about to do. Meridian stretches, which work on the connective tissue deep within the muscle, help to literally "warm up" the body & maintain flexibility. I use them along with loose fist pounding and shaking exercises to open all the joints and avenues of blood flow. Leg lifts are also crucial. Just ask Bruce Lee who used to simply hold his legs in the air for long periods. But don't forget the lower abdomen, which is people's weak spot. The lower abdomen is the seat of what Qigong calls the "Dan Tien," and it's critical to keep it tone as it's the center of gravity and houses most of your vital energy. For this, sit-ups are great.

Horse stance is perhaps the most important exercise of all time. No exercise on Earth will develop your leg strength in the way that holding postures can. I start people out with a minute or two the first time and increase slowly. I like to challenge students further with what I call "Super Horse Stance," where peo-

ple go into an even lower posture, but only for about 30 seconds. These low stance, weight-bearing exercises are clinically shown to benefit Osteoporosis by sending a message to your body to make the bones stronger.

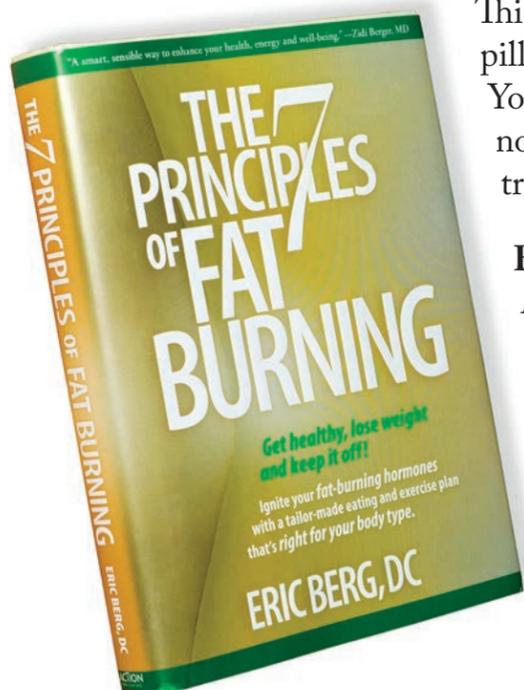
Overall, you don't need to starve yourself to get the body of your dreams. To become your strongest you ever, simply find an effective strength practice you love doing and combine it with healthy eating habits. Get into a routine at the same time each day, preferably in the morning. Take a day of rest (every other day) in between workouts to build the muscle you want. Stay strong, stay focused, and you will reach your goals.

Jeff Primack is a Qigong practitioner and the founder of the Supreme Science Qigong Center in South Florida. His non-profit organization is known for organizing the most massive Qigong events in this country teaching a combination of several techniques organized under the umbrella name Supreme Science Qigong. Information about his practice and programs can be found at www.qigong.com. See his ad on the back cover.

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CUTTING EDGE BOOKS

Democracy At Work: A Cure For Capitalism

By Richard Wolff
2012; 201pp; \$15.00; Haymarket
Books: Chicago, IL
ISBN: 978-1-60846-247-6 (PB)

Capitalism's champions take pride in differentiating it from slavery and feudalism....Our dysfunctional economic system has suffered the added burden of a dysfunctional political system. Political parties and politicians stumble over one another in pandering to corporations and the rich. Thus, the 2008 TARP money bailed out banks and other corporations... while foreclosure assistance was trivial....Total losses for the US economy for the years since 2007 far exceed what could have been spent to keep the economy going.

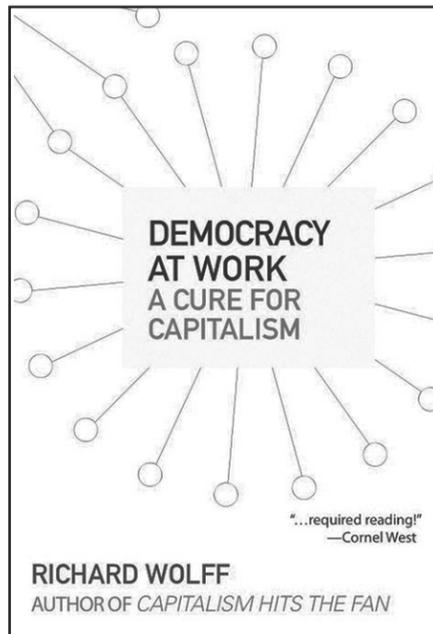
Richard Wolff, *Democracy at Work*

It is hard to imagine how this book could be more timely, as a lame-duck Congress and President Obama grapple with high unemployment, too few jobs, huge deficits, dramatic cuts in K-12 education (mostly teachers), and what seems to be a blank check for the military-national security-conventional medicine/insurance-financial entities-industrial empire, with the assistance of a

media campaign beating the drums for MORE defense spending to put U.S. troops and military bases just about anywhere in the world, and a drone above every home and business throughout this country. Is it really the time for a change?

Economist Richard Wolff says "YES." *Democracy at Work* is an easy-to-read, well-researched, well-written, and well-argued celebration of democracy as an economic and "basic social value." Wolff's solution to the historical lessons documenting the frailties and failures of private and state capitalism that undermine and thwart democracy, begins in the workplace and encompasses all other sectors.

He contrasts the economic disparities, injustices, massive waste, and breakdowns that characterize capitalism with the role of unions and the New Deal that saved capitalism and created opportunities for a more equitable and more viable bottom-up economic system. His book shows how unions tempered the most egregious consequences from unbridled business practices and enabled workers to reduce and even eliminate "the ravages of a severely depressed capitalism." Today's economic disaster is a result of successful efforts over the past thirty years on the part of corporate/business interests "to roll back the New



Deal," including a focus on weakening labor unions in a devastating race to the economic and political bottom and the demise of the middle class. These corporate spokespersons redefined freedom "as first and foremost the freedom of businesses to decide what, where, and how to produce without interference from other parts of society."

Wolff argues that what did not but should have happened in 2007

includes replicating FDR's programs that created and filled more than 12 million federal jobs, which enhanced infrastructure and services around the country that benefitted everyone. The same momentum created by the Second World War could have been achieved by spending the same amount of money without the war, but it was the war that made that level of expenditures possible. FDR's domestic jobs programs included lodges and trails in state and national parks that still exist and are beautiful. They are a sharp and sickening contrast to the national park storm troopers surrounding the nonviolent Occupy Movement protesters in Washington, D.C., under the Obama Administration, amidst profound deterioration in the parks themselves stemming from budget cuts.

President Obama has neither proposed nor implemented "any federal hiring programs, and supported the contraction, not expansion, of Social Security benefits." At the same time, the Federal Reserve continues to "pump massive sums" into banks, global credit markets, the largest nonfinancial and financial businesses, the stock market, and the richest 5 percent of individuals. These beneficiaries of "large and direct government assistance...are also the

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Farinaz Amirsehi is a Licensed Professional Counselor, a Nationally Certified Counselor, and Registered Nurse, practicing at the Healing Light Center, LLC in McLean, VA.

Trained as an EMDR Therapist, Emotional Transformation Therapist, NMT Practitioner, YUEN practitioner, Clinical Hypnotherapist, Regression Therapist, Reiki Practitioner, Somatic Integration Therapist, and Ancestral Family Constellation Therapist, Farinaz combines the principles of Eastern philosophies, Transpersonal Psychology, Body Psychotherapy, Subtle Energy Fields, and cutting edge technology in facilitating the healing process of her clients.

Additionally, Farinaz has extensive experience with severely Traumatized populations such as survivors of politically motivated torture as well as a wide range of somatic, emotional, cognitive, and spiritual issues. Farinaz is also an established presenter at national and regional conferences. She has provided trainings for professionals of different disciplines on the impact of trauma on body, mind, and spirit.

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CUTTING EDGE BOOKS

Democracy At Work: A Cure For Capitalism ...continued from page 59

key financiers for US political parties, candidates, and officials....Both George W. Bush and Barack Obama appear to have pandered to corporations and the rich...paid for with massive government borrowing" on the backs of the majority who are suffering from circumstances caused by those who received the money and the influence. So the current bickering between the two parties in Congress over "austerity" cuts to Medicare, Medicaid, and Social Security benefits sends a clear message that it will be the mass of Americans hurt by the crisis who will pay, and not Congress' rich patrons who caused the economic devastation and still do not pay a fair share of their taxes.

Wolff provides an in-depth analysis of "how capitalism works to yield its unacceptable outcomes." He debunks "capitalism's pretensions to efficiency, equity, and progress;" claims that these crises "weed out the inefficient enterprises and thereby strengthen the economic system"; and efforts to blame "government interference in free-market economics." He refutes cost-benefit analyses as a "mirage" of charts and graphs representing an "ideological mantle" that is not possible to prove. He extols examples of goods and services distributed through

nonmarket mechanisms such as need, including police, park, fire, and school services.

Wolff's discussion compares these crises to an alternative economic system free of such structural flaws. He has spent a lifetime studying these problems and possible solutions that reorganize workplaces and the production and distribution of the surplus. "No democracy is complete if it does not include the economy and its basic institutions." His solution includes more productive uses of unemployment and other types of government assistance that translate into jobs and job training for unemployed workers, including enabling workers to buy businesses that are closing and reorganize them into self-directed collective enterprises (Italy's 1985 Marcora Law is a model for this approach). He is particularly disdainful of "the growing absurdity of foreclosures creating both homeless people and empty houses....and millions of unemployed workers coexisting with more than 20 percent of unutilized productive capacity (as reported by the Federal Reserve)."

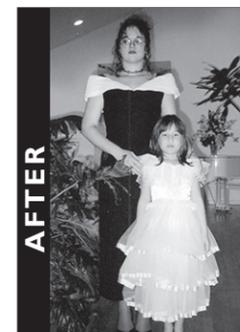
Bush and Obama's preferred program of "government incentives for private capitalists to hire workers have

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clearly failed to solve the problem." These failures need to be shared by every Democratic member of Congress representing the Mid-Atlantic States. Maryland and Virginia voters need to demand better choices than the centrists leading the Democrats in Congress who are either so inept or complicit, the Republicans control the agenda and the message whether they are in the minority or the majority. Many progressive Democrats blame the Citizens United Supreme Court decision that removed restrictions on campaign contributions on the failure of the Senate Democratic majority restored in 2006 to filibuster Bush's Supreme Court nominations of Alito and Roberts.

Wolff describes his "nonexploitative" economic solution in the context of divisions within the anti-slavery movement. One group argued for improving the conditions of the slaves, while the "more radical" abolitionists argued for an end to slavery. In this context, the bandwagon for a congressional compromise is yet another sham manufactured by the corporate media and intended to undermine the progressive Democrats while pressuring the Democratic centrists. Wolff's message is moral imperatives should not be compromised.

Wolff points out that especially since the 1970s, "the development of

US capitalism has produced extreme economic inequality, the second major crisis in the last seventy-five years, and a political system in which money trumps democracy." He presents this connection between real democracy and reorganized workplace production as a viable alternative to all that is wrong with capitalism nationally and internationally. It is now up to us to carry on and further publicize this discussion and opportunity.

Additional Resources

Wolff recommends the book *Bowling Alone* for a comprehensive discussion on how economic hardships such as stagnant wages force workers to work longer hours and more jobs, and how these effects diminish the ability of workers to interact socially and to participate in sectors such as politics and elections.

Contending Economic Theories by Wolff and Resnick

Mondragon Corporation in Spain (www.mondragon-corporation.com)

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



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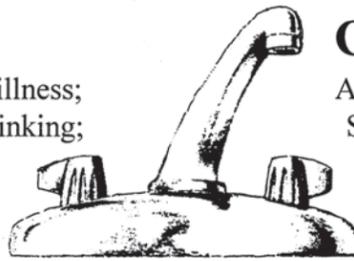
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- Install a shower filter;
- Install a Whole House Water System;
- Buy water and/or have it delivered (some bottled water quality is questionable);



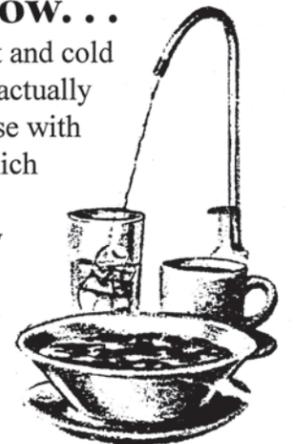
Compare:

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

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

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Creating and Recreating the Joyous and Fulfilling Bonds of Love

BY ROBERT CALDWELL

Falling in love is easy. Staying in love is hard. Love brings exuberant passion and excruciating despair. Relationships are wondrous... complex... disappointing... painful. Often, they—we—are a mess. Relationships possess, enliven, delight, exalt, and transport. They sting, hurt, bore, enrage, and devastate.

We are creatures who couple. From crib to grave, childhood to old age, we connect as couples. Sometimes we do it very well, often not. We all want love; we sing its praises, lament its losses, search for its secrets, and attempt its protocols. We expend enormous energy and time trying to make love work. What is going on that so often love is ephemeral, partial, and unavailable?

We are a work-in-progress, just underway on the evolutionary program. Perhaps our most illusory notion about love is the belief that when there is trouble in our relationship, it's because we haven't found the right partner, so we need to shed our current one and find another. Don't laugh, half of us do that very thing the first time around, and 60% of us the second—not to mention how many of us emotionally separate from our partners and give no

opportunity for the energy of love to heal the breach. We have unfulfilling love relationships, not only because we are mismatched, but also because we don't know how to love. Our internal handicaps—defensiveness, greed, entitlement, fragile ego, blaming, intimacy phobia—often block us from being good candidates for loving relationships.

As the world becomes more computerized and mechanized, and as we seldom live close to our roots, we have become increasingly interested in what makes a successful relationship. Though half of Americans divorce, half stay together. How do they do that? What follows are ideas I have gleaned from forty six years in my own marriage and from working as a therapist with individuals and couples. These are patterns and attitudes that are present in relationships that happily last. Of course, each relationship will be strong in some areas and not so effective in others, but an enduring, vivid, and happy relationship will incorporate the elements described here.

Respecting your partner

People who don't respect one another ultimately don't get along. When

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Creating and Recreating the Joyous and Fulfilling Bonds of Love

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passion abates, or the thrill of bringing home a "catch" wears off, or the overwhelm of finding someone who actually wants to share life with us simmers down, a core demand endures: we **must** be respected. It is not enough to be loved—too often this signifies only possession. It is not enough to be needed—too often this means we are continually on-call as provider-only. All the time, like a hidden mantra, the question in our hearts is: does she or he think well of me, believe in me, and approve of how I live my life? *Does my partner respect me?*

In many years of couples counseling, I have not known a single successful couple in which both of the partners did not respect one another. Nothing is a surer indicator of trouble than partners who do not feel and act respectfully toward one another. Marriage is the attempt to re-family, re-parent ourselves. In our new "marriage-family" we intend to "get it right." *This time*, we will be loved, attended to, and *respected*. When it doesn't happen, the response of the disrespected member is similar to that of the street youth, who when he is "dissed" has "no choice" but to "shoot" the offender. Often a lack of respect is

amplified until it becomes contempt—an attitude sufficiently toxic to destroy even a relationship that enjoys vibrant companionship and exciting sexuality. We cannot tolerate disrespect, so we fight back, withdraw, attack ourselves, or dissociate—a plethora of dysfunctional reactions.

In a healthy relationship, the issue of respect is continually monitored, consciously and unconsciously, and addressed when needed. Confronting feelings of disrespect straight on is imperative for both members of a couple. Let your partner know if you do not feel respectful or respected. Sometimes you can both be true to yourself *and* make changes that please your partner, if you let yourself know how essential it is for your relationship. If you make your complaint about your partner explicit, this can lead you to examine some bias of yours against your partner which, upon reflection, you can let go of as a simple act of love. Perhaps you will discover that you have a broad and active capacity for disrespecting others, and your partner's behavior draws easily your accustomed attitudes. This is not an easy path, for you are dealing with your entrenched

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values and styles. Awareness will give you opportunity to see and approach this critical area.

Learning to pay attention

To watch, to listen, to resonate, to mirror—these are skills that bond, relax, and reassure. These are skills that help you and your partner know that each other exists. Empathy is the essence of connection. The most common complaint that couples bring to counseling is that their partners do not understand them. This appears in numerous guises including: “He won’t listen”; “She is defensive rather than responsive”; “He argues rather than considers what I’m trying to tell him”; “She pushes her own ideas and agendas rather than give a fair hearing to my desires.”

We are creatures who can be happy only when our communications connect, that is, when our feelings and ideas are taken in, interpreted, and fed back by our partners to us in comments and reflections that paraphrase our intended message. We don’t want to be confronted, but pragmatically and “magically” to be intuited and known. We don’t want to be given advice or pushed to consider ideas different from our own. We want our thoughts and words to be received and reflected with approval and compassion. When we are attended, we feel affirmed as OK to be ourselves. We must be ac-

knowledged by others, less we feel rejected and unloved; we often will withdraw or attack, attempting to cajole or coerce our partners into “hearing” us. Without being heard, we feel as though we drop off the face of the earth. Not being heard, we may shout until we so intrude into another’s awareness that we cannot be denied, or so negatively impact their feeling systems that they have to cope with us, if only to try to shout us down. Unfortunately, such aggressiveness only creates resistance and counter-attack. Neither partner feels known.

Nourishing romantic memories

Nature makes a big thing of romance. Whether birds and bees actually “do it,” we can only surmise from whimsical inference. We know that we “do it.” *We fall in love. And isn’t it romantic. And love is a many splendored thing. And no two people have ever been so in love as my lovey dove and I.* Romance focuses the mind, the body, the entire being. In fact, it puts mind and body working in rhythm like nothing else. When “in love,” we love life, we find bliss, and we feel marvelous, for our beloved wants only us, and we want only him or her. Everything makes sense; everything is together. OK, so it’s a bit unrealistic, say the spoil-sports. But it isn’t. Nature needs it. Romance satisfies the genes’ need for replication. That is, we

continued on page 66

Cigarette Smokers

interested in a spiritual approach to quitting smoking

Johns Hopkins University School of Medicine is seeking smokers who want to quit smoking to participate in a scientific study of spiritual /mystical experience brought about by psilocybin, a psychoactive entheogen (roughly meaning God-evoking substance) found in mushrooms used as a sacrament in some cultures, given in a comfortable, supportive setting. Some studies have suggested that entheogens, when administered under interpersonally supportive and well-prepared conditions, are effective in helping people overcome addictions. Cognitive behavior therapy and ongoing interpersonal support will be integrated with psilocybin sessions in order to help participants quit smoking. Questionnaires, interviews, and biological measures of smoking will be used to assess the treatment’s effects on consciousness, mood, and smoking. Volunteers enrolled in the study will receive careful preparation and 3 sessions in which they will receive psilocybin. Structured guidance will be provided during the sessions and afterwards to facilitate integration of the experiences.

Volunteer must be between the ages of 21 and 65, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug dependence other than cigarettes, have someone willing to pick them up and drive them home at the end of the 3 psilocybin sessions (around 5:00 p.m.), and must live within travel distance of the Hopkins Bayview campus in Baltimore.

If you would like to discuss the possibility of volunteering, please call 410-550-5990 and ask for Mary, the study’s research coordinator. Confidentiality will be maintained for all applicants and participants.

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Creating and Recreating the Joyous and Fulfilling Bonds of Love

...continued from page 65

make babies and, as human beings, we perform a sophisticated mating dance that includes courtship, flowers, accommodations, smiles, gazing worshipfully into each other's eyes, sacrificing without resentment, and feeling ecstatic in the presence of the other.

Successful couples recapitulate the dynamic of romance throughout their lives. After the dopamine gush of romance, sanity sets in, and we begin to get a notion that our beloved is less than the pulsating miracle she or he had seemed. We emerge from the Technicolor haze of romance into the mixed weather of reality to commence the business of living, as the persons we are with the skill we have. We have come down to earth, but hopefully not entirely down. We need our romantic memories, not just for musing-over before a fire, but for bringing into the present a model for continuing joy for two human lives—bodies and souls—who caught a wave and began an alliance that shuts out the world and found rapture and completeness in each other. The vibrant memory of romance seasons the ongoing interchanges of life. The couple who is still “in love” keeps open access to

their emotionally charged history. The couple who smiles when they see one another has cultivated a clear channel to the delights of their archaic passions. The couple who renews their bond by going away together for long weekends keeps alive and builds upon the romantic theme of exclusivity.

Attending to Sex

Nature created couples for propagation of the species, i.e., sex. Basically, coupling is a sexual activity. The energy and drive of sex goes back millions of years. We couple to perpetuate the human race. Nature, we might say, overcompensated for its interest in the survival of humanity by making sexual energy exceedingly compelling and plentiful to the point of redundancy. When we ignore, by-pass, or block it, we lose a natural asset for fascination, cohesiveness, and zip. In studies of relationships, sex is often not listed as a top priority in a couple's life. I imagine that this is not because sex is unimportant, but because we have become so unskilled and inefficient at channeling sexual energy that it has ceased to be at the center of the relationship process

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ENERGETIC LITERACY

Do You Wish to Live From Your Deepest Self? ...continued from page 38

up developing intention-related habits. Joe will shift consciousness in everyday life, positioning awareness inappropriately for wellbeing, but supporting his ill-chosen goal. For instance, connecting to physical reality? To Joe, pennies found on the street, or that day's weather, or what his boss asks him to do at work that day—anything and everything can be turned into a subjective theory. Ta da! Joe's latest springboard for intellectual analysis!

Instead of making direct contact with life, at the subconscious level, an energetic subroutine can become established. Consciously, Joe might have no clue. Distorted patterns with consciousness don't come with a warning label. It takes detailed aura reading to sort out what is really happening. Using energetic literacy, what is showing at that time in Seeker Joe's life?

- "Connecting to Physical Reality" Chakra Databank at the Root Chakra goes down in size to 1 inch. Joe responds to life as if it were a third-rate jigsaw puzzle.

- "Analyzing My Life" Chakra Databank at the Solar Plexus Chakra over-functions all the way out to a trillion

miles. Joe succeeds at his technique, living in his head.

- Ironically, Joe is the last to know about the success already achieved. Personally, he keeps seeking for ever deeper, ever more pure answers. Ironically, folks who talk to Joe get the message subconsciously (and maybe consciously, too), only they're not thinking, "That Joe, he's so deep, so pure."

No, unless they are following a similar technique, Joe's friends aren't so very impressed. Their reaction? They worry, "Poor Joe, is he ever out of touch!"

Discernment For Choosing Intention

Whether it's a New Year's Resolution, your goal for a healing session, or the special list of desires you write down on your birthday, here come some tips to help you further with choosing an intention. (Incidentally, birthdays are highly charged energetically. Don't let one go by without spending a few minutes, minimum, on your intentions for the following year.)

Every day, it's smart to assign yourself a project for personal develop-

ment. Write down your first draft, whatever it is. But don't stop there. Use the following tips. And to make it real, I'll keep using the example of Joe and his intention, "I want to live from my deepest self." It's a very sweet intention; only it needs a whole lot of refining to produce something positive.

Intention Tip #1: Stretch yourself.

Ask for what you want, not less of what you dislike. Joe will not benefit a whole lot from aiming for, "I aim to feel like my life is less meaningless."

Intention Tip #2: Aim for your growth, and your growth only.

What happens if your intention involves other people? Psychic coercion can result; but not, really, improvement. Joe doesn't really have the right to ask God, "Make my mother proud of me." To paraphrase the great Terri Cole-Whittaker, how Joe's mother feels about him is none of his business.

Intention Tip #3: Honestly, what is the point?

What is the point, to Joe, of that ideal, "Living from My Deepest Self"? Maybe he trusts himself more, rather than second-guessing or criticizing himself all day long. Maybe Joe would finally score a date. Who knows? In his heart, Joe knows. Maybe he would be better

off with an intention like "Trust myself more," or, "Improve my love life."

Intention Tip #4: Reality matters, not just ideals

It's smart to include objective reality in a goal, not just subjective reality. Joe is living on earth. Like many an idealist, he has believed in the notion that, "If I perfect myself subjectively, base everything on that, automatically life will deliver everything that I desire." In heaven? Maybe. On earth, no. So Joe's next productive intention might be, "More effectiveness at work," or, "Improving communication with women," or, "Sharing power in close relationships."

Life's potential is great. With a powerful, honest intention, you can have the deepest fulfillment.

The bad news: You have to do that as a human.

The good news: You get to do that as a human.

Share your reaction to this article, and read related blog posts, at "Deeper Perception Made Practical," online at www.rose-rosetree.com/blog/. In 2013, Rose will offer a full roster of workshops, as well as personal sessions for healing with Energy Spirituality. See www.rose-rosetree.com. See her ad below.

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WINTER CALENDAR

DECEMBER

-1-

Biodanza for Couples at Blueberry Gardens Center for Yoga, Growth and Healing. For more information, visit www.blueberrygardens.com or call 301-570-5468.

12/1-2 **Usui Reiki Master, Herndon.** See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-3-

Your 7 Energy Centers I. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-4-

Tai Sophia Graduate School Open House, 6:30-8:30pm. Explore all of Tai Sophia Institute's academic offerings and learn how our programs can advance your current career or support your shift in a new direction. Open Houses scheduled for each month. Check website for details. Event location: 7750 Montpelier Rd., Laurel, MD 20723. For more information, contact: Office of Graduate Admissions, 410-888-9048 x6647, or visit: www.tai.edu/GradProgOH.aspx.

12/4 **Dream Analysis.** Also on 12/10 & 12/17. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-5-

Soul Mates/Twin Flames I. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-6-

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Psychic Class: Short course in scrying and pendulum use. 7:30pm. \$18. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

-7-

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-8-

Crystal Healing Basics & Grids. www.manifestedharmony.com

Crystal Healing Workshop, 10am-4pm, Baltimore. How to Cleanse, Program, Activate your Crystals. Crystals and Chakras, Healing, Grids and Meditation. \$140 includes crystal set. Email diamond.debra@gmail.com or visit DebraDiamondPsychic.com.

Weight Loss Seminar at RiverSoul Wellness by Janine A Blackman, MD, PhD, & Mila Casey, MD (Rus), Certified Nutrition Consultant. Free Basal Metabolic Rate (BMR), Skeletal Muscle Mass, and Body Fat Measurement. Learn optimal method to burn body

fat while preserving muscle mass and reversing insulin resistance. Customized programs available for food allergies. 2-4pm. 8120 Woodmont Avenue, Bethesda, MD 20814. Call 240-863-2478 or email info@riversoulwellness.com to reserve your space. No fee, but must arrive on time for free body composition & BMR measurement.

Message Circle. Receive several mini-readings for one price, in our beautiful sanctuary. 7:30-9:20pm. \$22. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

Transpersonal (Past-Life) Regression Workshop. Learn the source of your challenges in this life and how to resolve them. 9am-5pm. Warrenton, VA, at the Warrenton Inner Healing Center (LLC). Includes two group regressions and several visualization exercises. Contact Richard Stammler, Ph.D., at rstammler@gmail.com. Cost: \$120.

12/8-9 **Cert. Beginning Dowsing, Herndon.** See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-9-

A Day of Meditation at Blueberry Gardens Center for Yoga, Growth and Healing. For more information, visit www.blueberrygardens.com or call 301-570-5468.

Free screening of What Would Jesus Buy? Join Reverend Billy from 5-7pm at Busboys and Poets'

Howard Zinn Room, 5331 Baltimore Avenue in Hyattsville, MD. WWJB? is a documentary produced by Morgan Spurlock, maker of *Super Size Me*, that focuses on the issues of materialism and the commercialization of Christmas, the over-consumption in American culture, globalization, and the business practices of large corporations, as well as their economic and cultural effects on American society. The film follows "Reverend Billy," and his troupe of activists, whose street theater performances take the form of a church choir called "The Church of Stop Shopping," that sings anti-shopping and anti-corporate songs as they spread their gospel across the U.S. Conversations in the Corridor takes place on the second Sunday of each month from 5-7pm and gathers activists and community members to discuss myriad issues important to our communities. This series is co-sponsored by Busboys and Poets, the Big Bad Woof, Green Vegan Networking and members of the community. Conversations in the Corridor aims to foster honest and open dialogue in a neutral and welcoming space. Always free and open to all. For more information, contact Cam MacQueen at cityevents@thebigbadwoof.com.

Qi Revolution in Baltimore

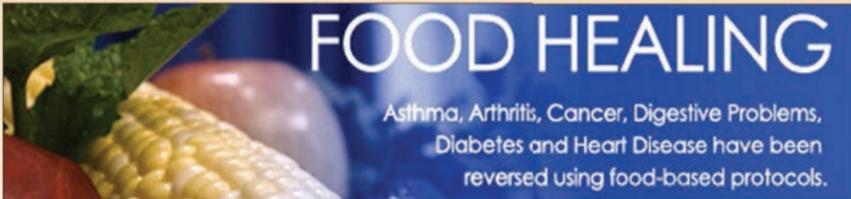


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WINTER CALENDAR

-11-

Healer's Share, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-12-

Your 7 Energy Centers II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-13-

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Psychic Class: Short course in psychic drawing for artists and non-artists. 7:30pm, \$18. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

-14-

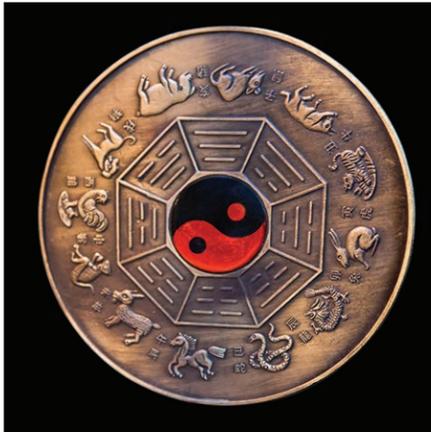
Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Holiday Nia Jam with Suzannah Weiss. Move to rhythmic, soulful beats! To register, visit www.themindfulnesscenter.org or call 301-986-1090.

-15-

Biodanza Workshop at Blueberry Gardens Center for Yoga, Growth and Healing. For more information, visit www.blueberrygardens.com or call 301-570-5468.

Crystal Healing for Animals. www.manifestedharmony.com



Master Class in Psychic Development w/ Rev. Jim Webb and Rev. James De Biasio. Panel discussion, Q&A, demos. 7:30pm. ISD, 5419 Sherier Pl., NW, WDC. Visit: www.isd-dc.org.

Mind-Body for Fibromyalgia & Chronic Fatigue with Dr. Deborah Norris, empowering techniques in Mind-Body lifestyle practices to improve health and wellness. To register, visit www.themindfulnesscenter.com or call 301-986-1090.

12/15-16 **Karuna Reiki® Master, Herndon.** See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-16-

Meditation and Chanting to Heal Planet Earth. 4-5:30pm. \$10/session. IAS, www.ias-online.org.

-17-

Potomac Crescent Waldorf School Informational Evening for Prospective Parents. 7:30-8:30pm. PCWS offers early childhood through third grade. potomaccrescentschool.org

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet starts at 6:30pm. Free screening TBA begins at 7pm. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-19-

Soul Mates/Twin Flames II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-20-

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-21-

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Winter Solstice Celebration. 5-8pm. Celebrate two sacred events—the end of the Mayan Calendar and the Winter Solstice. Drumming, meditation. \$20. IAS, www.ias-online.org

Winter Solstice Service. Ancient ritual and spiritual awakening to winter's gifts. 7:30pm. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

12/21-23 **Calling in the Light. A retreat at Sevenoaks** in Madison celebrating the powerful energy of winter solstice and welcoming Divine wisdom and grace. Visit <https://sevenoaksretreat.org/events?ee=28>.

-22-

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-24-

Christmas Eve Candlelight Service. Beautiful Christmas sanctuary hosts the metaphysical story of the birth with traditional caroling. 8pm. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

-27-

Reiki Share, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

continued on page 70

Blessings of the Land and Stones on you and yours! We look forward to seeing you soon!



FOUR QUARTERS EVENTS 2013

MOON SERVICES

Volunteer-led services Saturday evenings around the Full and New moons. Check the website or call for details.

BELTAINE

April 26-28

Celebrating the return of Spring!

DRUM AND SPLASH

July 3-7

Our alternative Fourth of July celebration. A birthday party for the rest of us!

STONES RISING

Aug. 28 - Sep. 3

Ceremony. Sacrifice. Celebration. Building a Stone Circle for the generations to come.

Don't forget to join us for Yule! Dec. 14-16, 2012

FOUR QUARTERS INTERFAITH SANCTUARY

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WINTER CALENDAR

December 27

...continued from page 69

12/27-1/1/13 **Annual Winter Retreat, Dzogchen Teachings.** Experiential Transmission Part V with Geshe Tenzin Wangyal Rinpoche at Ligmincha Institute. Visit Ligmincha.org or call 434-263-6304.

–29–

12/29-30 **Seichim Reiki Master, Herndon.** See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

–30–

Free Live Webcasts with Geshe Tenzin Wangyal Rinpoche at Ligmincha Institute. 3pm EST. Visit Ligmincha.org or call 434-263-6304.

–31–

New Year's Eve Psychic Fair at Sacred Circle in Alexandria. 6-10pm. What's ahead for you in 2013? Walk-ins only. \$25 per 15-minute session. www.sacredcirclebooks.com

JANUARY

–1–

International Association for Colon Hydrotherapy (I-ACT) certification courses begin. Start a Career as a Colon Hydrotherapist! Are you seeking to participate in the very dynamic and fastest growing profession in natural health today? Our I-ACT certification courses are designed for integrative healthcare practices and medical professionals wishing to add the benefits of colon hydrotherapy to an existing healthcare practice or a new health related business. www.vitalitycleansing.com/I-ACT_CHT_Training.html.

–3–

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

–4–

1/4-6 and 1/18-21 **Certified Hypnotist, Herndon.** See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

–6–

IET Basic. www.manifestedharmony.com

–7–

How to Work With Angels 1. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

–8–

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Winter Community Week starts at Blur Heron Wellness, \$5 for 3 yoga classes. Registration is open for the 2013 Deeper Study of Yoga and Teacher Training Programs. Blue Heron Wellness, www.blueheronwellness.com.

1/8-2/26 **Yoga for Athletes,** Tuesdays, 7:30-9pm. Unity Woods Yoga Center, 4853 Cordell Avenue, Suite PH7, Bethesda, MD 20814. Learn yoga sequences geared for athletic people who need more flexibility to balance their active lifestyle. No prior yoga experience necessary. Cost: \$152/full eight-week course; \$20/single class. See www.unitywoods.com.

–9–

Alchemy of the Heart I. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

4-Week Numerology/ Colorology Training (Jan. 9, 16, 23 & 30). Is it time to discover the "hidden" life counselor in you? Easily make and "read" any life chart in just 4 Wednesday evenings. College Park classes. Call "Talma" (2-8pm) in care of A.L.I. 301-477-4416.

1/9-26 **Costa Rica Yoga Retreat.** Join Dr. Debbie Norris, Lauren Richardson and Jessie Norris for this yoga and meditation retreat in the jungle-covered hills of Costa Rica. To register, visit www.themindfulnesscenter.org or call 301-986-1090.

–11–

Healer's Share, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Yoga Dance with Rosalie Grazzini. Awaken to your inner rhythms with a sensational fusion of yoga, pranayama



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WINTER CALENDAR



(breath work) and dance. Also offered on February 2. To register, visit www.themindfulnesscenter.org or call 301-986-1090.

1/11-13 **The Writing Path workshop/retreat at Sevenoaks** in Madison for writers of all levels, with author Pat MacEnulty. \$325, includes lodging and meals. Visit <https://sevenoaksretreat.org/events?ee=27>.

1/11-13 **Coming Home to Our Bodies, Our Selves:** A retreat honoring Women, led by Pathwork helpers Cindy Haney and Lisa Boyles at Sevenoaks Retreat Center. Visit <https://sevenoaksretreat.org/events?ee=24>.

-12-

Psychic Fair. Wide variety of qualified psychics, variety of methods. Scheduling starts at 6:30pm, readings at 7pm. \$20 per appt.; discounts for multiples. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

1/12-13 **Cert. Beginning Dowsing, Herndon.** See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

1/12-13 **Connect With Your Spirit Guides Workshop.** Learn to connect and communicate successfully with angels, spirit guides and animal spirit helpers in a variety of modalities with Spiritualist Medium Konstanza Morning Star. Silver Spring, MD. www.silverspringoflight.com

1/12-13 **Love Yourself, Heal Your Life experiential weekend.** Transform your life from the inside out based on the work of 2-time bestseller, Louise Hay. Licensed and approved of by Hay House, Inc. www.GratefulBits.com or 410-286-5591.

1/12-18 **Join us for the Gateway Voyage®** to embark on the next step in your journey. 434-361-1500 or monroeinstitute.org.

-13-

A Day of Meditation at Blueberry Gardens Center for Yoga, Growth and Healing. For more information, visit www.blueberrygardens.com or call 301-570-5468.

Usui Reiki Levels 1 & 2 Workshop with Eileen Buese, PhD, and Mildred Goldstone, PhD, will be offered in Bethesda on Sundays, January 13 and 27. 10am-6pm; \$400. Limit 8. For more

information, call 301-365-4375 or 202-363-9322; or visit www.dreileenbuese.com, www.drmilliegoldstone.com.

IET for Pets. www.manifestedharmony.com

-14-

How to Work w/Angels II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-15-

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-16-

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. 8 weeks. Silver Spring, MD. www.silverspringoflight.com

Alchemy of the Heart II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-17-

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-18-

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-19-

1/19-20 **The Way of the Shaman, Beltsville, MD area.** The Basic Workshop, taught by Philip Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies (www.shamanism.org) for 26 years. Experiential training introducing the basic methods of shamanism, an ancient spiritual strategy for remarkable personal learning. The focus is on the shamanic journey, the voyage of the shaman into non-ordinary reality (the spirit worlds), aided by drumming. Shamanic divination and shamanic healing techniques will be covered. For information, contact Dana at 410-820-9977 or email dana-cougar@goeaston.net. See his own web site at www.shamantracks.com. He and his wife Shana are authors of the new book, *Shamanism and the Spirit Mate*.

-20-

Meditation and Chanting to Heal Planet Earth. 4-5:30pm. \$10/session. IAS, www.ias-online.org.

-21-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet starts at 6:30pm. Free screening TBA begins at 7pm. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

continued on page 72



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Brugh Joy and Swami Muktananda.

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UPCOMING EVENTS

January 12
Silver Spring, MD

January 26
Prince Frederick, MD

Advanced Course
February 23 & 24
Prince Frederick, MD



Are you looking for a spiritual approach for healing of your body, mind and soul?

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"By way of nourishment, not by way of knowledge"
— Rabbi Isaac the Blind

Kabbalistic Healing offers a non-dual approach to healing and spirituality that heals and integrates our body, mind and soul. It leads us to living an authentic human life as it supports us in awakening from our perception of separateness. Experience this transformative approach to healing through a 6-session course that includes experiential exercises, meditations, and opportunities to apply the teachings to your life. Introduce yourself to the comprehensive cosmology of the Kabbalah as we explore:

- The four universes in Kabbalah (including the physical, psychological and spiritual universes)
- How our relationship with our history, with suffering and healing, and with the Divine/God transforms as we move through and integrate the universes
- How the healed ego is our vehicle for experiencing Wholeness
- The healing presence and power of a kabbalistic healing called the Healing of Immanence

The cost of the course is \$180.
Contact Rick Gondelman at
rfgondel@cox.net or (202) 744-1158
for upcoming schedule.



Private, individual kabbalistic healing sessions are also available.
AyekaHealingCircle.com

WINTER CALENDAR

January

...continued from page 71

—22—

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

—23—

Tai Sophia Graduate School Open House, 6:30-8:30pm. Explore all of Tai Sophia Institute's academic offerings and learn how our programs can advance your current career or support your shift in a new direction. Open Houses scheduled for each month. Check website for details. Event location: 7750 Montpelier Rd., Laurel, MD 20723. For more information, contact: Office of Graduate Admissions, 410-888-9048 x6647, or visit: www.tai.edu/GradProgOH.aspx.

Alchemy of the Heart III. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

—25—

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

—26—

Glen Echo T'ai Chi Winter Saturday Sessions begins. Saturday Practice Class for all levels, 8:30-9:30am, includes warm up exercises and verbal instruction of the entire form. Drop-in students are welcome to attend, \$15/hour. More information at www.glenechotaichi.com or www.glenechopark.org.

1/26-3/2 Hunabku Healing 28-day Soul Coaching® program begins. Four one-week periods, each week dedicated to one of the four elements. Goes beyond your emotions so you can connect with the wisdom of your soul. Clear away inner debris, connect with the truth, and be present. For more information, visit: www.hunabkuhealing.com.

1/26-27 Karuna Reiki® Master, Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

1/26-27 NIHA Raw Food Immersion Weekend with Lisa Wilson. For more details and to register, call 860-255-4325. Visit: www.TheRawFoodInstitute.com.

—27—

Glen Echo T'ai Chi Winter Sunday Sessions begins. Sunday classes are Corrections (with Intermediates) 9:30-11am, and Continuing Beginners at 11am. Drop-in students are welcome to attend Continuing Beginners, \$15/hour, and Corrections class, \$20 for 90 minutes. More information at www.glenechotaichi.com or www.glenechopark.org.

—28—

Free Chakra Balancing, introductory talk with Braided Way Healing Arts School at 6:30pm, Baltimore Centre for Wellness-Ellicott City. Info: www.braidedwayhealingarts.com, 410-203-2226, Ext. 5.

1/28 Dream Analysis. Also on 2/6, 2/19, & 2/28. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

helen.com/psychic-dev-reiki.html.

—29—

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

—30—

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

FEBRUARY

—1—

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

—2—

Beginning Spirit Communication & Mediumship Workshop. February 2nd & 9th. Join Spiritualist Medium Konstanza Morning Star in this 2-day workshop to open up your natural ability to communicate with the spirit world. Silver Spring, MD. www.silver-springoflight.com

Soul Pajamas Concert at Unity of Gaithersburg. A winter concert of joyful, uplifting, life affirming music with all proceeds to Unity of Gaithersburg. A combination of folksy blues and jazzy pop, this is a perfect mix for a Saturday night with your friends both old and new. 111 Central Ave., Gaithersburg, MD, 20877. 7:30pm. Suggested love offering \$15. For information, contact the church office at 301-947-3626.

2/2-3 Cert. Spiritual Dowsing I. Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

2/2-3 Tai Sophia Redefining Health Workshop. Gain 20 practical and empowering skills you can use immediately to create more ease and less suffering. Taught by two exceptional teachers, Tai Sophia Institute's founders Dianne Connelly and Bob Duggan. Next offered on June 1-2, 2013. Event location: 7750 Montpelier Rd., Laurel, MD 20723. For more information, contact: 410-888-9048 x6642 or visit: www.tai.edu/continuinged.aspx.

—4—

The Art of Spirituality. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Level One Course in Chakra Balancing starts. Taught by Arlyn Kline, RN, Founder/Director of Braided Way Healing Arts, Baltimore Centre for Wellness-Ellicott City. Info: www.braidedwayhealingarts.com, 410-203-2226, ext. 5.

—5—

Group Regression, Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

—7—

Karma/Reincarnation I. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

—8—

Dream Yoga Studio 200-Hour Kripalu Yoga Teacher Training begins (8 months, culminating at the world-

WINTER CALENDAR



renown Kripalu Center for Yoga & Health), with Kripalu's Jovinna Chan, Jonathan Foust, Grace Jull & Luann Fulbright. At Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. More info at www.DreamYogaStudio.com, or call 703-448-YOGA (9642).

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-9-

Message Circle. Receive several mini-readings for one price, in our beautiful sanctuary. 7:30-9:20pm. \$25. ISD, 5419 Sherier Pl., NW, WDC. Visit www.isd-dc.org.

Qigong in Daily Life: Sleep. 9am-1pm. Understand the effects of imbalance of your yin and yang energies and ways to promote sleep through massage, chanting, meditation, and energy practices. \$50 by 2/4; \$60 after. IAS, www.ias-online.org.

Healer's Share, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

Usui Reiki I, Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-10-

Introduction to Shiatsu Shin Tai. 6 CE Hours. Mindful Shiatsu Center. mindfulshiatsu.com, 301-464-4743.

Usui Reiki II, Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-11-

Soul Mates/Twin Flames I. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-12-

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-13-

Karma/Reincarnation II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-14-

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

2/14-4/4 Mindfulness-Based Cognitive Therapy (MBCT), Thurs. eves 6:30-9pm, & Sat., Mar. 30, 9am-3:30pm. Blend of mindfulness meditation and cognitive therapy concepts to decrease and prevent depression and/or anxiety. www.MindfulResources.net

-15-

Meditation, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

2/15-17 Diamond Approach a spiritual path developed by A.H.Almaas. Fri., 7-9:30pm, Sat./Sun. 10am-5:30pm, Takoma Park. \$240 (\$175 for first timers). See our logo listing for more information. Contact Barbara, bearwise@verizon.net, 202-746-9473. www.ridhwan.org

2/15-17 SpiritFest Weekend, Readings, Classes, Circles, Psychic Gala and numerology workshop featuring Ruth Drayer. Arlington Metaphysical Chapel, 5618 Wilson Blvd., Arlington, VA, www.arlingtonmeta.com.

-16-

2/16-17 Usui Reiki Master, Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-17-

Meditation and Chanting to Heal Planet Earth. 4-5:30pm. \$10/session. IAS, www.ias-online.org.

-18-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet starts at 6:30pm. Free screening TBA begins at 7pm. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-20-

Soul Mates/Twin Flames II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-21-

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-22-

Your 7 Energy Centers I. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-23-

Healer's Share, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

2/23-24 Karuna Reiki® Master, Herndon. See <http://hypnobyhelen.com/classes-hypnosis-dowsing-reiki.html>.

-24-

Governing Vessel & Spinal Mobility begins. 6 Sundays, 30 CE Hours. Mindful Shiatsu Center. mindfulshiatsu.com, 301-464-4743.

-25-

Group Regression, Herndon. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

-26-

Dowsing Practice. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

continued on page 74



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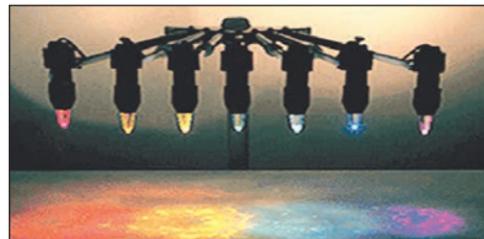
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WINTER CALENDAR

February ...continued from page 73

in the Face of Change with Geshe Tenzin Wangyal Rinpoche at Ligmincha Institute. Visit Ligmincha.org or call 434-263-6304.

4/13 **Free Live Webcasts** with Geshe Tenzin Wangyal Rinpoche at Ligmincha Institute. 3pm EST. Visit Ligmincha.org or call 434-263-6304.

4/18-6/13 **Mindfulness-Based Stress Reduction (MBSR)**, Thurs. eves 6:30-9pm, & Sat., June 8, 9am-3:30pm. Mindfulness meditation practices to decrease stress and improve quality of life and mental and physical health/wellbeing. www.MindfulResources.net

6/23-7/13 **Annual Summer Retreat, Dzogchen Teachings**, The 21 Nails with Geshe Tenzin Wangyal Rinpoche at Ligmincha Institute. Visit Ligmincha.org or call 434-263-6304.

ONGOING

A Course in Miracles Discussion & Study Group at Breathe Books, Sundays, 10-11am. ACIM teaches the way to universal love and peace is by practicing forgiveness, focusing on the healing of relationships, and translating our interactions from hurt to healing. Meets in second wind, down the porch from the main store entrance, first door on the left. Cost: donation appreciated. breathebooks.com, 410-235-READ.

Free Healing 1st Sunday of each month, 1-2pm. By appointment. Krsnah Natural Energy Healing Center in Silver Spring/Wheaton area. Visit: www.krsnahealing.com, or call 240-426-6564.

Free Tai Chi Classes, Saturdays. Visit www.DancingInSilence.com or call 301-466-5894.

Lotus Heart Meditation Group at Breathe Books, Sundays, 8:30-10:30am. Guided sitting and walking meditation followed by short readings and discussion. Everyone is welcome! Meets in breathing space, the small house behind the store. Cost: \$5 donation. breathebooks.com, 410-235-READ.

MARCH

-1-
Blue Heron Wellness Teachers' Training starts. Share your love of yoga and embark on a new and fulfilling career. Experience an integrative and creative teacher training program. www.blueheronwellness.com

-9-
Spiritual Sensing & Psychic Development Workshop. Jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. With Certified Medium Konstanza Morning Star. www.silverspringoflight.com

-10-
Advanced Spiritual Sensing & Psychic Development Workshop. Learn extended psychic tools, work with chakras, clear psychic blockages, explore alternate courses of actions and potential outcomes psychically, more. With Certified Medium Konstanza Morning Star. www.silverspringoflight.com

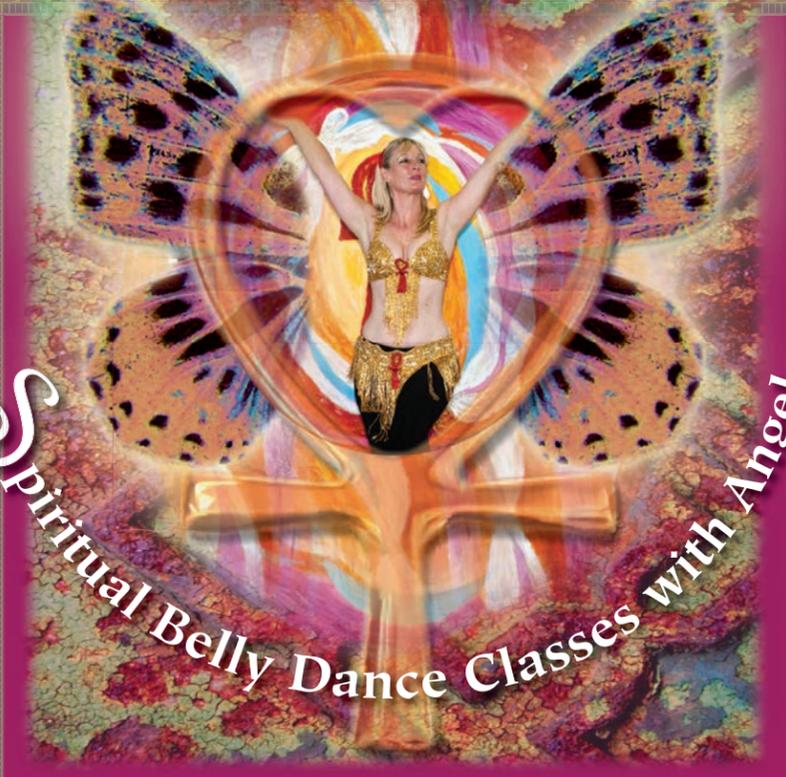
-17-
Meditation and Chanting to Heal Planet Earth. 4-5:30pm. \$10/session. IAS, www.ias-online.org.

-27-
Your 7 Energy Centers II. See <http://hypnobyhelen.com/psychic-dev-reiki.html>.

UPCOMING

April 2013 **Biodanza East Coast School MD/DC Personal Development/Training Program.** Personal transformation through movement, music & emotion. www.biodanza-usa.com

4/10-14 **Annual Spring Retreat, Embracing Impermanence, Inner Refuge**



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WINTER CALENDAR

Meditation at Breathe Books with Susan Weis-Bohlen. Thursdays, 6-7pm. Join us for a short Dharma talk, meditation instruction, breath-work, and sitting meditation. All levels of meditators are welcome! Cost: \$5 donation. breathebooks.com, 410-235-READ.

Meditation and Chanting to Heal Planet Earth. 12/16, 1/20, 2/17; 3/17. 4-5:30pm. \$10/session. IAS, www.ias-online.org.

The Meditation Museum hosts weekly workshops and events. All activities support our original integrity, highlighting strength of character, power of the mind and peace. www.MeditationMuseum.org

NFS – Healing Center, Meditation for The Bliss of the Quiet Mind, Highest Consciousness, Health and Joy. Monday evenings, 7:30pm; www.newfuturesocietycenter.com, 301-460-1417.

NFS – Healing Center presents monthly Conferences for Transformation and Exploration, Day of the Goddess, Individual sessions and Yoga Classes. www.newfuturesocietycenter.com, 301-460-1417.

Online Study Programs for The Soul and Service Trilogy. Explore the practice of soul-inspired service. IAS, www.theclarionway.org.

Open House for Wellness and Beauty every 1st and 3rd Thursdays. Come learn about our services at Integrated Laser & Wellness Center, Helena Stefan, MD. www.DoctorHelena.com; call for an appointment, 301-881-2898.

Psychic Guidance at Breathe Books with Tracy Hall Esho, Thursdays, 12-6pm. Individual readings offering Clarity with Compassion. Tracy's sessions are a combination of psychic, spiritual, and practical guidance. Encouraging and down-to-earth, Tracy often focuses on the spiritual development of the client, providing them with practices for handling life's challenges and suggestions for building a relationship with the Divine. Cost: \$50 half hour; \$100 hour. breathebooks.com, 410-235-READ.

Psychic Saturday—Mini-readings and Psychic Art. Last Saturday of each month (except December), 10am-2pm. Arlington Metaphysical Chapel, 5618 Wilson Blvd., Arlington, VA, www.arlingtonmeta.com.

Reiki and Reflexology at Breathe Books with Kim Jenner, Mondays & Wednesdays, 3:15-6pm. We're very excited to have Kim join us for regular healing sessions. Using a combination of modalities, Kim goes deep into your Auric field to heal you in a gentle yet profound way. Reiki covers you

in a blanket of loving energy, while Reflexology of the hands, feet and ears clears up stagnant energy and blockages in the physical body as well as the emotional and subtle bodies, leaving you rested and refreshed. Cost: \$80 or sliding scale. breathebooks.com, 410-235-READ.

Reiki share at SpaRoom at Van Ness and Wisconsin, NW every 3rd Thursday of the month from 7:30-9:30pm. Reiki shares are for Reiki practitioners of all levels. Shares are opportunities to give and receive healing, practice, exchange and connect with the local Reiki community. Fee is just \$10. For more information and sign up, visit www.sparoommassage.com, under "classes and workshops."

Right Use of Will: Independent Study. Can enroll anytime. Develop and heal your will. \$110. IAS, www.ias-online.com.

True Names Zen Buddhist Meditation at Breathe Books, Mondays, 7-8:30pm. In the Vietnamese Zen tradition of Thich Nhat Hanh, the practice includes sitting meditation, both silent and guided, and walking meditation. A dharma discussion follows. For more information, contact Lee Stierhoff at 410-319-0650. Meets in breathing space. Cost: donation. breathebooks.com, 410-235-READ.

Weekly Meditations, Classes and Workshops on Metaphysical Topics in Silver Spring/White Oak. The Metaphysical Learning Center—benefits the Washington Metaphysical Church. www.metalearningcenter.org

Weight Loss Seminar 1st & 3rd Saturday of each month at RiverSoul Wellness by Janine A Blackman, MD, PhD, & Mila Casey, MD (Rus), Certified Nutrition Consultant. Free Basal Metabolic Rate (BMR), Skeletal Muscle Mass, and Body Fat Measurement. Learn optimal method to burn body fat while preserving muscle mass and reversing insulin resistance. Customized programs available for food allergies. 2-4pm. 8120 Woodmont Avenue, Bethesda, MD 20814. Call 240-863-2478 or email info@riversoulwellness.com to reserve your space. No fee, but must arrive on time for free body composition & BMR measurement.

Visit Pathways Calendar Online at www.PathwaysMagazine.com to view more events

Seeking Volunteers with a Cancer Diagnosis to Participate in a Scientific Study of Spiritual/Mystical Experience

Johns Hopkins University School of Medicine is seeking volunteers with a current or past diagnosis of cancer who have some anxiety or are feeling down about their cancer to participate in a scientific study of states of consciousness brought about by the entheogen psilocybin, a psychoactive substance found in mushrooms used as a sacrament in some cultures, given in a comfortable, supportive setting. Questionnaires and interviews will be used to assess the effects of the substance on consciousness, mood, and behavior. Volunteers enrolled in the study will receive careful preparation and 2 sessions in which they will receive psilocybin. Structured guidance will be provided during the session and afterwards to facilitate integration of the experiences.

Volunteer must be between the ages of 21 and 70, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug abuse, and have someone willing to pick them up and drive them home at the end of the two psilocybin sessions (around 5:00 PM).

For more information about the study, see www.cancer-insight.org. If you would like to discuss the possibility of volunteering, please call 410-550-5990 or email cancer@bpru.org and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA_00001390

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Sandy has been a featured guest on national and local radio and television, and has worked with individuals and groups all over the world since 1994. She is a medical intuitive, co-host of *Angel Talk Radio* and *Angel Talk's Changing Realities TV*. She is a spiritual healer certified as a Reiki, Karuna® Reiki, and Seichim Master, Sound and Frequency healer, certified bio-feedback (SCENAR) practitioner, Flower Essences practitioner, and Pattern/Trauma healer and counselor with clients as far away as Alaska, Canada, Japan.

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Master, Dr. Macy L. Lu

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ACCESSING YOUR INTUITION

Once Is Always Enough! The Four Biggest Mistakes In Tarot Reading ...continued from page 13

me if I accept/embrace this project, job or relationship?

I seek to make a decision about _____. Please guide me regarding the consequences of going in one direction or another.

What opportunities for growth does this job, relationship, etc., hold?

In order to achieve a favorable outcome, what would be my next most helpful step?

MISTAKE NUMBER THREE: Too Many Cards

Another common error is doing readings with too many cards. How many cards are too many? Using the Tarot, especially when you are just starting out on your Tarot journey, is one of those times when "less is definitely more." The symbols and metaphors within the cards images, and the wisdom the stories tell, hold abundant guidance. The fewer cards you use in a reading the more impact and depth they will have, and the easier it will be for your psyche to integrate the messages that are coming through the cards. A simple spread—one to four cards—can be quite powerful and can provide you with endless insights and guidance. If a lot of cards are used in

a reading, the messages you receive could be mixed or confusing. Your conscious and unconscious mind may reach a point of sensory overload. Keep it simple!

Here's one such simple spread: *The Current Issue 3 Card Spread*



1. The Current Issue/Problem
2. Action or Lack of Action Needed for Favorable Outcome
3. New Possibility (Based on Advice of #2)

Remember: Less is More!

MISTAKE NUMBER FOUR: Giving Away Your Power

A final and perhaps the most controversial issue has to do with transferring one's personal power to the reader. Although my comments refer to Tarot readings in particular, they can be applied to other oracles as well.

Traditionally, the Tarot reader has been thought of as a "fortune teller." The Tarot reader (which includes even the individual who is using the Tarot strictly for his or her own use) is an intuitive person who is able to interpret

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ACCESSING YOUR INTUITION

the symbols of the cards and unravel their relationships with each other in a Tarot spread. Ideally, and contrary to the usual "fortune teller" role, the information the reader identifies is to assist you in making your own decisions since *none of the information which a Tarot reading reveals to you is written in stone!* The highest ideal for a reading is to reveal options, challenges, pitfalls, opportunities, or the direction or course your life *may* take under a certain scenario or set of conditions. Unlike the established role of the "fortune teller," using the Tarot in this manner allows for *free will and self-determination*.

In other words, your destiny can usually be changed—if you sincerely wish to change it. Oftentimes, however, altering the future means *changing yourself*, your patterns, your communication style, your coping methods or your responses. This may be the most difficult part of the reading (and life) to embrace since we all have a tendency to blame people and events beyond ourselves for our problems. Isabel Kliegman, in her book, *Tarot and the Tree of Life*, addresses this issue. She says: *It's amazing to me how many people come for a consultation after driving long distances just to find me. They put in a lot of energy and happily pay my fee, but really don't want to know. They think they want to know, but they really don't. What they truly want is to be supported in a be-*

lief system that is not serving them well.

We humans get stuck in a victim mentality or the need to be right. A reading can hold up a mirror for you to see exactly where and how *you* are perpetuating your difficulties. Thus, the goal of a reading should be to offer new perspectives, foster new thoughts, emotions, ideas, and attitudes around the issue or question. The best kinds of readings offer new insights as well as provide an action plan to get things in your life moving. Think of it as a brainstorming session—offering guidance that can help transform fears, blocks and inertia. ANYONE who is getting a reading can experience emotional, intellectual and even psychic breakthroughs—IF they have an open mind and a sincere desire to move forward. The heart and intent of the Querent (the individual receiving the reading) will always affect the results. All methods of spiritual and emotional growth are built on the sincerity of the person who seeks to evolve. Defensiveness on the part of the Querent, the need to be right or any rigid thinking about a particular situation must be released. The manner in which the Querent chooses to implement or activate the guidance that comes through is ultimately in his or her own hands.

Keep this in mind: A reading may not tell you what you want to hear. A reading may not give you precise answers. Sometimes the cards will an-

swer a question you did not ask, if that question is more vital to your growth or well-being or if this larger question is *underneath* the question that you have asked. The reading may also point out the difficulties you need to overcome in order to get the results you want. The reading may reveal the best options available to you at the current time even though they may not be exactly that for which you had hoped. The reading can alert you to opportunities or dangers ahead for which you might not be prepared. The reading may simply mirror back to you what you are thinking and feeling, thereby acting to validate what you could not quite articulate. When you approach the Tarot with an authentic desire for guidance and an open heart, you never know precisely where the higher wisdom will take you! Please don't expect the reading to make decisions for you, or to give you a free pass from doing your own inner work, or from taking appropriate actions.

Ultimately, we each have to find our own system for working with oracles like the Tarot. There are no right or wrong answers. Use your good judgment and intuition when doing readings. If a person comes to you and wants to ask the same question over and over, or who is clearly looking for the cards to tell them what to do, or who expects the reading to instantly transform their lives without doing their part, you will need to gently but firmly let them know

the truth. And sometimes it is necessary to just let the images percolate and see what happens. *Let the expanded viewpoint of Spirit help you see beyond your own limited view.*

Any tool, be it Tarot, crystals, Rune Stones or whatever you chose, can *never* absolve you from taking personal responsibility. These are mystical tools that help you to stretch your soul and psyche. *They are aids.* You still have to take the necessary steps to achieve what you seek. The power, always and ultimately, lies in your own hands.

Geraldine Amaral is the co-author of Tarot Celebrations: Honoring the Inner Voice and creator of "Tarot 1-2-3," an instructional video. She fell in love with the Tarot about 30 years ago when she had her first reading and has been using, studying and writing about the Tarot ever since. She utilizes Jungian/archetypal psychology and Divine Metaphysics in her work and is a respected/gifted intuitive counselor and nationally-known teacher. She focuses her work on how to apply the Tarot's esoteric principles in pragmatic ways as well as for insights and personal transformation. Her classes provide a unique blend of spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She can be reached at 703-671-7421 or geraldine@thespiritualTarot.com or her website www.thespiritualTarot.com. See also her ads on pages 88 and 94.



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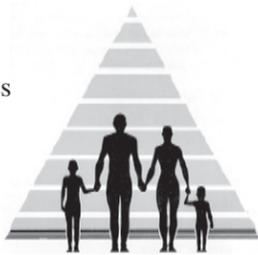
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NETWORK OF LIGHT NEWS

BY HONORA FINKELSTEIN

The Singing Trees of Damanhur

In the peaceful, spiritual ecovillage of Damanhur in Italy, there are two amazing gifts for the ears and eyes that a visitor can experience: a beautiful choir of singing trees (yes, trees that sing!) and underground temples where art, technology, science, and spirituality all come together.

The United Nations has given Damanhur an award for being a model for a sustainable future for humanity and the rest of the planet. Damanhur promotes a culture of peace and equitable development through solidarity and volunteerism, as well as respect for the environment, art, and social and political engagements.

The Federation of Damanhur was founded in 1975, and beginning in 1976, researchers in what was then a spiritual commune began inventing and developing equipment to capture electromagnetic changes on leaves and roots and transforming them into sounds. And the amazing trees of Damanhur seem able to control these electromagnetic changes so that they create incredibly beautiful melodies. To hear this music, please visit www.finer-minds.com/consciousness-awareness/the-singing-trees-of-damanhur/.

And then there's the art, which exists in underground temples, call the Temples of Humankind. Symbolically, these temples are supposed to represent the "inner rooms" inside every human being because walking through the halls and corridors supposedly creates a journey into the depths of oneself.

The temples are a subterranean cathedral, created entirely by hand and dedicated to the reawakening of the divine within humanity through all art forms.

The temples have been created in a place where the Eurasian continental plate meets the African plate, pushing up a rock called mylonite that is 300 million years old and carries the earth's physical energy because it follows the flowing of what are called the "Synchronic Lines" of the planet. The temples arise within a meeting point where four synchronic lines come together.

It is important to note that the Damanhurians are not attempting to create a new religion with their temples. Rather, they are seeking to do spiritual and social philosophical research, while living in harmony with other people and animals, the plant kingdom, and the elements and energy fields of Earth itself.

Currently, the Federation of Damanhur, which is in the foothills of the Piedmont Alps, has about a thousand citizens, but it is possible to visit for short periods for study, retreats, or regenerative pilgrimages. Damanhur offers courses and events all year round, so there are plenty of possibilities for sampling its culture and its wisdom, and it is even possible to become a "temporary" citizen of Damanhur for three months. In either case, it is important for visitors to remember that to enter the Temples of Humankind

requires a reservation, though they are open regularly.

Filmmaker Keith Busha went to Damanhur in 2005 to create a film about the art of the Temples of Humanity. But the film turned out to be much more, for he came to believe Damanhur could be an ecological, sociological, and humanitarian blueprint for the planet's future.

To make the film, Busha assembled a team that included writer/producer Lori Butterfield, cinematographer Duane Empey, and producer Gareth Harvey, all National Geographic Emmy Award winners. From this creative coalition came a film about the subterranean temples filled with art of every imaginable kind, the trees that sing, the laboratories where scientists are developing new sources of food, and the commune where the future of a humanity that has connected to its divine potential is revealed.

To learn more about Damanhur or to view the film or purchase it on DVD so you can give it as a gift this holiday season, please visit its website at www.damanhur.org/.

Network of Light Holiday Party Postponed to February

Lakshmi Barbara Carpenter, founder of the Network of Light, who has been undergoing a total house rebuild since last February, has found it necessary to cancel the holiday party that was announced in the fall edition of *Pathways*, as the house is still without a completed kitchen and refinished floors. The annual party is now scheduled for 7 p.m. on February 16th, 2013, when it will transform into a Heart-to-Heart Caring and Sharing Celebration.

The party will begin with a meditation and will provide a safe space for sharing of what is in the heart and soul of each participant. This will be followed by a shared-food dinner, so attendees are requested to bring their favorite dishes to share with the group.

After the dinner, Stream Ohrstrom and the Blue Dragon Band will play their wonderful music, inspiring everyone for dancing, singing, drumming, and experiencing joy. The Network of Light is so grateful for all the events to which Ohrstrom and his musicians have contributed, as he and his group raise the energy of any event to a higher level.

Ohrstrom and the Blue Dragon Band can be contacted to play at other happenings around the greater metropolitan area by calling 301-949-8984.

The Heart-to-Heart event will be held at 6304 30th St. NW in Washington, D.C. (Attendees are asked to park outside the cul-de-sac on Tennyson or 30th Streets.)

For more information, please call 202-363-9343 or contact NOL's email at networklight@hotmail.com and request to be put on the contact list for all future events.

NOL Plans Service Day in February to Help the Homeless

The Network of Light is planning its annual winter service day for helping the poor and the homeless in late February, with the date and time of the

NETWORK OF LIGHT NEWS

event still to be announced. Participants will be invited to bring non-perishable food items and warm clothing to pass out to people at homeless shelters around the greater Washington metropolitan area.

Shanti and Madhu Sudan, owners of Capital City Sights, have generously offered once again to donate their time and tour van to drive volunteers to designated distribution sites. And in the past, those who have participated in this annual event have felt blessed at being able to make this connection with needful people.

Those interested in participating in this event should call 202-363-9343, or contact the NOL email at networklight@yahoo.com.

The Sudans of Capital City Sights, whose slogan is "Your guide to the best of Washington," are also available for all kinds of tours, including custom-made experiences, by calling 301-540-1222.

Network of Light Winter Satsangs

Lakshmi Barbara Carpenter will continue to hold her evening "Satsangs with the Beloved, Thyself," throughout the winter months.

Says Carpenter, "Those who attend can share a vision of the possibility of just trusting the Universal Oneness, relaxing, connecting to the core of who we are, and learning to grow from our experiences. This is an opportu-

nity for all to enjoy the up-leveling of consciousness that is readily available to everyone during the winter holiday season and beyond."

All satsangs will be held at 6304 30th St. NW in Washington, D.C. (Attendees are asked to park outside the cul-de-sac on Tennyson or 30th Streets.)

For specific dates and times of the satsangs, please call 202-363-9343 or contact NOL's email at networklight@hotmail.com to be put on the email list in order to receive notification of all events.

2012 Holiday Stamp Dedicated at the National Cathedral

One of this holiday season's U. S. Postal Service stamps was dedicated on October 10, 2012, in a First-Day-of-Issue ceremony at the National Cathedral in Washington, D.C. Called the Holy Family Forever Stamp, the stamp does not feature the traditional Madonna and Child images so often issued in previous years. Instead it shows a silhouette of the Holy Family crossing the desert under the light of a brilliant star, with Joseph leading the donkey that bears Mary and the infant Jesus on the family's flight into Egypt.

At the unveiling of the stamp at the National Cathedral, Rev. Gary Hall, the cathedral's dean, interpreted the message on the stamp as universal, not just traditionally Christian, saying, "The story of this new family forced to leave

their home reminds all people of good will to care for those who are marginalized in our society: the poor, the elderly, the immigrant, and the refugee."

He also said the image of the Holy Family embarking on a journey to an unknown land can remind all people everywhere that they are in God's hands and can trust in God to guide their journey through life.

The stamp's evocative and symbolic image was the result of the combined efforts of U.S. Postal Service art director William J. Gicker, designer Greg Breeding, and artist Nancy Stahl.

The ceremony of the stamp's dedication was held in the National Cathedral's Bethlehem Chapel, whose "Epiphany Window" was featured in the Postal Service's Madonna and Child stamp issue in 1980.

According to its statement of purpose, the Washington National Cathedral is the spiritual home for the entire country, seeking to be "a catalyst for spiritual harmony in our nation, renewal in the churches, reconciliation among faiths, and compassion in our world."

For more information on special events and programs at the Washington National Cathedral, please call 202-537-5548, or email its media contact Richard Weinberg at rweinberg@cathedral.org.

21st Annual Environmental Film Festival Planned for March

The 21st Annual Environmental Film Festival will showcase March 12-24, 2013, all around the Washington, D.C. area, with the presentation of over 150 films. Most screenings are free and will be accompanied by discussions with filmmakers and special guests.

The upcoming festival will focus particularly on the vital role of Earth's rivers in human survival and well-being. Water makes up about three-fourths of the human body, so healthy rivers are critical as sources of drinking water for humans and wildlife.

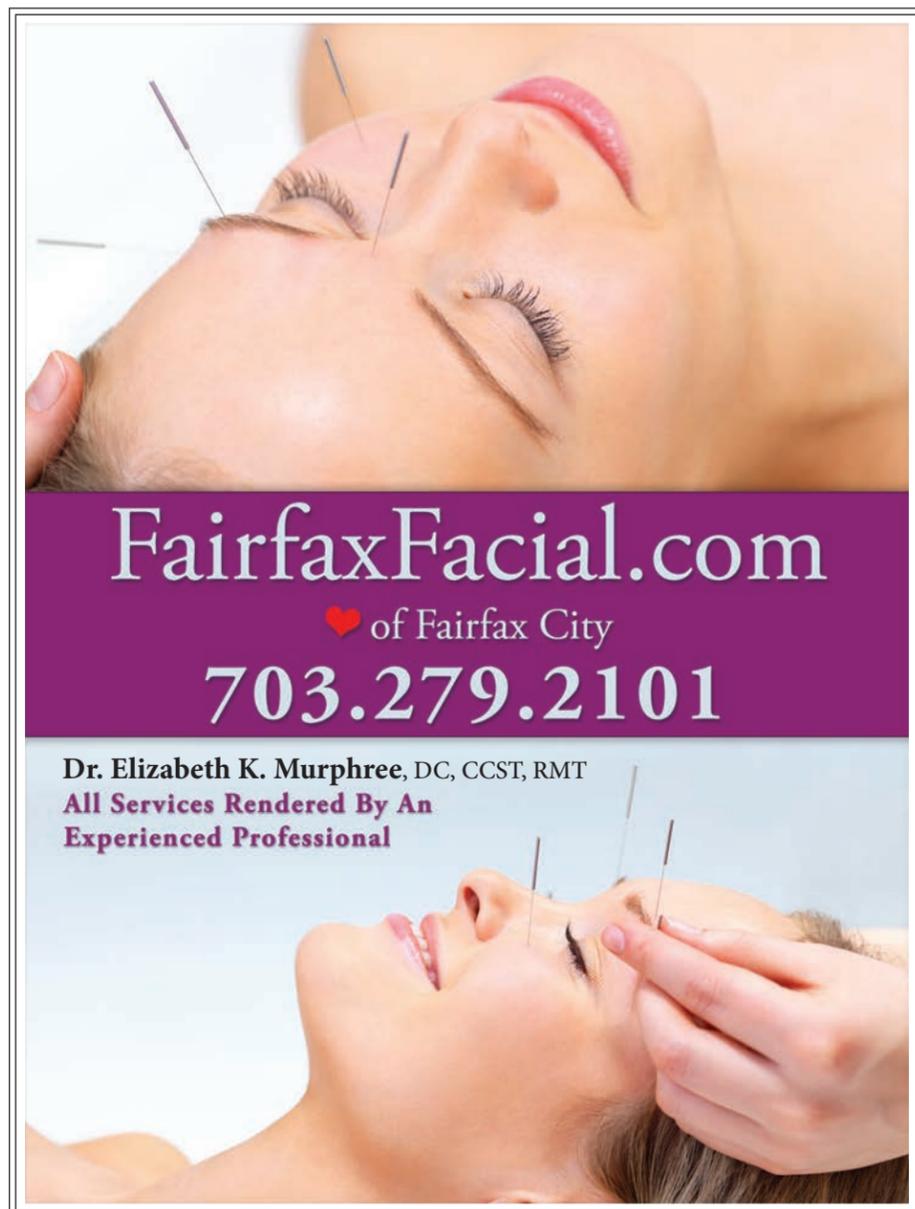
Rivers are also outlets for human inspiration and revitalization and of course have played a key role in the development of cities and as the means of transport. Now, however, they face threats from the increasing impact of climate change, so many of the films in the upcoming festival will address the vulnerability of the planet's rivers.

The complete festival schedule will be available in February as a download at www.dcenvironmentalfilmfest.org or by calling 202-342-2564 for a printed festival brochure.

The Emergence of the Golden Indigos

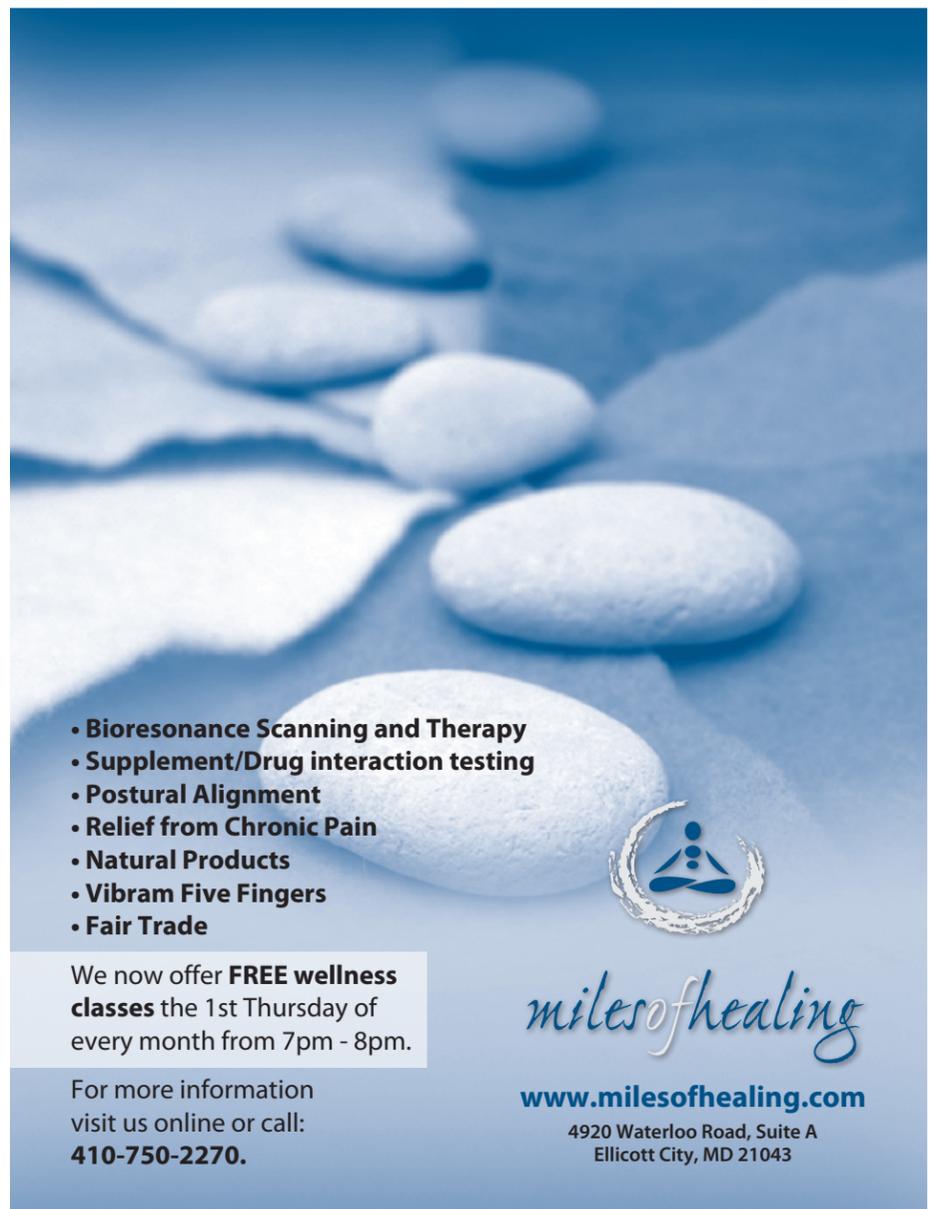
James Twyman, known to most people as "Peace Troubadour" because of

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The Emergence of the Golden Indigos ...continued from page 79

his efforts to bring people around the world together with his music and singing, is also an author and filmmaker, especially of works dealing with the Indigo Children and their messages to humanity. And last summer, Twyman began to seek those elders in our culture who feel a resonance with the messages of the Indigo Children about the divine nature of human beings and our oneness with each other.

As a part of his seeking out these elders and wisdom keepers, Twyman labeled them as "Golden Indigos," and he said the elders in our society could recognize themselves as being among this group if they identified with the elements he had put on a short list of attributes, as follows:

You are a Golden Indigo if...

1. You are over the age of 60;
2. You have always felt a "stirring" in your soul to heal and bless humanity;
3. That stirring has increased over the last five to ten years;
4. You feel a connection with the Indigo children;
5. You feel drawn to share your wisdom;
6. You refuse to sit back and simply "retire"; and
7. You felt a "YES!" when you first read or heard about the Golden Indigos.

In addition, he names some other things that might help those who could be Golden Indigos to identify themselves. Perhaps when they were growing up, they recognized the rigidity and lies of the adults and social structures around them and found themselves unable to conform, instead discovering new ways to think and to be.

Twyman has explained why it is so important at present to identify our culture's wise elders, saying, "I remember when I first started working with the Indigos many years ago. At the time there was a tendency to give them so much credit that we neglected the contributions of the elders who opened the doors, allowing the Indigo Children to come through. That's why I decided to make this *my* cause—to honor the generation that came before, our parents and grandparents that made this spiritual revolution possible."

Twyman has invited those who believe they are Golden Indigos to email him with their insights and wisdom at twyman.golden.indigo@gmail.com.

Finally, as another part of his project to draw together the wisdom of all our culture's elders, Twyman is also creating a documentary about the Golden Indigo phenomenon as well as a feature film entitled *Redwood Highway*, about a 75-year-old woman who heals her own heart and discovers her own Golden Indigo status in the course of making an 85-mile hike on the Redwood Highway in Oregon.

Said Twyman, "Why is this movie so important? Especially in North America, our elders are not honored for the wise masters they often are. Instead we put them into homes where they'll be cared for, but they are no longer seen as capable, valuable, and vital parts of society. That has to change! Our seniors need to be honored, not forced into the corner. They still have so much to offer us, and that is the focus of this film."

For more information on the Golden Indigos, the film *Redwood Highway*, or Twyman's other books, films, and workshops, please visit his website at www.jamestwyman.com. For answers to questions about any of his projects, press the "Contact" button on the web-

site and follow the directions to get in touch with him.

Life-after-Death Insurance

The Monroe Institute in Faber, Virginia, whose founder, Robert Monroe first coined the phrase "out of body experience" for our culture in his book *Journeys Out of the Body*, was recently featured in a two-part film entitled *Journey of the Lost* on the Biography Channel series "The Unexplained."

The film explored the new understanding gained by students in a class entitled "Lifeline" that is taught at the Monroe Institute about what happens to individual consciousness after bodily death. It should be noted that in all courses taught at the Monroe Institute, students use the Hemi-Sync® audio technology Monroe developed decades ago that allows users to balance their brain hemispheres and thereby reach expanded states of consciousness.

In the Lifeline program, students themselves can journey to the "other side" of life and extend a lifeline to those souls who might have made an uneasy transition and somehow become "stuck" in uncomfortable realms of the afterlife. Being stuck is not only unpleasant, but it keeps the individual from being able to progress to an understanding of what their life in the physical had meant or how they could move on to future lives and learnings.

Robert Monroe himself first visited a place he called "the Park" during one of his own out-of-body experiences; the Park was a beautiful place filled with life, love, and healing available to all who had made the transition to being conscious without benefit any longer of a physical body. The Park was also a place where eventually the individual could weigh the benefits of reincarnating into a new physical body or traveling on the other realms.

However, Monroe also learned in some of his explorations that often people get caught in their own belief systems and don't progress to the Park, which would be the reason for extending to these "lost" souls a lifeline from those willing to make the effort to connect with them.

In later life, when Monroe's own wife Nancy contracted cancer and eventually succumbed to it, he realized the importance of helping those who had not yet died and their families who were about to lose the family member to prepare for this transition. So he developed a set of CDs he called *Going Home*. This set was made with the assistance of his two well-known friends, both death-and-dying experts, Elisabeth Kübler-Ross, M.D., and Charles Tart, Ph.D.

The *Going Home* series offers assistance to those about to make the transition to the other side and also to their family members who are anticipating the loss of the loved one, helping them all understand that bodily death is definitely not the end of life but is truly a new and exciting beginning. Monroe himself labeled both the Lifeline program and the *Going Home* series "Death Insurance," though "Life-after-Death Insurance" might actually be a more accurate phrase.

Those who would like to view the two-part film *Journey of the Lost* can do so by visiting the Biography Channel website at www.biography.com/tv/the-unexplained/episodes.

Those who might want to learn more about the CD set *Going Home* can do so by visiting Hemi-SyncProduct-sandPrograms.com or www.monroe-institute.org.

Sacred Journey of the Heart

Looking for a positive DVD to share with friends and family this holiday season? Try a film called *Sacred Journey of the Heart*. The film's purpose is to affirm that we—individual, ordinary humans—can foster the coming shift in global consciousness with our heart-based living. It also demonstrates how new scientific findings are coming together with ancient spiritual traditions to create the shift we have all been waiting for.

The film was created by Arizona filmmaker Ronna Prince, who is, among other things, a certified Radical Forgiveness coach, a licensed HeartMath® provider, and the founder of the Modern Mastery™ program that aims at facilitating a consciousness shift to fully empowered living during times of rapid change and transition.

Among those whom Prince interviews in the film are the following:

- Gregg Braden, author of *Awakening to Zero Point*, *The God Code*, *The Isaiah Effect*, and many other books on the coming consciousness shift;
- Dr. Deborah Rozman, author of several books concerning teaching children to meditate and to love, and co-author with Doc Childre of *Heartforming* negative emotions with HeartMath®;
- Sarah McLean, author of books on becoming soul-centered;
- Larry "Running Turtle" Salazar, Apache elder and artist, who is currently also working for Indian burial rights;
- Sunny Dawn Johnston, author of *Invoking the Archangels: A Nine-Step Process to Heal Your Body, Mind, and Soul*;
- Uqualla, a Havasupai medicine man;
- Cynthia James, author of books on freeing oneself of negative experiences and becoming self-empowered;
- Colin Tipping—founder of the Radical Forgiveness approach to self-empowerment and healing; and
- Dr. Joe Dispenza, author of books on evolving the mind, health and longevity, and finding a new spiritual path outside religion.

Since 12/21/2012 is considered by many to be the time when our planet reaches its "tipping point" and finally becomes ready for the consciousness shift so many futurists have been awaiting, perhaps *Sacred Journey of the Heart* will be the best holiday present you can give to yourself and others. To order a copy or simply learn more about it, please visit www.sacred-journeyoftheheart.com.

Ligmincha Institute, Nelson County, Va.



PHOTO: JANINE GULDENER

TENZIN WANGYAL RINPOCHE is the founding director of Ligmincha Institute. In his more than 20 years of living and teaching in the West, Tenzin Rinpoche has become renowned for his ability to convey the ancient wisdom of Bön Buddhism in a way that is highly relevant to Western students. His books include *Healing With Form, Energy and Light*; *Tibetan Sound Healing*; *The Tibetan Yogas of Dream and Sleep*; *Awakening the Sacred Body*; *Tibetan Yogas of Body, Speech, and Mind*; and the new *Awakening the Luminous Mind* (Hay House, June 2012).

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Creating and Recreating the Joyous and Fulfilling Bonds of Love

...continued from page 66

as nature intended. We have not paid enough attention to how sexuality can be a great source of pleasure and bonding. Shame, fear, and stress all kill the possibility for pleasure. Yet, finding our way through these blocks is well worth the effort.

When I speak of sex, I am speaking, in part, about the sex act, but more of the power and pervasiveness of sexual energy. Brad Pitt, Angelina Jolie, Clark Gable, Marilyn Monroe: these are persons, new and old, who have become sex symbols. What makes them sexy is their ability to call forth from many of us energies of the organism that delight, give intense pleasure, and draw us toward them. Such is the fundamental dynamic of sex. From automobiles to perfumes, objects are called sexy, not because they resemble bodies but because of the powerful feelings they evoke. It is these amplified energies derived from the sexual drive that we need to nourish with one another. Proximity, tenderness, appreciation of the presence of the other, cuddling, as well as erotic sex, give us opportunity for shared pleasure and deep satisfactions. The expansion of sexuality between us invigorates and completes.

Becoming a student of and an enthusiast for your partner's uniqueness.

I could not write a more jaded phrase than "Each person is unique." However, I could not say a more significant phrase for couples to consider carefully. John Donne to the contrary, every man (or woman) IS an island. We are all separate organisms who need distinctive ecosystems to survive and develop. We need to appreciate our partners are not ourselves; they come from separate universes that we will never know what exactly is going on in their minds, and we will never completely fathom their motivation or satisfaction systems. Their strategies for brushing teeth, driving cars, writing wills, or pursuing intimacy will never be the same as ours, nor will we understand why, nor will they of us. And this is just the way it is. We need neither think we are like others, nor they are like us.

Become acquainted with your idiosyncratic self (everyone is an idiosyncratic self), and by inference, with the idiosyncratic self of your partner. This demands a courageous and attentive self-knowledge. Many people's identity is so merged with others that they believe such arrogant generalizations as "we Smiths always think first about our families," or "we bankers are always conservative." They fail to stop and think that persons, including themselves, are individuals. Or you may say, "As a man, I am more moralistic," or "As a woman, I am more into feelings," forgetting to pay attention to your actual patterns of moral behavior and emotional expression. Life offers

honest and endless fascinations when you grasp your partner's unknowable uniqueness—and your own. They, like you, are vast psychic continents of discovery, serendipity, and adventure which bring interest, surprise, and possibility to you everyday.

Supporting spiritual growth

For some it's natural, for others a stretch, to wrap our minds around the idea of "soul" as applied to our partners and ourselves. Yet the popularity of Thomas Moore's book, *Care of the Soul*, gives witness that we may be ready to think of ourselves and each other in such spiritual terms as "soul." Whether our meaning is literal or poetic, there is a vital notion here for realizing the higher possibilities of being a couple. Stop a moment and think about your partner. After you imagine her image, after you think of the struggles and difficulties, after you go over the plans you are making, after you contemplate her as a sex, or love, or provider, or caretaker, or companion object, think about your partner as a "soul." Bring your own meaning to this appellation and search your own depths, perhaps finding that your entry point for contemplation of soul will be a heightened awareness of yourself. You may find "soul" a fitting way to think of your higher self, or essence, or the part of you that strives for fuller experience. If you enter into this world of awareness, you may begin to think of your partner (and yourself) as a hallowed being on a "hero's journey." As this perspective matures, you are developing a capacity for honoring your partner for his or her unique path. All of us, lost so often in the frantic multi-layered demands of getting through the day, when not occupied with major upsets, need all the help we can get to be called back to the possibility of life-as-soul-fulfillment. We can remember this higher, spiritual if you will, purpose for our partners even when they forget it, and be available to help along the way.

Taking your personal history seriously

Each of us is, indeed, "a piece of work." We carry within ourselves the imprints, patterns, expectations, habits, biases, and chemistry of our unique histories. If you are unhappy, look within—you've probably looked enough at your partner as the cause of your upset. Study your capacity to experience happiness with another, your tendency to respond more to perceived or real disappointments and dismissals than to positive experiences, your inclination to discover your "negative parent" again and again in your present partner. Do you make small hurts large, large gifts small, soft offerings sharp, colorful memories gray, bright events black? Your decision about how

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Philip Dana Robinson, a Faculty Member of Michael Harner's Foundation for Shamanic Studies (www.shamanism.org) for 26 years, has taught over 600 workshops in the Southeastern United States, Hawaii, Bermuda, and Canada and offers experiential workshops several times a year in the Greater Washington, DC area. In addition to teaching Foundation workshops, Dana and his wife Shana have developed a series of additional seminars for students who have successfully completed the Foundation's Basic workshop - appropriately entitled "The Next Step." They are authors of the forthcoming book, *Shamanism and the Spirit Mate*.

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Creating and Recreating the Joyous and Fulfilling Bonds of Love

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much your unhappiness is caused by the "bad behavior" of your partner and how much by the intractable filter of your own mind is the great growth-decision of your relationship—maybe your life.

You, with your partner, are attempting this most amazing of enterprises—bringing together two selves who are distinctly different universes of experience and needs, driven by unconscious forces accumulated over generations, into a couple-connection expected to pay off for both of you with joy and creativity. Knowing, honoring, and working through the complications of where you came from is fundamental to the making of your diverse selves and histories for a functioning union.

Developing capacity for commitment

Some people don't do commitment well. Without a capacity for commitment, no relationship is more than a passing fancy, however fanciful. The commitment-handicapped have histories replete with relationships gone wrong. From early, uncertain childhood, through present adult disappointment, they have not developed a

firm inner structure for holding their bond with others. They are often terrified that if they do make a commitment, their relationships will be hugely disappointing—a reasonable fear since their models are fractured or incomplete, with a poorly formed internal system for finding ongoing satisfaction in relationships. Often, noncommittal persons are paralyzed with fear that, if they do commit, they will ultimately be abandoned. They act out a belief that it is better not to have committed and missed the possibilities of union than ever to have committed and risked going through the traumatic pain of separation.

Developing the capacity for commitment begins by learning not to look for the barriers to commitment first in the "unreliable" or "undesirable" behavior of your partner, but in yourself, your patterns, and your expectations. Gradually you can learn commitment by trusting your partner, not on the basis of promises, wishes, and hopes for a wondrous life together, but in correlation to your positive experiences in your relationship. Thus, you can begin to re-family yourself, that is build and be part of a community of trust so you

can experience commitment as a spontaneous, internally generated claiming, not a coercion. Your growth in commitment comes, not from instructions to yourself, but from staying attuned to your experience, asking: "Well, did it work out?"; "Were they trustable in this transaction?"; "Did they keep their promises?" etc... Gradually you can educate your mind. The map of your consciousness can begin to reconfigure your expectations to allow that others, including your partners, might just really be able to be there for you—and you, for them.

Tending your own happiness

There is no good relationship unless each partner is happy. It is the first business of each person to find his or her own happiness. Believing this, and acting accordingly will be marvelously relieving to your partner and to yourself. It puts the onus of your happiness not on your partner, but on you. Happiness is an inner experience of a single individual. It happens when we are at peace, flowing, and satisfied. Nothing in the universe is so powerful, not even our beloved at the height of his or her powers to entrance and affirm us, that in itself, guarantees our happiness. In spite of how much we would like to be "child" to our partner's "perfect mother," no one hears our needs and cries often enough and acts effectively enough to reduce and eliminate our

discomfort. Responsible people are responsible first for tending their own needs. Others, even our beloved partners, first look after themselves.

Taking charge of our own happiness is empowering. We do not have to wait for our partners to make us happy or waste energy in complaining about how they make us miserable. We are released from the social poisons of self-pity. We may ask of the other, but not demand. Of course, we still receive good things, but in looking after our own well being, we can focus on creating the conditions for happiness rather than on desperately needing specific actions, e.g., "If he doesn't want sex when I do, I'm not loved." We think more in terms like this: "If she won't play just my way, then I will learn to do without, or learn a new strategy to receive, or pay attention to what he does give me, or seek my satisfactions where I can find them." We become liberated from "one-way-only" expectations for meeting our needs with our partners. Ironically, this frees us to have more from the infinite storehouse of possibilities that each person is, as we are released from the limitations of the "entitlement complex" into a style of seeking our happiness in the real world shared with our actual partner.

Minimizing criticism

I suppose we could argue for the efficacy of "constructive criticism,"

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though we should remember that usually this phrase is embedded in sentences like this: "You don't need to act defensive; all I want to do is offer you some *constructive criticism*." Seldom in a sentence like this: "Thanks so much for the constructive criticism, it really helped me and makes me feel closer to you." Criticism is one person taking a position *over* the other. It creates an "up" and a "down" situation. Ask yourself how often your "criticism" has been a gift to your partner, without some motive of your own to control their behavior. Ask yourself how often your criticism has not been some retaliation for feeling shunned, hurt or shamed.

Criticism makes the other feel "less-than." Receivers of criticism tap into their shame-program which can run all the way from deep depression, to violent rage, to stonewalling, to abandonment. Ascribing such a heavy culpability to just a bit of criticism may seem excessive, but look at your experience. When you have been criticized, have you not found it difficult and complex to deal with? What happens with you? Observe what happens with your mate. Criticism sucks life out of a relationship.

There are things we don't like that our partners do. We have to develop functional ways to go about getting what we need from one another. First, we need to know that any request for change is at some level a criticism, for it conveys to the other that we are not satisfied with what we are getting and we want something else. The alternative is to know that any time we don't like what our partner does and we want a change, we are tapping into the dynamic core of her self-esteem system. We need to do this very carefully. First, it's reassuring to your partner for you to make known your request for change against a large backlog of your positive feedback. Approached in this way, your partner doesn't have to feel like a total reject, for you need only a specific part of your life together to be different. Second, it is remarkably softening to acknowledge that you are asking for a change out of your own need, and not because the other person is not OK as she is. A classic example of how to move from "criticism" to owning your own needs, therefore requesting behavioral change that will help you satisfy yourself, is this: Instead of saying, "You are late again, don't you get it that I'm having to kill time waiting on you!" you might say, "It is important to me to be on time, so if you could come earlier, it would help me to feel less anxious. I would really appreciate your doing this for me." Instead of condemning your partner's behavior, you have put forth your own need. Now, your issue is reframed as your problem, which indeed it is, and as an opportunity for your partner to give you a gift, an exchange that has the potential for being gratifying to both of you.

Reducing defensiveness

"Marriage" is the most regressive of relationships. We come together believing that our partner knows who

we are and takes delight in meeting our needs. Just like the ideal Mom. In this frame-of-mind, we see our partner as one who pays rapt attention, and responds in ways that give to us what we desire and believe we are entitled to. Charles and Sarah are locked in a "sandbox" quarrel: Charles says Sarah does not listen to him when he tells her how he feels ignored by her and how she repeatedly makes light of his concerns. Sarah says she does no such thing, but that Charles is so longwinded and lambasting in his complaints, she has to stick up for herself by letting him know how unfair and hurtful his accusations are. She faults him for insensitivity and hateful behaviors, and he reacts with feeling painfully distrusted and angry. Charles vehemently denies he is unfair, and she denies she is insensitive. This "gridlock" scenario, often amplified, is each to recognize, for we have all been caught in the middle of it too many times. It is a hazard of coupling.

Extricating yourself from this mutually locked-in program of attempting to force your partner to "make the concession" is a formidable task. It can seem impossible for you to retreat from such a primitive and driven battle. At the impasse point in the hostile-dependent partner's interaction, an important shift by at least one member of the couple is critically needed. The ability to detach oneself from this shaming power trip (when each partner feels accused and dismissed by the other, and both are responding to the other as though they **MUST** get their way) is difficult, and of utmost importance. One of you needs to consider the possibility that your core-self will not be annihilated if you discover the resources in yourself to put aside defensiveness and listen to the personal reality your partner (however annoyingly) is attempting to convey. One of you needs to reach within and find a perspective born of a learning-to-be-a-self-confident-and-generous person to consider the needs of the other and to attempt to reverse a situation that has gotten out of hand, rather than "save yourself" at the expense of cutting no slack for your partner. As they say, it's a tough job, but someone—**one of you**—needs to do it.

Developing humor

Life is comic and tragic. Comedy is more fun. Couples who can laugh at themselves have a much improved chance of making it together through mundane and threatening experiences. In classical comedy and tragedy, persons go through the same hurts, pratfalls, deceptions, power plays, disappointments, and grief. Comedy takes a confident perspective and carries the expectation that everything in the end is OK, or "it is what it is" and we are all limited in our ability to control. Life is never so tragic that there is not something to laugh at. In tragedy, the ending is disaster. Humor enables partners to enjoy the trip with all its woes. Comedy gives us a distance from events, so nothing, however outrageous or de-

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Creating and Recreating the Joyous and Fulfilling Bonds of Love

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monic, can undo or outdo the human spirit. Comedy is the domain of survivors. The comic vision claims that no one is entitled to anything going right, but makes pleasure out of acknowledging fumbling, dissonance, and arrogant pretensions. Comedy, literally, finds delight in owning the darker side of our experiences. It helps us not get lost in taking ourselves so seriously that we expect others to find us more awesome than God. Humor has a way of helping us see that our expectations are much more rigid than is good for us. It gets us out of our sentimentality and wish-making and teaches us to accept whatever actually happens. Of course there is a time to cry, but a time to laugh follows very closely. If sometimes we are so happy we could cry, there are other times we are so sad we could laugh. Couples can't be locked into their struggles and laughing at themselves at the same time. Couples laughing about the ironies and absurdities of life and their life together is a way of bringing pleasure and hope out of chaos and disappointment.

Including your partner

Differentiating our styles and needs from those of our partners, being separate and autonomous persons, are high values essential to a good relationship. Yet it is equally necessary always to hold awareness of constancy of connection between you and your partner. Being a couple is different from being single. You live with a different set of expectations, and however varied couples' styles are, you are always symbiotically connected. To deny this is to miss a central aspect of what coupling is all about. The question is not whether couples should be symbiotic, but whether in their symbiosis they are nourishing or enslaving. Couples need for awareness-first-of-each-other manifests often in the ordinary problems of their relationship. One spouse brings a friend home for dinner without checking with his partner's receptivity to company; another argues for moving to a new city without acknowledging this move vastly affects his partner; another comes home and shares nothing of his day. When partners com-

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Fundamental in our nature is the need that life, and most particularly our relationships, be interesting and joyful.

plain about this sort of behavior, they are focusing on serious disconnection. The complaining person may be expressing needs for merger that are beyond what her partner can meet. But such extremes must not obscure the significance of partners dwelling continually in the minds and thoughts of each other, and never being carelessly excluded from any decision or plan.

Cultivating good times

John Gottman, our leading marriage researcher, discovered a very obvious, but often ignored, fact: couples who have many positive moments together make marriages that are most successful. Actually, he discovered a magic number. Truly satisfied marriage partners have at least a five-to-one ratio daily of shared positive to negative experiences. This should hardly be surprising; yet in a day when we are so concerned with understanding and skills for relating well to one another, it is important to remember that what we strive for, with our techniques and insights, is to have more positive experiences with one another. One of the most popular psychology self-help books of our generation is called, simply, *Feeling Good*, a title well chosen, for in whatever sophisticated, nuanced, and value imbued language we

choose, this is what we all want. Our ability to find and give to one another interest and enjoyment is what brings and keeps us together. As complex as it is to achieve this end, and as varied as are the values that give different couples the experience of "feeling good," nothing works that does not produce this end. Fundamental in our nature is the need that life, and most particularly our relationships, be interesting and joyful. Lacking the "feel-good" experience, the human organism—the couple organism—is always striving to attain it. This is why so many quarrels and misunderstandings can fade into the background with a simple act of consideration or kindness. The feel-good aspect of the tender act in many cases supersedes and replaces the toxins of blame, shame, fear, and anger with the renewed experience that each partner can be a source of pleasure for the other. You don't have to "work everything through." But, it is essential to enjoy each other, and often.

Robert Caldwell, M.Div., has passed on, but his powerful words will be with us always. His wife, Erma continues their practice at the Counseling and Guidance Center in Bethesda.

Her web site is www.psychsight.com. See her ad on page 34.

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TENZIN WANGYAL RINPOCHE is the founding director of Ligmincha Institute. In his more than 20 years of living and teaching in the West, Tenzin Rinpoche has become renowned for his ability to convey the ancient wisdom of Bön Buddhism in a way that is highly relevant to Western students. His books include *Healing With Form, Energy and Light*; *Tibetan Sound Healing*; *The Tibetan Yogas of Dream and Sleep*; *Awakening the Sacred Body*; *Tibetan Yogas of Body, Speech, and Mind*; and the new *Awakening the Luminous Mind* (Hay House, June 2012).

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PATHWAYS—Winter 12-13—85

Things Go Better With Bitters

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item on Wright's list responsible for firing up acid indigestion). CRH tells us that the average person with GERD spends an estimated \$3,355 a year on medications, etc., to help control symptoms—that's nearly ten dollars a day! And more than 50 million U.S. citizens experience heartburn every month, with about 15 million enduring daily flare-ups.

One prescription drug proton-pump-inhibitor (PPI), Nexium®, earned more than \$6 billion in 2011. CRH admits that PPIs are overused, overly hyped by Big Pharma. According to CRH, "studies have found that up to 70% of people who take a PPI may not have GERD and may not need such a potent, expensive medication" (CRH, p. 5). CRH enumerates some serious side effects of PPI's, including bone fractures, Clostridium, diarrhea, gastrointestinal problems, muscle spasms, osteoporosis, and pneumonia.

Unlike CHR, Wright and Lane, Helen and I suggest cheap bitters might do more good for the average American, especially older Americans. In their book, Wright and Lane list barberry, caraway, dandelion, fennel, gentian, ginger, globe artichoke, milk thistle, peppermint, the famous wormwood,

and yellow dock as the most common bitters used in western medicine. We have them all in the Green Pharmacy Garden, except the gentian. We have always fared badly with gentian, even when we started with nursery-bought plants. But we have the king of the bitters, creat (*Andrographis paniculata*). It is time we harvested it before frost and get our bitters ready for the window, and for those days when it is too cold to harvest the ubiquitous dandelion. Either dandelion or creat could keep our digestive juices flowing.

In Wright's Takoma clinic, over 90% of the people over 40 complaining of gas, heartburn, and indigestion were carefully tested for acid and were found low, not high, in stomach acid. On p. 124, Wright rephrases that as "more than 9 out of ten of us who suffer from so-called 'acid indigestion' actually have lack of acid indigestion." Yet Americans and their allopaths foolishly treat lack of acid with antacids.

Hyperacidity, or High Acid, is much overhyped in the press; hypoacidity, or Low Acid, which probably more of us have, is scarcely mentioned. Dandelion as a bitter can help in many cases of hypoacidity, more often the culprit in older Americans. The allopaths do not

know, as do I, that dandelion has level 2 evidence for many indications, not just indigestion (dyspepsia), the subject of today's rant. (Note: Jim Duke assigns a rating score of level 2, "if the aqueous extract, ethanolic extract, or decoction or tea derived from the plant has been shown to have the activity, or to support the indication in clinical trials.") Dandelion is probably most familiar of the many bitters that can help in indigestion. It is approved in Europe also for bladder stones, bronchitis, gas, hepatitis, kidney stones, urinary difficulties, and lack of appetite.

My friends Simon Mill and Kerry Bone have a detailed account of bitters in their excellent book, *Principles of Herbal Pharmacology* (2000), which notes, "Bitter drinks taken before meals are still called apertifs." Many Europeans believe, with good reason, that bitters are a cheap and safe corrective for indigestion. Here in the Green Pharmacy Garden, I myself had not gotten into the European school of thought. But Helen, having been exposed to British Simon Mills and Australian Kerry Bones, and now me through osmosis here in the garden, would recommend a dash of bitters with every meal to prevent dyspepsia. I have on my desk as I write this half a jar of Angostura bitters. My wife Peggy's mother, Hazel Wetmore Kessler, had a strongly British air about her. Hazel lived with us her last years, and while she was alive,

instead of having a dash of bitters with each meal, she had a dash of angosturas with her whiskey sour. That was at our Happy Hour preceding dinner. I now have a dash of Angostura with my gin and ginger ale. (Ginger is also viewed as a bitter.)

The Benefits of Bitters: A Look at the Literature

Many Europeans believe that bitters work by stimulating the digestive juices—bile, gastrin, HCl, pepsin, pancreatic enzymes, even saliva—and not by turning them off as most over-the-counter (OTC) and prescription drugs do. Unlike the OTC's, you do not even have to consume the bitter to have this effect. Science has proven that in some people, some bitters need only to be tasted to get those juices flowing.

The more I looked into the literature, searching for solutions to my own litany of conditions, the more I have finally become convinced. I have been a high fiber freak for decades, participating in at least five dietary fibers studies at the USDA in Beltsville. Two of the study leaders warned me that I might be stripping myself of minerals. Wright and Lane specifically mention yet another USDA researcher, Elaine T Champagne, PhD, stressing the dangers of hypoacidity, inadequate pepsin production, and poor protein metabolism. Champagne adds that taking most of those commercial antacids named ear-

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The Green Farmacy Garden

Dr. Duke's Bitters

Goldenseal root, yellowroot, dandelion root, chicory root, wormwood leaf, dandelion leaf, hop strobiles, boneset leaf, feverfew leaf, skullcap leaf, fennel seed, anise hyssop leaf, sweet cicely root, brandy

9.4.2012

lier in this rant ultimately generates the same problem. The bitter truth is bitters can prevent many if not all of those problems from which I am probably suffering.

Historically, many American Indians, e.g. Apache, Cherokee, Iroquois, Kiowa, Malecite, Menominee, Meskwaki, Micmac, Mohegan, Ojibwa, etc., ate dandelion, often boiled as a potherb. The Winnebago make wine from the flowers when someone marries. The tender leaves are valued worldwide as a potherb. Dandelion is sometimes eaten raw in salads, but often blanched like endive and used as a green; it is frequently cooked with salt pork or bacon to enhance the flavor. Roots are sometimes pickled. Ground roasted roots are used for dandelion coffee, and sometimes are mixed with real coffee. Redneck me, I like the Potawatomi recipe, i.e., cooked with vinegar and maybe with a little pork or venison.

I also like the title "Dyspepsi Kola" used in my best book *The Green Pharmacy* (Rodale Press, 1997), which consists of one dash each, as available, of angelica, anise, chamomile, coriander, fennel, ginger, rosemary and turmeric, and two dashes marjoram and peppermint. Today I would add licorice, having relieved my dyspepsia several times with DGL (deglycyrrhinated licorice). But when I wrote that book, I was not aware of the multitude of health benefits of the classical bitters.

In *Herbal Drugstore* (Rodale Press; White, et. al., 2000) Linda White, MD,

says, "You have to eat the bitter to get the digestive effect." Not everyone would agree with this; some say all you need do is taste. However, Dr. White, like most Europeans, suggests a bitter containing gentian, mugwort or wormwood 3 times a day before meals, 1/8-1/2 teaspoon or a full dropper. She also suggests bitters to boost overall energy, improve endocrine function, and improve digestive functioning, even hypothyroidism.

In *Clinical Botanical Medicine* (2003), authors Yarnell, Abascal and Hooper recommend bitters for depression among the elderly. Gut function declines with age. Many over 50 have low levels of gastric acidity. They quote famed German physician, Rudolph Weiss, who found the effects of bitters increases with prolonged usage. Weiss claimed that bitters would neutralize the negative influence of chronic stress on digestion partially by stimulating the liver. Their table for choosing a bitter herb lists gentian first, then dandelion, followed by (in order) wormwood, Oregon grape, swertia, yarrow, ginger, and horehound.

I suspect if you ask 100 herbalists for their favorite bitters, you will end up with an even longer list. I shall resume chewing my simple mugwort as another approach to bitters; or sip on Helen's very interesting complex of yellowroot, goldenseal, wormwood, dandelion leaf, dandelion root, chicory, boneset, feverfew, skullcap, fennel

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Things Go Better With Bitters

...continued from page 87

seed, anise hyssop, sweet cicely, hops, and brandy.

Another great book I should mention is *Botanical Medicine for Women's Health* (2010), written by a friend I admire, Aviva Romm, MD. She also happens to be, first, an herbalist, second, a midwife, and finally, a physician. Dr. Romm cites the usual bitters yarrow, wormwood, mugwort, barberry, centaury, boneset, gentian, goldenseal, horehound, chamomile, rue, tansy and last dandelion (They were ordained by scientific names and dandelion was alphabetically last, not necessarily last.) Perhaps all of these share the beneficial activities she (and many other authors, including us) cites for bitters:

- Stimulate appetite;
- Stimulate release of digestive juices from pancreas, duodenum, and liver;
- Stimulate flow of bile, aiding in liver detox;
- Help regulate pancreatic secretions that regulate blood sugar, insulin and glucagon; and
- Help the gut wall repair damage.

Having accentuated the positives, Aviva also wisely discusses the cautions of counter indications, including gallbladder disease, gastritis, GERD

(with which I have been diagnosed, rightly or wrongly), hiatal hernia, kidney stones, peptic ulcer, and pregnancy.

Before Beginning With Bitters...

Because of the possibility of counter indications, I appreciate Wright's cautious approach (p. 155) to identify first the cause of the problem before beginning with bitters. He tabulates some common causes, listed here, and to which I've added a few also suggested by the 2012 issue of the CRH as no-no's. They are: alcohol; allergens; carbonated beverages; chocolate; citrus fruits and juices; coffee; fats; fried food (from CRH); garlic (CRH); mints (although I disagree; I think peppermint settles my upset stomach); onions (which I love); pizza (which I love; CRH); salsa (another love; CRH); spicy foods (more favorites) and tomato based foods (uh oh, my absolute favorites). There are so many things on this hit list that I love, I will try to moderate them and move on to bitters therapy without giving up my favorite foods.

If, after identifying the cause of your problem, eliminating potential causes does not do the trick, Wright and Lane suggest trying bitters, saying, "It is always preferable to try bit-

ters before moving on to acid replacement therapy with HCL and pepsin." If the bitters do not help, you could also try 1-2 tsp cider vinegar or lemon juice, perhaps with a little water, near the beginning of a meal. Then they suggest proteolytic enzymes. If you are still failing to help yourself, try to get an accurate measurement of your gastric acidity levels, which is, admittedly, easier said than done. A simple test with bicarbonate of soda, repeated three mornings in a row, suggested I was hypoacidic, just because I did not burp.

Ultimately failing with these gentle herbal approaches, it is best to see a gastroenterologist to check for serious esophageal or gastric problems. I suppose that even at age 83, I'll do that if the bitters have not done the tricks I need. Nutritionists have advised me that for my rare and serious GERD attacks, I need proteolytic digestive enzymes like bromelain from pineapple, papain from papaya, and zingibain from ginger—a pleasant tropical, proteolytic, anti-GERD vegetarian fruit cocktail. Dr. Wright recommends non-vegetarian pancreatin after, not before, meals. All can help break the proteins down into needed amino acids.

A final rant! Those "ambulance-chasing" lawyers one sees advertising these days on TV always amuse me. Something like, "If you have taken drug X, recently reported to cause dis-

ease Y, call us right way if you have been hurt by disease Y. You may be entitled to compensation." And the same or another hungry law firm might say, drawing on the CRH report (p. 5), "If you have taken a PPI and experienced one or more of the following problems (bone fractures, Clostridium, diarrhea, enterosis, muscle spasms, osteoporosis, and/or pneumonia), call us right away! You may be entitled to compensation."

Those lawyers ought to love Wright & Lane's book, which indirectly accuses all the antacid drugs so widely advertised on TV as possibly being partially responsible for a host of conditions, including acne rosacea, Addison's disease, aging, allergic reactions, bacterial infections, celiac disease, childhood asthma, cholera, chronic autoimmune hepatitis, depression, dermatitis, diabetes (type 1), eczema, gallbladder disease, gallstones, gastric cancer, graves disease (hyperthyroid), hepatosis, lupus erythematosus, macular degeneration, multiple sclerosis, myasthenia gravis, osteoporosis, pernicious anemia, polymyalgia rheumatica, Reynaud's syndrome, rheumatoid arthritis, scleroderma, Sjogren's syndrome, ulcerative colitis, urticaria, and vitiligo (p. 41, p. 103). Conversely, and still somewhat facetiously, dandelions (and/or other bitters) may help prevent such, trivially or significantly.

The Soul Thinks in Images.

— Aristotle



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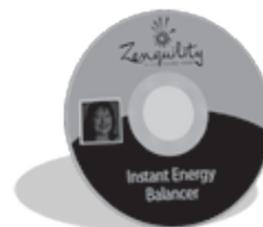
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THE SPICE CHEST



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Bitters better than you realize.

A bitter a day
Keeps the doctor away,
A PPI a day
May put you away.

Dandelion
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It's worth the trying
Keep heartburn away.

~Anon. poet (the bitter end)

Additional Sound Bites On Bitters

By Helen Lowe Metzman

Bitters are difficult to take—a bitter sorrow, a bitter winter, the bitter Jim Duke, the bitter election, the bitter pill, the bitter truth. But, as Jim Duke rants above, when it comes to stimulating digestion, bitter herbs are exactly what to take. I concur with Jim but also want to dig deeper to understand. Why are plants bitter? How do bitters work in our bodies to promote digestion? Are we in the midst of a bitter revival?

Due to their immobility, some plants protect themselves from predation by secreting unpalatable natural antifungal, anti-parasitic, anti-microbial and pesticidal compounds known as secondary constituents. Some of these secondary metabolites that help to deter herbivory are of a bitter flavor and classified as monoterpene iridoids, sesquiterpenes, diterpenes, triterpenes, alkaloids, and phenols. Several members of the Gentian family (*Gentiana-ceae*) and the aster family (*Asteraceae*) contain many of these bitter constituents. Gentian (*Gentiana lutea*), one of the most bitter and widely used plants in digestive bitters, contains monoterpene secoiridoid glycosides. The bitter qualities in Wormwood (*Artemisia absinthium*), dandelion (*Taraxacum officinale*) and artichoke (*Cynara scolymus*) are from sesquiterpene lactones. Bitter alkaloids such as berberine and hy-

drastine are found in goldenseal (*Hydrastis canadensis*). Hops obtain their bitterness from resin glands containing alpha acids such as humulone on the female flowers called strobiles.

As two-legged hungry omnivorous mammals, we evolved in a world filled with tempting plants. By necessity, our early ancestors discerned by trial and error what to and what not to eat. There were no field guides to edible and medicinal plants, simply self-discovery or knowledge passed from tribe to tribe. While some people learned to plump up on sweets from fruit or from proteins from nuts and seeds, some perished by ingesting harmful quantities of extremely fatal plants like poison hemlock, castor beans, or jimsonweed. But centuries ago, others learned that in the right dose and by regulation of intake, plants with bitter tastes not only warn of potential toxicity but also aid with belly aches. Thanks to Jim Duke and Steven Foster for writing the *Peterson Guide to Medicinal Plants of Eastern and Central North America*, so people like me, whose parents never taught us how to use plants as medicine, could learn how to differentiate between the look alike poisonous hemlock and the edible carrot.

It has been a longstanding belief
continued on page 90

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THE SPICE CHEST

Additional Sound Bites On Bitters

...continued from page 89

Europeans have had longstanding culinary practice of eating a salad with endive or arugula and taking a little squirt of bitters with their cocktails before meals to stimulate digestion.

that bitters must be tasted before meals to activate the salivary glands, increase appetite, and stimulate digestion. I was fortunate to receive an email from Kerry Bone containing a 2011 paper by Marco Valussi, "Functional foods with digestion-enhancing properties," in the *International Journal of Food Sciences and Nutrition* (PubMed: 22010973), which shed new light on the physiology of bitters and our guts. The paper points out that when we eat plants containing bitter compounds, taste buds on the tongue and throughout the gut are notified of the potential toxins. Signals from the tongue's bitter receptors are sent directly to the central nervous system (CNS) alerting the brain to fire the vagus nerve that innervates the gut to promote gastric secretions.

Another signal originates from human taste receptor cells, G-protein-coupled receptors, the T2Rs, located on the tongue and throughout the gut. These T2R's, when activated, trigger enteroendocrine cells to secrete gut peptides, particularly cholecystokinin (CCK). With the release of CCK, the gut gets the message for bile secretion, gastric motility and secretion, pancreatic digestive enzymes, and a reduction of gastric emptying. The action, originating from the release of CCK, is to maximize the digestion of complex carbohydrates, essential fatty acids and vitamins, and minimize the absorption of bitter compounds. The paper suggests that since there are bitter receptors located throughout the gut lining, bitters may not need to be tasted on the tongue in order to be effective and could possibly be administered in the form of a tablet or capsule and delivered directly into the gut.

Although Jim Duke often speaks of his yin/yang valley with its yang south facing slope and its yin north facing slope, this intelligent western trained 83-year old botanist has never fully embraced the notion of plant energetics. (I must confess that I have a far greater grasp of plant energetics than Jim, but at times am still baffled by the application of the terms and usage.) Traditional Chinese Medicine (TCM) herbalists and many trained in the use of North American herbs view plants energetically as either yin, yang, hot, cold, dry, moist, neutral, and with tastes of salty, sweet, bitter, acrid, and sour.

Bitters are energetically considered cold, drying and yin. Simon Mills, in *Out of the Earth: The Essential Book of Herbal Medicine* (Viking, 1991), writes that bitters are directed by the spleen to the heart and flow downwards in the body, and help to treat "deep-seated clinical problems." He also expresses that bitters are to "sedate, dry and to harden." Bitters "sedate" a hot temperament as in a fiery individual or in an inflammatory health condition; bitters

"dry" damp-heat in a boggy condition (think of a long lasting congestion with lots of mucus); and bitters can "harden" or "consolidate" by "improving assimilation and nourishment." Cooling and drying bitters such as goldenseal (*Hydrastis canadensis*), barberry (*Berberis spp.*) and Oregon grape (*Mahonia spp.*) with their alkaloids stimulate and help sluggish digestion and the healing of mucous membranes and chronic damp infections. Keep in mind that since bitters are cool energetically, in situations where the person may be cold, it is important to add warming herbs like Angelica (*Angelica archangelica*) and ginger (*Zingiber officinale*) to debilitating illnesses and digestion.

History is still in the making, and a bitter revival continues—bitters not just as a digestive aid, but also with the young and hip connoisseurs of food and beverages. Van Gogh's famous drink of absinthe made with the bitter wormwood (*Artemisia absinthium*) is not only a main ingredient in vermouth and drank as an aperitif, but was also used in ancient Egypt and included in *Ebers Papyrus* (ca. 1550 BC) as a medicinal. As far back as two thousand years ago, Mithridates and his herbalist companion, Crateuas, are thought to have included the bitter gentian and possibly thistles in their formulas that served as antidotes for poisons. Dr. Phillipus Paracelsus first formulated the time-tested Swedish Bitters, containing up to 14 herbs, in the 1500's. The formula was lost but eventually resurfaced in the 1800's by the Swedish Claus Samst. The bitters went through yet a third revision in the 20th century by Austrian herbalist Maria Treben and her book, *Health Through God's Pharmacy*, which highly promoted and touted them as panacea for many ailments.

The misunderstood bitter dandelion greens, despised by suburban homeowners and caricatured on TV while being sprayed with pesticides like Roundup, are now being sold at exorbitant prices in health food stores and local chain groceries. Chicory (*Cichorium intybus*) roots roasted and ground make a delicious alternative to coffee (minus the caffeine) and are used as a bitter beverage after meals. Coffee (*Coffea arabica*) is not just a wake-up beverage, but also a digestive aid for foods and a primary medicinal in the Middle East and throughout the world. Europeans have had longstanding culinary practice of eating a salad with endive or arugula and taking a little squirt of bitters with their cocktails before meals to stimulate digestion.

Hops (*Humulus lupulus*) are a bitter relaxant found in beer and also in sleep formulas. Gentian (*Gentiana lutea*), found in the high Alps, is one of the most popular of classic bitter remedies and an essential ingredient found in

THE SPICE CHEST

many bitter formulas like Angostura. Urban Moonshine, made in Vermont, has produced delicious bitter digestive aids made with the addition of citrus and maple syrup. Boston Bittahs - Bittermens are formulated with citrus, chamomile and more citrus. Dr. Adam's Boker's Bitters, originally created in 1828, has been reformulated and released in August 2009. Bitter Truth Bitters, with their myriad flavors, are a retro apothecary of cocktail tonics. Herb Pharm's Digestive Bitters dependably are found on the shelves of most health food stores. Sweetgrass Farm Winery & Distillery in Maine sells Bitter Blueberry to accompany bitter drinks, bitter humor and bitter cold.

We, at the Green Farmacy Garden, have gotten onto the bitters' bandwagon. This past autumn, in anticipation of a class focusing on this subject, we made a brew of "Dr. Duke's Bitters" to serve to the students and to take before our noontime soup. The brew ingredients include goldenseal root, yellowroot, dandelion root, chicory root, wormwood leaf, dandelion leaf, hop strobiles, boneset leaf, feverfew leaf, skullcap leaf, fennel seed, anise hysop leaf, sweet cicely root and brandy. Come by the garden, visit these bitter herbs, and take a sip of this concoction. We guarantee this is a very easy bitter to swallow.

Considered an authority on herbs and spices, Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years where he brought his Father Nature's Farmacy online—one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, The Green Pharmacy, Duke has authored or co-authored 40 other books on herbs, spices and food. A full interview with Jim Duke can be found in the Winter 2010 issue of Pathways. For more information, see his Green Farmacy Garden ad on page

Helen Lowe Metzman is the Director of Jim Duke's Green Farmacy Garden, a sanctuary of approximately 300 native and non-native species of plants that have been used traditionally and/or researched for medicinal purposes. Helen also works part time for Howard County's Department of Recreation and Parks Natural Resources Division and the Robinson Nature Center. Helen is a graduate of the University of Vermont and the Tai Sophia Institute's Master of Science Program in Herbal Medicine. Green Farmacy Garden tours and/or personal consultations are available by appointment (in-depth reviews of herbs of interest). If you are interested, please email helometz@hotmail.com, or go online to www.thegreenfarmacygarden.com.

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Recycling Stimulates Economic Development

...continued from page 21

Reading soon will host the first plant in the U.S. to recycle high-grade paper and recycled cotton to produce stationery, copy paper, envelopes, and file folders for local and regional markets. The Greys Paper Recycling Industries plant will create 100 jobs that will pay workers \$14/hour to process these valuable materials, plus another 20 jobs in distribution and warehousing.

United Community Services, the City's workforce development agent, will identify, screen and recruit workers. The plant will recycle an average of 40 tons of paper and linens per day.

In addition, after out-sourcing its recycling program to private contractors for years, the City of Reading has brought those essential programs back in house, providing workers with

union wages and union-level benefits. This move has created 10 new well-paying jobs, and the City expects to save \$300,000 annually.

In Florida, Alachua County is creating a 40-acre Resource Recovery Park for recycling and composting companies. In Texas, the City of Austin is creating a similar eco-industrial park. Even more importantly, Austin has published an extraordinary resource recovery business plan, which will guide the city to 90 percent diversion of discarded materials by 2020. Prince George's County, the District, Baltimore City and other jurisdictions could save taxpayers hundreds of thousands of dollars in consulting fees by emulating Austin's thoughtful, well-informed plan.

Urban Agriculture

Urban agriculture is essential for sustainable cities. David Crockett, director of the Office of Sustainability in Chattanooga, reports that if just 10 percent of the food eaten in the city were grown in the city, it would make a \$1 billion impact on the local economy.

Here again, we can find many good models. In Baltimore, Chesapeake Compost Works is about to open a facility that will compost food scraps and other clean organic materials into a valuable product that can support local agriculture. The City of Poughkeepsie, New York, is providing 4 acres to Greenway, Inc., a composting company, which will create the foundation for an intensive urban agriculture sector.

In Atlanta, urban agriculture is making considerable progress. Elemental Impact has established the downtown Zero Waste Zone to segregate organic waste for composting. This makes it easier to recycle non-organic discarded materials. Elemental Impact is also working with Atlanta's airport, the busiest in the U.S., to capture back-of-the-house and concourse organic waste, as well as the plastic packages used to deliver food to the facility. Furthermore, Elemental Impact is now working closely with the National Restaurant Association to establish these zones in many US cities.

Imagine the many benefits that would flow if our region's city and

counties were to connect the dots between composting, growing healthy local food for schools and low-income communities, teaching children about food, biology and other subjects, protecting the environment, building community resilience, and providing good local jobs. Eco-City Farm in Prince George's County is just one local example of activists and entrepreneurs working to imagine those benefits and making them real.

Reuse and Niche Recycling

Also in Atlanta, the faith-based organization Charitable Connections has recently expanded the Fuller Center, its re-store that distributes used and new building materials to low-income customers. Charitable Connections has established a recycled paint enterprise, and has attracted an electronic scrap recycling company and a textile recycling company to the community.

In Berkeley, California, Urban Ore has served as a model for large and small reuse stores all over the world. The privately owned enterprise started in 1979 at the tipping face of the old Berkeley landfill, and recovered its first round of tools and equipment from the landfill itself. Incorporated as a Subchapter S corporation in 1980, Urban Ore is open 360 days a year, 10 hours a day. Conducting business under the motto "to end the age of waste," Urban Ore's staff diverts used building materials and other products from landfills and transfer stations by sorting, cleaning, organizing and selling products to individual customers and other reuse stores in the San Francisco Bay Area. It recovers reusable goods by scavenging under contracts from municipally-owned transfer stations in Berkeley and El Cerrito.

In 1999, Urban Ore had to petition the city to rewrite Berkeley's zoning law so the company could move across town onto the property it subsequently bought. With the cooperation of the Planning Department and the blessing of the City Council at the time, a new category of conservation business that can occupy Mixed Use/Light Industrial properties "as of right" was created. That designation is Materials Recovery Enterprise.

The enterprise now has 38 workers

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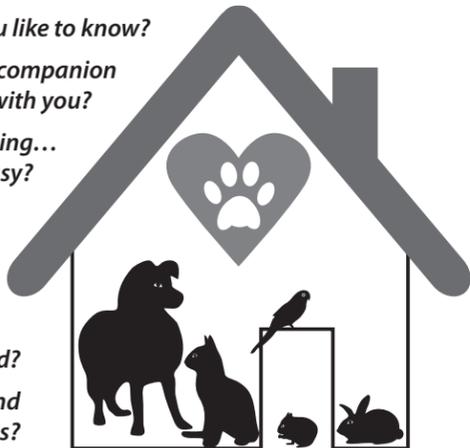
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Mary File, RN, MA:

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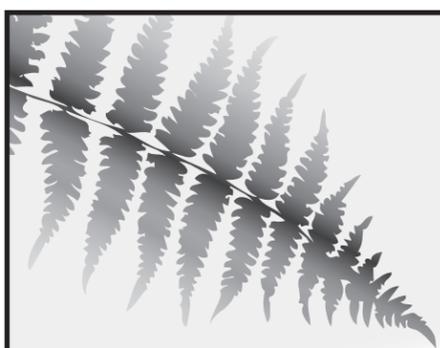
Mary is available for workshops and talks

Please visit Mary's website: www.animaldialog.com

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and grosses over \$2.6 million annually. Recovered materials that cannot be sold are recycled. Urban Ore sends to landfill less than 2 percent of the 7,000 to 8,000 tons of materials and products that come its way each year. It was able to purchase most of its 3.2-acre facility in West Berkeley in 2009, with loans from the Small Business Administration, a local bank, and the Alameda County Source Reduction and Recycling Board. The company has a design service that has helped roughly 30 private industry and local governments in the U.S. and other countries to develop transfer stations that maximize recovery from businesses, haulers and individuals.

In our region, Community Forklift in Prince George's County and the Loading Dock in Baltimore also recover and market valuable building materials and other items. Community activists

and leaders are exploring the creation of an eco-industrial park with Community Forklift as an anchor in the Town of Edmonston.

Prince George's County, the District of Columbia, Baltimore City and many other communities in the Chesapeake region can and should become leaders in promoting sustainability and zero waste. By seizing this opportunity, we can conserve precious material and energy resources, fight global warming, protect public health, and build resilient local economies—goals worth working for.

Neil Seldman, Ph.D., provides technical assistance to cities, community groups and businesses in the field of sustainable resource management. He has pioneered developments in processing, building deconstruction and small scale manufacturing from recycled materials. Dr. Seldman

has also chronicled the U.S. recycling movement in the last 50 years in History of the US Recycling Movement, Encyclopedia of Technology Energy and Environment and Wasting in the US 2000. He has also documented worldwide recycling developments for the World Bank in "Recycling from municipal refuse: a state-of-the-art review and annotated bibliography."

He is a founding member of the National Recycling Coalition at the First National Recycling Congress and the Grass Roots Recycling Network. According to Robin Givens, Concerned Citizens of South Los Angeles, Dr. Seldman is known as the grassroots organizer who "shows communities how to fight against and how to fight for the sustainable solution to solid waste and economic problems." In recent years he has worked in Atlanta, Cleveland, Alachua County (Gainesville), FL, Reading, PA, Washington, DC, Bridgeport, CT, Austin, TX and Los Angeles. Dr. Seldman writes regularly for trade journals providing insight and criticism of poorly designed technologies and programs.

Dr. Seldman was a manufacturer in New York City and a university lecturer in political science before co-founding in 1974 the Institute for Local Self-Reliance in the Adams Morgan neighborhood of Washington, DC. He can be contacted at nseldman@ilsr.org.

Local Activism: Get Involved

The Institute for Local Self-Reliance and Community Research are working with Clean Water Action, the Energy Justice Network and other organizations to make zero waste a reality in Maryland and the District of Columbia.

In 2010, Prince George's County dumped more than 450,000 tons—nearly a billion pounds—of material in its public landfill. Most of that material could have been reused, recycled, refurbished or composted if the County had viewed it primarily as resources rather than waste. The issue of Zero Waste is particularly timely because Prince George's County is required to submit its 10-year solid waste plan to the State this year and this is an opportune moment to turn from business-as-usual to a sustainable future.

To learn how to get involved in the Prince George's Zero Waste effort and the broader regional effort, contact Community Research's Suchitra Balachandran at cp_woods@yahoo.com or Greg Smith at gpsmith@igc.org.

Cam MacQueen, M.S.W., is the creator and manager of Cultivating Compassion. She can be reached at worldisvegan@aol.com.



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THE HERB CORNER

Energy Enhancement: Herbal Alternatives to Sugar, Alcohol and Caffeine

...continued from page 23

sense to you that Caffeine gets us moving like air, Booze is hot like fire (hence firewater) and Kapha is sweet like sugar? If the pattern is clear to your learning eyes, let's look at some simple herbal remedies that are our allies for a more balanced approach to the energy we all need to get by.

Sugar's Truth is Bittersweet

In the 60's during the beginning days of the natural foods movement, we used to call sugar the "white death." Sugar is the extreme form of Kapha, which is characterized by the sweet taste. If you do not believe ingesting refined sugar in excess is a problem, please watch "Sugar: The Bitter Truth" on YouTube. Over two million people have watched Dr. Lustig's lecture where he presents a compelling case linking refined sugars, specifically high fructose corn syrup (HFCS), to inflammation and 8 major epidemic diseases: Hypertension, Myocardial infarction, Dyslipidemia, Pancreatitis, Obesity, Hepatic dysfunction, Fetal insulin resistance, and Habituation/Addiction. He also demonstrates direct links between increased consumption of HFCS over the last 30 years and the nation's obesity epidemic, especially in children.

The herbal alternative to refined sugars does not necessarily mean giving up the sweet taste. Instead it involves reducing refined sugars and refining your taste for sweetness to be more subtle. Sweet herbal alternatives to refined sugar include: Cinnamon, Fennel seeds, Anise Seeds, Licorice and Stevia. Of course whole grains are the food holding sweetness that don't cause the inflammation and diabetes.

Alcohol: A Spirited Discussion

The spirit of spirits is a challenging one. The current statistics on "firewater" are staggering. The National Institutes of Health reports that 15% of the people living in the United States are considered "problem drinkers." Of this 15%, 5%-10% of the males and 3%-5% of the females could be labeled as alcoholics. Another study found that approximately 30% of people in the U.S. report experiencing an alcohol disorder at one point in their lifetime. Researchers from the University of California in San Diego have found that the lifetime risk of alcohol-use disorders for men is greater than 20%. They share that there is a risk of around 15% for alcohol abuse and 10% risk for alcohol dependence.

The World Health Organization estimates 140 million alcoholics around the world! Recently, a study conducted in Canada on alcoholism statistics showed that 1 in 25 deaths around the world can be attributed to alcohol in one way or another. The harmful effects of alcoholism also have an impact on current alcoholism statistics. It is estimated that close to 30% of all males in their teens and twenties have experienced a blackout due to overconsump-

tion of alcohol. Today's stats show that nearly 2 million Americans suffer from alcohol related liver disease. Cirrhosis of the liver affects nearly 20% of all heavy drinkers/alcoholics. Alcoholics are also 10 times more likely to develop infections, cancer and problems with platelets and blood clotting.

Alcoholism has a negative effect on society as a whole. Research has shown that alcoholism plays a major role in aggression, with as many as 40% of all aggressive incidents involving alcohol in one way or another. Police officers reportedly spend 22% of their time on cases involving alcohol such as violence on the streets or domestic violence while under the influence. Employers also suffer due to their employees' alcohol problems. Approximately 13% of all employee sick days are alcohol related. Data also shows that employees who have problems with alcohol produce at least 10% less work than their co-workers.

A beginning herbal alternative to alcohol involves getting fire another way than through booze. Herbs to provide fire instead of firewater are Ginger, Cayenne, Wasabi, Mustard Seeds, and Horseradish. New Chapter Herb Company has a great new product called Liver Take Care, which builds up the liver with Milk Thistle and Cilantro as it provides heat from Wasabi.

The second approach is to use herbs that have traditionally been used to curb the desire for alcohol. Herbs traditionally used to curb the craving for alcohol are: Angelica Root (*Angelica archangelica*), Calamus Root (*Acorus calamus*), and Lobelia inflata (Indian tobacco), a more controversial and lesser-known option.

The Buzz Kill for Caffeine

A walk down any grocery store aisle reveals the staggering variety of products available to us containing caffeine—from coffees and teas to candy, sodas and other "energy drinks" to over-the-counter remedies like NoDoz and Vivarin. The FDA reports through their educational materials, "80 percent of adults consume caffeine every day—the average adult has an intake of 200 mg per day, the amount in two 5-ounce cups of coffee or four sodas. A study of 7th, 8th, and 9th grade students in Ohio found that students took in an average of 53 mg of caffeine per day, but almost one in five students took in more than 100mg of caffeine each day."

Though there is a growing body of research about the dangers of caffeine—there are studies linking caffeine and bone loss, not to mention to high blood pressure and stomach ulcers—this stimulating substance in moderation is generally not a large issue for most folks. Caffeine can increase stamina, stimulate, hair growth, and even increase memory. Yet we all know and feel the overuse of this strong stimulant in the buzzy behavior and ragged nervous energy that comes

THE HERB CORNER

from overindulgence, the so-called "caffeine high." And we know that what goes up, must come down. Caffeine withdrawal has its own set of effects, including headache, drowsiness, difficulty concentrating and depressed mood.

Again, here with caffeine, I have to preach the virtues of finding balance with herbs that can emphasize the goodness and dull the negative of this substance. Herbal stimulants that replace or reduce the addiction, like to coffee and tea, are Peppermint, Ginger, Prickly Ash Bark, Mate, Rhodiola, and a traditional Ayurvedic compound known as Trikatu (Three Peppers).

Let us not think of this Trinity of Sugar, Booze and Caffeine as evil. Rather, I hold it as an extreme use of refined herbal substances due to lack of knowledge about more subtle stimulants, fire, and sweetness. The problem is just that we are using a sledgehammer of refined substances when gently nutritive herbals could do the same job. All it takes is a bit of patience and education to gain the same joyful experiences without starting down the painful path to chronic illness and inflammation. Let us join together as educated brothers and sisters in God's plan to learn how to take care of ourselves using these green angels we call herbal medicines.

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. If you go to Smile's website, www.smileherb.com, there is a list and description of classes, and each individual herb mentioned in this article is linked to a much more detailed description. The ten or so fragrant and greening Smile Herbalists may be reached for questions at Smileherbalist@gmail.com. See the ad for Smile Herb Shop on page 26



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ON THE COVER

2012 Aztec Calendar

BY BARBARA STEVENS

2012 Aztec Calendar is a painting referencing our Mayan/Aztec Calendar Crisis. It was shown in my exhibit at the New Deal Cafe in Greenbelt with other paintings, some showing the Aztec Calendar as a blasting Global Warming Sun.

In this one I combined a hopeful element from what I call my "Green Painting Style" that I had discovered after coming back to Maryland after a twenty year stay near the high desert badlands of New Mexico. The Blue Butterflies actually came from two separate real-life, though distinctly magical, encounters with a Blue Butterfly in our garden and they seemed to be meant for this painting.

About me: I majored in Art at Oklahoma U. and got a Masters at U. of California, Berkeley, and then went to NYC where I worked at the Frick Art Reference Library and painted. Then



got married and we lived on a farm in Maryland. I soon started teaching Art in nearby colleges, which I continued to do between two children and before moving to northern New Mexico where we built a handmade adobe and farmed, still teaching art in colleges

around there and painting the beautiful desert merged with native designs and showing in lots of galleries.

Back here in Maryland, I taught Art at Prince George's Community College for a few years and showed in galleries and was a Resident Artist and teacher at Montpelier Art Center. After that I gave Watercolor workshops back in New Mexico, and went back for a while to "finish" our Adobe building project. In 2005-2008 we spent half the year living on a boat in Amsterdam.

Now back in Greenbelt, Maryland, a Co-op town absolutely full of Co-ops, celebrating its 75th anniversary (as am I). I have been teaching art to all ages and painting (now getting more into multimedia art and doing things on the Internet), and showing at the New Deal Cafe.

Please find my Art website at: barbarastevensart.wordpress.com.

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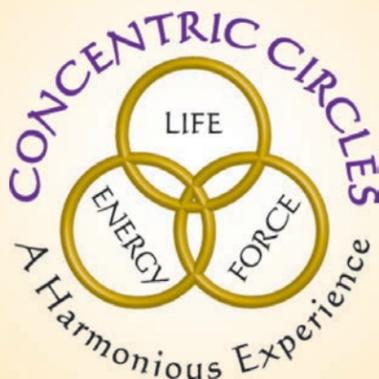
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ORIENTAL MEDICINE

Allergies

...continued from page 28

(pollens, odors, dander, some foods), but others may not show up until 1-3 hours after a meal, or even 24-48 hours after exposure. And remember, symptoms may not meet 'traditional' descriptions of allergy—they might show up as headache, bloating, muscle aching, irritability, sore joints, and so on. Find the subtle issues on your own, or speed up the process with lab tests or a program of allergy elimination.

Correct "leaky gut" and other digestive conditions. Central to repair of allergies is repair of the digestive system. This can be accomplished by improved diet, and by the proper use of enzymes, probiotics, and nutritional supplements, plus acupuncture and herbs.

Eat quality foods. Avoid white sugar, white flour, and products made from these substances. Also avoid processed foods and all "junk" foods, including high fructose corn syrup, sodas, artificial sugars, and fake 'health' foods like granola and protein bars. All of these flood the body with substances that strain the pancreas, liver, and intestines thereby encouraging "leaky gut," plus all the symptoms of metabolic syndrome. Cook in your own home; restaurants may not keep your standards

of quality. Do eat FRESH WHOLE foods—fruits, nuts, vegetables, seeds, organic meat and fresh fish, whole grains, quality oils like olive oil, coconut oil, and butter. Be serious about this if you wish to be well.

Supplement Your Diet with Substances Known to Aid Allergies. Some nutrients act as antihistamines, and some modify the chemistry of the allergic body toward greater normalcy. There's a long list of recommended nutrients that I cannot review here.* However, basics include essential fatty acids (anti-inflammatory), quercetin (antihistamine), Co-Q10 and alpha-lipoic acid along with vitamins and minerals (the specialty nutrients recycle the common ones within your body), nettle (as tea or tincture, antihistamine and cleanser), generous servings of B-vitamins like biotin and B6, buffered vitamin C (antihistamine), and immune-boosting mushrooms like shiitake.

You can purchase commercial nutrient combinations aimed at minimizing allergic symptoms. Choose wisely, and from a *trustworthy nutrition-dedicated supplier*. Do not purchase your nutrients from ordinary grocery stores, drugstores, or franchises—all these sources are unlikely to offer quality nutrients. There are several apothecaries in the DC region that research all nutrients they offer and guarantee quality—

these are recommended sources.

Most allergies need not be forever. Lifestyle modifications along with Oriental Medical care can markedly reduce symptoms by improving gut health and immune strength, and guiding the body back toward "normalcy."

ADDITIONAL RESOURCES

Disease Prevention and Treatment, Fourth Edition. Life Extension Foundation. This is a useful well-done text on nutritional and herbal recommendations; be aware that Life Extension sells products, but does not limit discussions to its products. (www.lef.org)

Meletis, Chris. "Nutrient Support to Minimize the Allergic Cascade," 1999. *Alternative and Complementary Therapies* 5(2): 102-105.

Levine, Susan. "Region's Air Tough on Asthmatics." *The Washington Post*, Metro Section, Wednesday, Feb. 16, 2005.

www.healingwithwholefoods.com
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Claire Cassidy, PhD, Dipl Ac, LAc, is a Nationally Board Certified and Maryland State licensed acupuncturist who does acupuncture research in Bethesda, but no longer sees patients. She is a medical anthropologist and an Executive Editor of the leading professional journal, *Journal of Alternative and Complementary Medicine*.

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MOTHER EARTH LIVING

Purge Plastics ...continued from page 9

Chemicals with estrogenic activities have similar effects to BPA, among them obesity, damage to the reproductive system and increased cancer risk, particularly for fetal and juvenile mammals. In the study, researchers found that almost every commercially available plastic product they sampled—including those marked “BPA-free”—leached chemicals having detectable estrogenic activity. The study also concluded that “fetal, newborn and juvenile mammals are especially sensitive to very low (sometimes picomolar and nanomolar) doses of chemicals having estrogenic activity.”

In addition to health concerns, there are environmental reasons to reduce our use of plastic. Although they have not been found to leach out of plastic products, dioxins (a class of chemical contaminants) are another extremely harmful element of plastic. Toxic even at low doses, dioxins are emitted into the atmosphere and waterways when plastics are manufactured and incinerated. In its most recent assessment in 2000, the EPA concluded that dioxins have the potential to cause an array of adverse health effects in humans and estimated that the average American’s risk of contracting cancer from dioxin exposure may be as high as one in 1,000

(1,000 times higher than the government’s “acceptable” standard of one in a million), according to the NRDC.

Finally, plastics are produced with petrochemicals and take hundreds of years to break down in the environment. For example, while a paper bag will decompose in about a month, a plastic bag takes 200 to 1,000 years.

RESOURCES

Anchor Hocking Company (www.anchorhocking.com): glass food storage and cookware

Bottles Up (www.bottlesupglass.com): glass beverage bottles

Coddlelife (www.coddleinc.com): glass baby bottles

Crate & Barrel (www.crateandbarrel.com): glass, stainless steel and ceramic food storage

Dr. Brown’s Natural Flow (www.handi-craft.com): glass baby bottles

EcoCanisters (www.ecocanisters.com/index.html): stainless steel food storage containers

5 Phases (www.5phases.com): BPA-free plastic baby bottles with glass insert

The Glass Baby Bottle (www.theglass-babybottle.com): nontoxic baby and kid food-storage supplies

Klean Kanteen (www.kleankanteen.com): stainless steel baby bottles and sippy cups

lifefactory (www.lifefactory.com): adult, kid and baby glass bottles in silicone sleeves

Life Without Plastic (www.lifewithoutplastic.com): retailer of non-plastic kitchen goods

Pyrex (www.pyrexware.com): glass food storage and cookware

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Other Local Resources:
See *Pathways’* Natural Food Store Guide beginning on Page 119 and go to www.PathwaysMagazine.com

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The Gatekeeper is the producer/director
of the play that your soul wrote before
you came into this lifetime.



Our series for 2013 is “Talks with the Master”. St. Germain will be offering teachings of direct import for each and every Soul on the planet. We will be doing conference calls so that you may join by phone. CD’s and DVD’s will also be available. Check our website for dates and times.

Join us for our New Year’s Eve celebration December 31, 2012 at 8 p.m. St. Germain will speak about the new year, 2013—“The Year of Acceleration”. There will be a meditation, after the midnight potluck, with Lord Michael, Jesus and St. Germain.

www.voiceofthegatekeepers.com vog@wbaccess.net

Classes & Learning Centers

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tap into the innate wisdom of your body. In a mirror free space with no judgement, you will discover again the pleasure and joy of connecting to life in its fullest glory.

Weekly dance encounters in Maryland, DC and NYC; monthly day workshops with Michelle Dubreuil Macek, Director of the Personal Devel-

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Blue Heron Wellness offers high-quality wellness services—yoga, traditional acupuncture, therapeutic

massage, herbal medicine—and now natural skin care therapy and facial treatments. Our services provide rejuvenation, relaxation, and relief from pain, stress and tension while preventing illness and maintaining well-being.

Blue Heron Wellness is convenient

to your work, home, and daily shopping and offers a warm, welcoming environment.

We are located on Columbia Pike, about 1.5 miles north of the Capital Beltway. We are atop Trader Joes; our entrance is above and behind California Tortilla.



Blueberry Gardens Center for Yoga, Growth and Healing offers weekly classes in Yoga, T'ai Chi, Biodanza, and DramaKids, Funfit Tots, and Organically Grown Gym children's classes, as well as private yoga/yoga therapy sessions. In addition we offer Acupuncture, Nutritional Counseling,

Physical Therapy, Reiki, Massage and related body work modalities such as Muscle Release Technique™, Cranial Sacral Therapy and Rosen Body Work.

We offer space for wellness workshops and trainings either open to the public or for your group. We have 3 acres of U-Pick blueberries from June

through August.

Winter classes at Blueberry Gardens begin the week of January 7. Your first yoga class is free. We are located in Ashton, MD, east of Olney on the Montgomery/Howard County line.
www.blueberrygardens.org
301-570-5468

Capital Qi Gong/ The Center for Qi Gong



KONG JING
EMPTY FORCE

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. You may also call: Master Shuren Ma, at 202-409-8490 or Beatrice Ollier, LCSW-C, at 301-675-8643.

Introductory class is free.



The Cardinal Center for Healing, dedicated to awakening new dimensions in growth and healing, is comprised of professional healing practitioners in the fields of Intuitive Psychotherapy and Readings; BodyMind Health; Homeopathy; Massage Therapy; Energy Healing; Neurofeedback; Matrix Repatterning®;

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For appointments, schedules and more information, see our website: www.cardinalcenterforhealing.com, or call 703-352-8535.

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Classes & Learning Centers



Cloud Hands T'ai Chi

Michael Ward



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

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

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

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

day evenings at The Somerset Town Hall near Friendship Heights; and Sunday at the CityDance Center in the Music Center at Strathmore in North Bethesda. For more information on these or workplace classes, please call **301-562-0992**.

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



Diamond Approach®
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"I have had a life changing experience working with the Diamond Approach for 26 years. It is among the most integrated and visionary teachings of body, heart and spirit that I know." —Jack Kornfield

The Diamond Approach, developed by A.H. Almaas, is a contemporary path of spiritual realization that responds to the heart's longing for freedom using both ancient and modern methods. Authentic spiritual insight together with contemporary under-

standing of ego psychology enables us to address the obstacles to realization unique to our personality and circumstances.

The practice of inquiry is central to this teaching. By opening to our direct experience in any given moment—no matter what we find—we move closer to an authentic sense of ourselves and the depths of our souls.

A new Diamond Approach group is forming in Washington, DC, led by ordained teachers Evelyn Birnbaum,

MA, and Victoria Young, PhD. Meetings include teachings, meditation, experiential exercises, movement and inquiry. In Takoma Park, Feb. 15-17, Apr. 5-7, Jun. 21-23, Oct. 11-13, Dec. 6-8. Hours: Fri., 7am-9:30pm; Sat./Sun., 10am-5:30pm. Cost: \$240 per weekend (\$175 for first time students).

Contact Barbara: bearwise@verizon.net, **202-746-9473**.

To learn more about the Diamond Approach, go to www.ridhwan.org.



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Dream is guided by its highly trained/experienced Director, Luann Fulbright, a professionally certified Kripalu Yoga Instructor and Yoga

Therapist who has practiced yoga for more than 30 years and created the for-credit Yoga program at George Mason University. Her "Dream Team" of instructors and Healing Arts Professionals have training/certifications from some of the most prestigious yoga schools, including Kripalu and Duke University's School of Integrative Medicine.

At Dream, you'll find a broad array of classes & workshops... plus massage, reiki, reflexology, acupuncture & other healing arts services. You can experience yoga that any body can do & benefit from for a lifetime—from Therapeutic & Gentle Yoga to Vigorous Vinyasa Flow. Instructors emphasize yoga postures & breathing/relax-

ation techniques while encouraging inner focus & mind-body awareness.

Our 200-Hour KRIPALU Yoga TEACHER TRAINING starts Feb 2013. We also have \$5 1st Friday Community Classes, FREE Sample Classes, Yoga 4 Kids & Special Needs Children, Family Yoga, Health/Nutrition Coaching, Parties, Room Rentals.

Dream's WINTER SESSION starts Jan 7. New students get their 1st class for just \$5!

In Downtown McLean near Tysons Corner, Beltway 495 & GW Parkway 1485 Chain Bridge Rd., Suite 104 McLean, VA 22101
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GLEN ECHO PARK



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

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

Winter Session starts January 26, 2013. Our Saturday Practice Class for all levels, 8:30-9:30am, includes warm up exercises and verbal instruction of the entire form. Sunday classes, start-

ing January 27, 2013, are Corrections (with Intermediates) 9:30-11:00am., and Sunday Continuing Beginners at 11:00am.

Drop-in students are welcome to attend our Saturday Practice Class and Sunday Continuing Beginners, \$15/hour; and our Sunday Corrections class, \$20 for 90 minutes.

More information at www.glenechotaichi.com or www.glenechopark.org.



Institute for the
Advancement of Service

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

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

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For more information about

classes, ordering books or joining the mailing list, visit www.ias-online.org, call **703-706-5333**, or email to btsias@aol.com.

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Classes & Learning Centers



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

This museum will bring you back to

a knowledge of your true selves and how it impacts our world. You will love the staff, the atmosphere, quiet room, and people who attend the various workshops. This is a national treasure of a place, where one can visit to experience peace, wisdom, power and love.

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

www.MeditationMuseum.org. Like us at: www.Facebook.com/AmericaMeditating



New Future Society is a place where your highest consciousness can be experienced and nourished. Come and visit our community, we offer Meditation; Yoga classes; Rejuvenating & Inspiring Healing Sessions for the Chakras as well as the whole being; Spiritual Conferences; Philosophy & Psychology yogic study groups (Bhagavad Gita, Sri Aurobindo, Sri Premananda Deva, Lakshmi Devi,

Ramana Maharshi. . .); Library; and many events designed to Uplift, Heal and Inspire.

Spiritual Retreats are available in Rockville & in our retreat center with the Master Lakshmi Devi on the Caribbean in Colombia, S.A. Our techniques will help you still your mind, improve your health and invite more joy into your life. Experience it for yourself.

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

Please visit our website: www.newfuturesocietycenter.com.

Facebook: New Future Society US



Quiet the mind
Strengthen the body
Open the heart

Olney Yoga is a warm, welcoming community of certified yoga teachers who are dedicated to creating and holding sacred space for our students. We offer drop-in classes in Flow, Hatha, Kripalu, and other traditions from beginning to advanced levels at convenient times to accommodate regular practice. Session classes start

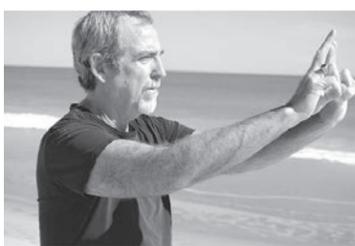
each calendar quarter and include Beginner Flow and Kripalu, as well as Therapeutic Yoga, Yoga for Big Beautiful Bodies, and Yoga Nidra. Meditation instruction is offered on a regular basis year round. We also offer private yoga and wellness sessions, including Thai Yoga Massage.

Class times and Enrollment Session

times, Workshops and Events in 2012-2013 can be found by visiting: www.olneyyoga.com.

Located in Olney Antique Village near Roots Market, 4/10ths of a mile north of the Georgia Ave. ICC exit. 16650 Georgia Ave, Olney, MD **301-774-1961**

Lunchtime Yin Yang Yoga Tuesdays in Silver Spring



Somatic Freedom Technique

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

Yin Yang Yoga is based on timeless Taiji and Qigong movements. It is easy to do and a delight to practice. Step-by-step instruction together with helpful somatic coaching makes following along easy and intuitive. Tuesdays at 12 noon.

Yin Yang Yoga classes begin Tuesday, January 8, and run until Tuesday, March 12. Cost for the ten sessions is \$125. Drop-in rate is \$15. Massage therapists earn up to 10 CE-hours

(NCBTMB).

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

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

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

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

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

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



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

Crystal Classes – Classes covering the metaphysical and energy healing properties of rocks and minerals. Crystal Journeying I: 1/16 and 1/23/13; Crystal Journeying II: 3/13 and 3/20/13; Crystal Healing I-II: 4/27-4/28/13.

Gendai Reiki Classes – Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles. Level I-II: 12/22-

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Karuna Reiki® - Classes for Reiki Masters to augment their skills: 7/20-7/22/13.

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

Reiki and IET Shares and Practice Groups – Allow newcomers OR prac-

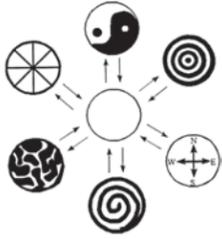
tioners to receive and experience sessions with one another. Held monthly. Call before attending.

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

Sekhem-Seichim-Reiki - Classes combining Japanese and Egyptian Energies. Levels I-II: 2/23-2/24/13, 4/20-4/21/13; Master/Teacher: 6/22-6/25/13 in Sedona, AZ.

Usui Reiki Classes – Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 1/12-1/13/13, 2/9-2/10/13, 3/16-3/17/13; Level II: 2/16-2/17/13, 3/2-3/3/13; Level III: 5/25-5/29/13 and 9/21-9/26/13.

Classes & Learning Centers



AnAlternativeWay.info

Looking to live with heart filled passion and an inner satisfaction that never runs dry?

There is such a way. Its key is our own creativity and ability to freely enter creative play—play much like that of a very young, spontaneous and innocent child before mind steps in with its judgments.

When our creative spirit (creative-spirit.info) is not free to explore its desires, 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 creativity (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 Engine House Hobbies, Gaithersburg, MD. 301-590-0816.



Shalem Institute for Spiritual Formation sees the gift of God's presence in all of life and recognizes the power of prayer to cultivate contemplative living—a way of being that is prayerfully attentive and responsive to God's presence and guidance. Contemplative living is essential in today's often chaotic and challenging

world, as it allows individuals to live authentically from a deeper place, rooted in God.

For over 35 years, Shalem has been a leader in long term spiritual deepening programs and cultivating contemplative prayer and practice. Join us! Shalem offers programs, classes, retreats and groups that support and

encourage prayerful living. We are ecumenical and open to all faith traditions. See our current program calendar on our website or call the Shalem office for printed information.

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

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

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

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

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

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



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unity woods

Unity Woods Yoga Center, Washington's first yoga studio, was established in 1979. We offer yoga with uncompromising, high-quality instruction for all levels of students in posture, breathing and Yoga philosophy. Special classes available for teens, seniors, pre-natal and gentle yoga. Our three spacious, Metro-accessible studios are located in Bethesda, MD; Woodley Park, DC; and Arlington, VA.

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 teaching staff at Unity Woods is made up primarily of Iyengar Yoga certified teachers who have trained for many years in order to teach. As a result we are able to guide the beginner, as well as the more

experienced student, in progressing along the path of yoga safely and effectively.

The winter session begins Friday, January 4. New students may take their first class for free anytime during the session.

For a complete schedule of classes, workshops and special events, see our website at www.unitywoods.com.

Health Services

Natural Healing



Kathleen Erickson-Nord

Above & Beyond Holistic Services is a dedicated holistic and natural health center equipped to handle everything from energy work, to cancer healing, to emotional releases, nutrition, therapeutic pedicures, headaches, chronic fatigue, depression, negative energy attacks, muscle and joint injuries, pain, back aches, anxiety, infections, rashes, and much more. We have over 26 years of success. Several

different modalities are used including intensive energy treatments, infrared light, ultrasound, balancing of energy centers, acupressure, healing with crystals, herbs, remedies and a variety of proven healing techniques. There is a small lab where special remedies can be made if one is not already available.

Experience is in chemistry, metaphysics, and years of study and

research including The Monroe Institute, Edgar Cayce, and various high level spiritual healers. Accurate phone channels are available.

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www.aboveandbeyond-energy.com
kathleen@aboveandbeyond-energy.com



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tional treatments, animal acupuncture performed by Rocco Manzano is an excellent place to find solutions.

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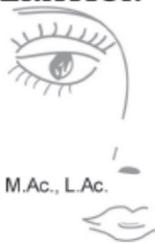
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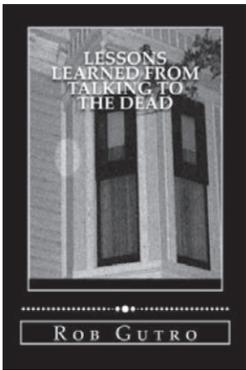
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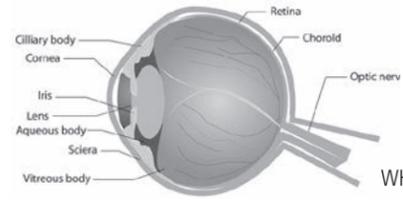


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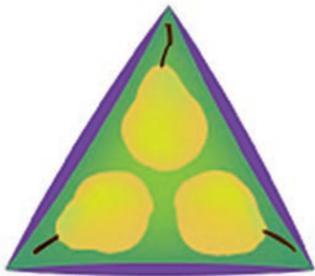
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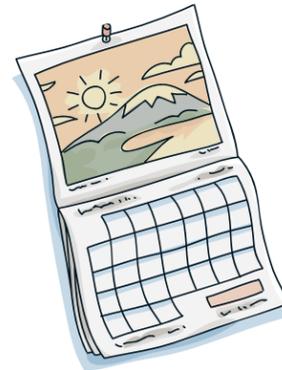
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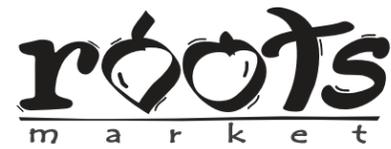
GREENBELT, MD



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.

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.

DC NATURAL FOODS

DC NATURAL FOOD STORES



HYATTSVILLE, MD



Market

Yes! Organic Market, Hyattsville

5331 Baltimore Ave., Suite 101, 20781
301-779-1205
Mon-Sun: 8am - 10pm
"Your one-stop health food store"
Offers vitamins, herbs, body care products, essential/fragrance oils, books, produce, bulk foods, sandwiches, soup and sushi.
www.yesorganicmarket.com

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.



TPSS Co-op

TPSS Co-Op, Silver Spring

8309 Grubb Road, 20910
240-247-2667
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.

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.

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www.pathwaysmagazine.com

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You will also find a list of Pathways distribution outlets in your area.



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!



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.



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.

MOUNT RAINIER, MD

Glut Food Co-op Natural Foods for People, Not for Profit

Glut Food Co-op, Mt. Rainier

4005 34th St., 20712
301-779-5597 • 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.

TAKOMA PARK, MD



TPSS Co-Op, 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.

PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CONT'D

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.

DC NATURAL FOODS



Market

YES! Organic Market, Adams Morgan
1825 Columbia Rd., Washington 20009
202-462-2069
Mon-Sat: 8am–10pm
Washington’s original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches and soup.
www.yesorganicmarket.com

VIRGINIA NATURAL FOOD STORES



ALEXANDRIA, 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!



Market

YES! Organic Market, Brookland
3809 12th St., NE, Washington 20017
202-832-7715
Mon- Sat: 8am-10pm 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.
www.yesorganicmarket.com



Market

YES! Organic Market, Union Row
2123 14th St., NW, Washington, 20009
202-232-6603
Mon- Sat: 8am-10pm Sun: 8am-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.
www.yesorganicmarket.com



Healthway, Alexandria

1610 Belle View Blvd., 22307
703-660-8603

www.HealthwayNaturalFoods.com
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.



Healthway, Fairfax

9424 Main St. 22031
703-591-1121

www.HealthwayNaturalFoods.com
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.



Market

YES! Organic Market, Capitol Hill
658 Pennsylvania Ave., SE, Washington 20003
202-546-9850
Mon- Sat: 7am-9pm Sun: 8am-8pm
Washington’s original natural food super market, with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.
www.yesorganicmarket.com



Market

YES! Organic Market, Petworth
4100 Georgia Ave, NW, 20011
202-291-5790
Mon- Sat: 8am-10pm Sun: 8am-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.
www.yesorganicmarket.com



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!



Nourish Market by Kennedy's, Falls Church
1053 W. Broad St., 22046
703-533-8484
www.nourishmarket.com
Mon-Sat: 10am-7pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.



Market

YES! Organic Market, Cleveland Park
3425 Connecticut Ave., NW 20008
202-363-1559
Mon-Sun: 8am–9pm
Washington’s original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches and soup.
www.yesorganicmarket.com



Market

YES! Organic Market, Fairlawn
2323 Pennsylvania Ave, SE, 20020
202-582-1480
Mon- Sat: 8am-10pm Sun: 8am-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.
www.yesorganicmarket.com



Healthway, Annandale

4113 John Marr Dr., 22003
703-354-7782

www.HealthwayNaturalFoods.com
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.



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!

ANNANDALE, VA

HERNDON, VA

PATHWAYS GUIDE TO NATURAL FOOD STORES

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.

MANASSAS, VA



Healthway - Manassas

Bull Run Center

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www.HealthwayNaturalFoods.com

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SPRINGFIELD, VA



Whole Foods Market, Springfield

8402 Old Keene Mill Rd, 22152

703-644-2500

www.wholefoodsmarket.com/stores/springfield

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.

WARRENTON, VA



The Natural Marketplace

5 Diagonal Street, 20186

540-349-4111

Naturalmarket@aol.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, on-line or by phone.

MCLEAN, VA



Nourish Market, McLean

8100-E Old Dominion Dr., 22102

703-288-3031

www.nourishmarket.com

Mon-Sat: 6:30am-8pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.

SPRINGFIELD, VA



Healthway, Springfield

6402-4 Springfield Place, 22150

703-569-3533

www.HealthwayNaturalFoods.com

Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

STERLING, VA



Healthway, Sterling

46900 Cedar Lakes Plaza (Rt. 7), 20164

703-430-4430

www.HealthwayNaturalFoods.com

Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

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Acupuncture – Mei Ling Wang www.wangwellnesscenter.com
Cancer Care Plus (Acumedicine Associates) www.acumedicine.com
Meridian Healing Works www.meridianhealingworks.com
Stefan, MD, Helena - Facial Rejuvenation www.doctorhelena.com
Tao-Traditional & Effective Treatment acupuncturetao.com

ADDICTIONS

Bridging the Gaps www.bridgingthegaps.com

ADHD

NIHA - Dr. Gant www.NIHAdc.com

ALLERGIES

NIHA - Dr. Solomon www.NIHAdc.com
Stefan, MD, Helena - Allergy www.doctorhelena.com

ANIMAL CONNECTIONS

Animal Communication – M. File www.drpeterfile.com
Animal Acupuncture www.NaturalAnimalMedicine.com

AROMATHERAPY

Aromatherapy Center www.aromatherapy-center.com

ASTROLOGY

Amethyst Astrology Services www.lynnkoiner.com
Kuceris, Misty www.enhanceoneself.com
Overcome Your Programming www.overcomeyourprogramming.com
Transformation Works www.randygoldberg.org

AYURVEDA

Center for Health & Wellness www.marylandhealthandwellness.com

BIODANZA

Biodanza East Coast www.biodanza-usa.com

BOOKS

Doyle, Kellie, Author www.authorkelliedoyle.com
Solartopia www.solartopia.org, www.harveywasserman.com

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Blue Lotus Treasures, LLC www.bluelotustreasures.com
Gold Works www.goldworksUSA.com
InMyStudio.com www.inmystudio.etsy.com
Mountain Mystic Trading Co www.MountainMystic.com
Sacred Circle Books Inc. www.sacredcirclebooks.com
Sticks and Stones www.sticksandstonescircle.com
Terra Christa www.terrachrista.com

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Hubbard Dianetics Foundation www.scientology-washingtondc.org

BUSINESS SERVICES

Foxfire Consulting www.foxfireconsulting.com
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CHIROPRACTIC

Gardner Chiropractic www.easyspine.com
Life Wellness Centre www.lifewellnesscentre.com
NIHA - Chiropractic, Dr. Roskosky www.NIHAdc.com
Washington Chiropractic www.washingtonchiropractic.net

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Arlington Metaphysical Chapel www.arlingtonmeta.com
Circle of Worship www.onecircle.net
CommUnity on the Hill <http://unitychurchdc.org>
Founding Church of Scientology, WDC www.scientology-washingtondc.org
Four Quarters Interfaith www.4QF.org
Institute for Spiritual Development www.isd-dc.org
National Spiritual Science Center <http://nsscdc.org>
Shalem Institute for Spiritual Formation www.shalem.org
Superet Light Center www.spopmwashdc.com
Takoma Park Chapel www.TakomaChapel.org
Telespectral Living Light Center www.angeltalktv.com
Unity of Gaithersburg www.UnityofGaithersburg.org
Unity of Washington, DC www.unitywdc.org
Wash DC Teaching Ctr www.washingtondcteachingcenter.org

CLASSES & LEARNING CENTERS

Braided Way Healing Arts www.braidedwayhealingarts.com
Diamond Approach www.ridhwan.org
Howard Community College www.howardcc.edu
Institute for the Advancement of Service (IAS) www.ias-online.org
Mid Atlantic Center For Healing www.healingintuition.com
Potomac Crescent Waldorf School www.potomaccrescentschool.org
Raw and Healthy Living www.nyamahealingservices.org
Raw Food Institute, The <http://TheRawFoodInstitute.com>
Sanctum Spiritual Belly Dancing www.sanctumonline.com

Soul Source Spiritual Center www.theSoulSource.net
Storyweaving - Carol Burbank www.storyweaving.com
Tai Sophia www.tai.edu
Washington Waldorf School www.washingtonwaldorf.org

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Compassionate Counseling - Cathy Roberts www.CathyRoberts.net
Counseling & Guidance Center www.psychsight.com
Crossings: A Center for the Healing Traditions <http://crossingshealing.com>
Culp, LCPC, LPC, Courtenay J www.counselingandcoaching.com
Heal Your Life Productions www.GratefulBits.com
Healing Light Center, LLC www.healinglc.com
Manifested Harmony, LLC www.manifestedharmony.com
Releasing Your Unlimited Creativity www.ryuc.info
Storyweaving - Carol Burbank www.storyweaving.com

COLON HYDROTHERAPY

Vitality Cleansing www.vitalitycleansing.com

CRYSTALS & STONES

Crystalis Treasures www.crystalis.com
Olde Towne Gemstones www.oldtownegemstones.com
Stones That Heal - Knowles Apothecary www.KnowlesWellness.com

DENTISTRY

Bui, DDS, Danny www.drdannybui.com
Harmony Dental - Terry Victor, DDS www.thedcdentist.com
Fischer, DDS, Richard www.evergreen8.com
Goldman Dentistry www.mgoldmandds.com
Life Enhancing Dentistry - L. Locklear, DDS www.LifeEnhancingDentistry.com
Modern Smile Dental www.modernsmiledental.net
Miles of Smiles Implant Dentistry www.milessofsmilesdental.net
NIHA - Dentistry www.NIHAdc.com

ECKANKAR

Eckankar - Maryland Satsang www.eck-virginia.org

EVENTS

International Society for Spiritual Sciences www.manjuland.org
Traditional Chinese Culture Institute Intl., LLC (TCCII) www.tccii.com

FACE READING

Rosetree, Rose www.rose-rosetree.com

FACIAL ACUPUNCTURE

Fairfax Chiropractic, PC www.fairfaxchiropractic.com

FENG SHUI / HOME DESIGN

Feng Shui Consultant, Jeannie Tower www.fengshuimagic.com
Mindful Decluttering and Organizing www.clutterfreenow.com
Sanctuary Interiors, LLC www.sanctuaryinteriorsllc.com
Traditional Feng Shui – Dr. Macy Lu www.fengshui-macylu.com

FINANCE

Bach, Eric www.ericbachcpa.com

GARDENING

Mother Earth News www.motherearthnews.com
Washington Gardener www.WashingtonGardener.com

HEALING CENTERS

Above and Beyond Health Services www.aboveandbeyond-energy.com
Access Consciousness www.energymdt.com
Ayeka Healing Circle, The www.ayekahealingcircle.com
Bender Healing /Holistic Wellness Therapies www.benderhealing.com
Blueberry Gardens www.blueberrygardens.com
Buddha B Yoga Center www.buddhababyoga.com
Cardinal Center For Healing, The www.cardinalcenterforhealing.com
Domingo Vega - Theta Healing www.thetahealingofwashingtondc.com
Hollow Reed Healing www.hollowreedhealing.com
Hunabku Healing www.hunabkuhealing.com
Monroe Institute www.monroeinstitute.org
Nyama Healing Services www.nyamahealingservices.org
Quantum Clearing // Claire, Lyriel www.lyrielclaire.com
Reconnective Healing Coop <http://reconnectivecoop.com>
Rising Sun Healing Arts www.risingsunhealingarts.com
Starchaser Aromatics and Energy Work www.starchaser-healingarts.com
Vibrational Therapies www.vibrational-therapies.com
Zenquility www.Zenquility.com

HEALTH & WELLNESS CENTERS

Blue Heron Wellness www.BlueHeronWellness.com
Hambrock Holistic Healing Center www.hambrockholistichealing.co
Indigo Integrative Health Clinic www.indigohealthclinic.com
Miles of Healing www.milesofhealing.com
National Integrated Health Associates (NIHA) www.NIHAdc.com
Richardson Private Practice www.NaturalHealthDC.com
Relaxing Alternatives www.relaxingalternatives.com
Rifkin Chiropractic and Wellness Center www.heal-naturally.com
RiverSoul Wellness, Janine Blackman, MD, PhD <http://riversoulwellness.com>

Tavicare, Inc www.tavicare.com
White Oak Wellness www.white-oak-wellness.com

HEALTH FOOD / NATURAL FOOD STORES

Dragonfly Farms www.dffarms.com
Glut Food Co-op www.glut.org
MOM's - Mom's Organic Market www.momsorganicmarket.com
Smile Herb Shop www.smileherb.com

HEALTH PRODUCTS

Godoterra Therapeutic Essential Oils www.godoterra.com
Real Natural Remedies www.realnaturalremedies.com

HOLISTIC HEALTH

Bloem, MD, Fred www.drbloem.com
Gennaro, MD, Margaret www.neckbackandbeyond.com
Healing Tree Holistic Medicine healingtreeholisticmedicine.synthasite.com/
Indigo Integrative Health Clinic www.indigohealthclinic.com
NIHA - Freeman/Scoblionko Holistic Primary Care www.NIHAdc.com
Quantum Point Wellness <http://qpwellness.com>
Tavicare, Inc www.tavicare.com

HOMEOPATHY

Liss, ND, Michael www.drliSSHhomeopath.com

HYPNOTHERAPY

Hypnosis Silver Spring www.hypnosissilverspring.com
Hypnotherapy by the Bay www.hypnobythebay.com
Life Transforming Hypnotherapy www.lifetransforminghypnotherapy.com
New Creations www.forbesrobbinblair.com

JEWELRY

Gold Works www.goldworksUSA.com

MASSAGE

Agate Spirit Massage www.agatespirit.com
Bethesda Therapeutic Massage www.marciamassage.com
Dinardi, Alison www.gentletouchmassagetherapy.com
Robert Jordan Health Services www.RobertJordanHealthServices.com

MASSAGE SCHOOLS

Potomac Massage Training Institute (PMTI) www.pmti.org

MEDITATION

International Meditation Center www.ubakhin.org
Meditation Museum www.meditationmuseum.org
Mindful Healing & Living www.mindfulresources.net
Mindfulness Center www.TheMindfulnessCenter.org
Primordial Sound Meditation www.thespiritualtarot.com
Reiki - Mimi Moyer www.pathways4wellness.com
Synchronicity Foundation www.synchronicity.org

METAPHYSICS

Fakeye, Emmanuel K. www.spiritandsoulconnection.com
Golden Lighthouse, The www.thegoldenlighthouse.com
Inspired by Angels www.InspiredbyAngels.com
Institute for Spiritual Development www.isd-dc.org
Open Heart Masters www.openheartmasters.org

NATUROPATHY

Naturopathy Services - Knowles www.KnowlesWellness.com
NIHA - Dr. Kannankeril www.NIHAdc.com

NEUROFEEDBACK

Better Brain Center, The www.thebetterbraincenter.com
Spector, PhD, Alan B. www.virginianeuro.com

NUTRITION

Allergy & Nutrition Clinic www.LauraPower.com
Center for Health & Wellness www.marylandhealthandwellness.com
Duke's Green Farmacy Garden www.thegreenfarmacygarden.com
Health For Life, LLC <http://Healthbyhelen.com>

OXYGEN THERAPY

Oxygen Spa <http://theoxygenspa.net>

PAST LIFE

Coming Full Circle www.comingfullcircle.org
Regression Therapy - Darshan Khalsa www.kundalini-yoga.us
Warrenton Inner Healing Center www.Path2InnerHealing.com

PHARMACY

Brookville Apothecary - Knowles www.BrookvilleWellness.com
Knowles Apothecary www.KnowlesWellness.com
Village Green Apothecary www.myvillagegreen.com

PHYSICAL THERAPY

Physical & Massage Therapy Associates www.physicalmassage.com

continued on next page

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PATHWAYS INTERVIEW

Brian Berman: Integrative Medicine at the University of Maryland

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alternatives to the usual drug therapy.

When we were out in Arizona, I had the good fortune to meet a German homeopathic doctor who was practicing in Prescott. I went up there once a week. It took me months before I realized that there was something different happening there, which was that *people were starting to get better*. People that had chronic diseases, from chronic hepatitis to cancer to many other problems. I had never seen that before.

Healing Rather than Disease Management

So you were entering, for the first time, the realm of actual healing rather than disease management.

Absolutely. He was pretty advanced in what he did. It spurred my interest to study this further. We had the opportunity to go to Great Britain (my wife is British) when we were expecting our first child. We decided to have our child born there. When we were there, I started to look around and saw that there was a whole world of complementary medicine, as they called it

back then. I began to look into it in a deeper way.

When I was at the ARE Clinic in Arizona, I had also taken the UCLA acupuncture course with Joe Helms, which he was just beginning to teach at that time. I took that course with about seven other physicians. That was an eye-opener as well. It changed my way of thinking. Acupuncture seemed very natural to me to learn. I took many more courses in acupuncture and Traditional Chinese Medicine, the Eight Principles approach. I found that the energetic approach of homeopathy really complemented that.

We planned to stay in England for a year but ended up staying for almost nine years. I took a lot of training in Europe in mind-body approaches and set up a practice in London that was an integrative practice. We had a psychiatrist who was very eclectic in his approach. I was there as a family physician who used acupuncture and homeopathy and diet. We had an osteopath and a massage therapist. It was very successful and I probably could have stayed there. I saw that I could take care of patients more effectively

by incorporating more modalities and an approach [with patients] that was more of a partnership.

How was this received by your more conventional colleagues?

Many of them were looking at me like I had two heads. Basically saying, "Why don't you come back into the fold?" I eventually approached one of my patients, Sir Maurice Laing, in about 1990. He was a great philanthropist; he did a lot for many types of causes, including holistic medicine. I said I would like to bring this into the mainstream and he asked me to come up with a proposal. We did that and then he said that we needed to find a university to take this on. This was before there was any spotlight on the field.

I approached the University of Maryland, where I had done my internship and residency. I went over in the summer of 1991 with the executive director of the Laing Foundation, Robert Harley, and we met with the head of anesthesiology since we were talking about pain. This was an area where we had a great deal of experience in our clinic. We met with the dean and the president and I remember one meeting with the head of the cancer center, Steve Schimpff, who later became head of the hospital system. He said, "This

is interesting, this journey that you've been on," and then he asked me, "Do you think you've got all the answers?"

I was taken aback and I said, "No, I don't, but I do know that it's more enjoyable to practice this way. I can treat people more effectively, I have more options, and it's more of a partnership. But I have no idea of exactly what is working and who it works best for." He said, "Good, we don't feel like we have all the answers either. If you're willing to travel down this road and study these therapies in a scientifically rigorous way together, I don't see why not."

So we walked out of that meeting and the Laing Foundation executive director said, "I don't think we need more meetings. That's good enough for us. Why don't we get started?" And we did. The whole idea was to explore the scientific foundation and the efficacy of complementary medicine to explore the integration of conventional medicine and complementary medicine.

1991: Founding the University of Maryland's CAM Program

So this was the founding of what's now called the Center for Integrative Medicine at the University of Maryland School of Medicine.

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PATHWAYS INTERVIEW

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Right. It started off as a “project” and later on we became a division. They never knew quite where to put us. Later we became a program, which is a whole setting in itself, kind of like a department. Then we became a center, a research center to foster collaboration with other schools and departments and institutes. And now we really have a seat at the round table. We’re very much part of the culture here. We work collaboratively with people in the medical school and the dental school and the schools of pharmacy and nursing. I’ve even done some projects with the law school. People get it now.

What have been your primary areas of research focus and what are you most proud of?

We have focused on the area of pain over the years. Different types of pain—osteoarthritis, musculoskeletal pain. We’ve worked collaboratively with the rheumatology department, with Dr. Marc Hochberg who heads that up. He’s one of the top rheumatologists in the world, particularly for osteoarthritis. So that has been a main focus. Together with Marc, I published one of the first large trials in acupuncture, which showed acupuncture to be both safe and effective for knee osteoarthritis. It was published in the *Annals of Internal Medicine* at exactly the same time there was the whole furor over the adverse effects of Vioxx. People with arthritis were desperate, wondering what options they would now have for pain relief. So our paper generated a huge amount of interest, leading to over 20 million media stories worldwide.

I’m proud of our work with the Cochrane Collaboration. It started in 1993 and we helped start the complementary medicine field within the Cochrane Collaboration in 1995. Do you know about the Cochrane Collaboration?

CAM and the Cochrane Collaboration

I know that it focuses on rigorous sys-

tematic reviews of existing research to determine what is effective and what isn’t.

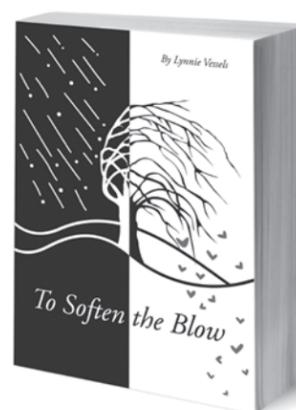
That’s true. They are a worldwide organization started in Oxford, England, by Archie Cochrane, who was an epidemiologist. When he founded it, he said that people are unable to make decisions about their healthcare without up-to-date information, that this is true for all of medicine, and that it’s a real shame. Ian Chalmers (who is now Sir Ian Chalmers) picked up the ball and moved it forward. The Cochrane Collaboration is now seen by many people as the top evidence-based medicine hierarchy. I think there are now something like 25,000 people that belong to the organization, in over 100 countries. The idea is to gather the best evidence available, and then people in their areas of interest do systematic reviews or meta-analyses of the literature. One might be a review for a particular herb for diabetes, another for acupuncture for lower back pain.

I went over to Oxford. I met with Alex Jadad and he gave me the research database he had developed, which had about 900 clinical trials at the time. We’ve now built it up, with many people all over the world, to where there are over 43,000 randomized controlled trials in the database along with 800 systematic reviews.

Is this for the CAM database or for the whole Cochrane database?

That’s just for CAM. The Cochrane database has over 600,000 randomized controlled trials overall. That’s as of a couple of years ago. I believe they have more RCTs in their database than the National Library of Medicine. This is a great group that doesn’t care if something is CAM or conventional, just whether it’s effective. Through it, we’ve been able to develop collaborations with top-notch people all around the world.

This work is something I’m very proud of because it’s brought in the conventional researchers, scientists, and clinicians to look at the therapies that



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Dr. Berman and a colleague, Dr. Marc Hochberg, published one of the first large trials in acupuncture, which showed acupuncture to be both safe and effective for knee osteoarthritis. It was published in the Annals of Internal Medicine at exactly the same time there was the whole furor over the adverse effects of Vioxx.

help, to study them. But more importantly, it has made the evidence more readily available to people, whether you're a clinician or a researcher or a payer. We've looked through all sorts of databases to dig out the information. We're now going into the Chinese databases, the Indian databases, Japanese and more. It's a worldwide effort to gather this information that can be used to do these up-to-date reviews.

The Challenge of Applying Cochrane Reviews to Patient Care

As someone who has to some extent

explored Cochrane reviews for subjects relevant to my own practice or areas of academic interest, it's my impression that Cochrane sets the bar very high. And that this makes it quite challenging for health professionals to apply the information in the Cochrane reviews, to translate it into actual practice. I know this is a gross generalization, but it's almost as if a Cochrane Collaboration review will never conclude that anything (CAM or conventional) is more than just slightly, marginally effective. Can you address that?

That is so. It has a very high bar, for all of medicine. I don't think it's a bad

thing to have a high bar. What it does is to say okay, here's what we know, here are the gaps, and here's what we still need to find out. It helps us in that way. What it doesn't always help with is to tell the practicing clinician what to tell the patient in front of us. Are we to tell the patient that there are some studies that say such and such, and the methodological quality may not be perfect? Clearly you have to do some interpretation. As you say, a Cochrane review is very rarely going to say that something has overwhelmingly been shown to be effective. In a sense, we can say that Cochrane reviews are building a house of evidence.

You've received a substantial amount of funding from the NIH and particularly the National Center for Complementary and Alternative Medicine (NCCAM), with over \$30 million in grants over the past 15 years. What are some of the research projects you feel have been the most meaningful and important?

We have received NIH funding for our work in acupuncture and Traditional Chinese Medicine that I mentioned earlier and also for the Cochrane work. With that we've published many trials and systematic reviews of the literature that have gone into some of the top journals.

That would include the one on acu-

puncture for knee arthritis?

Yes, we've done studies and systematic reviews in arthritis and reviews in areas like back pain; that review was published in the *New England Journal of Medicine*. I think those are very important along with the one on acupuncture for infertility by Eric Manheimer, who works with me here.

What were the findings on acupuncture for infertility?

It said that acupuncture definitely did make a difference for pregnancy rates. That was clear-cut.

I had a couple of female patients who had been unable to conceive, who did so after I treated them with acupuncture. But I never knew whether it was just coincidence. This leads me to think it was the acupuncture.

The research is supportive. We also did a systematic review for osteoarthritis of the knee that was not as clear-cut. That gets into the difference between efficacy and effectiveness research.

Real World Research: Efficacy vs. Effectiveness

For readers who may not be familiar

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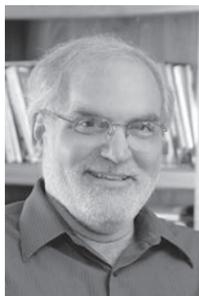
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with those terms, could you briefly explain the difference?

Efficacy is the extent to which a specific intervention or treatment is beneficial under ideal conditions. In efficacy research, we narrow down the focus of who we allow into the study. So in the case of osteoarthritis and acupuncture, it might only be people between the ages of 40 and 60, and maybe it's only women or people who are not obese. Then you give the treatment under relatively ideal conditions. With *effectiveness*, it's a measure of the extent to which the intervention does what it's intended to do *in routine care*. You're not narrowing it down; you're using the treatment as it's practiced in the real world.

That's a big difference. We see quite often in efficacy studies, for example some of the studies on acupuncture for osteoarthritis and back pain, differences in the effect sizes between acupuncture and sham acupuncture. Andrew Vickers' recent meta-analysis shows that. But some critics may say, ah, that's such a small difference—with true acupuncture not showing

much more benefit than sham acupuncture—that it's not even meaningful. But then you look at the effectiveness studies, where it's comparing real acupuncture to usual care or to a wait list or to drugs, and there we see much larger effect sizes.

So in real world settings, which are what matters most to patients, the beneficial effects are more clearly delineated.

Yes. And a clinician would really say, "That's what I'm interested in. I want to know whether I should give them that drug or acupuncture, because I'm not going to give them sham acupuncture." So they're going to be more interested in the effectiveness studies.

In the classes I teach to chiropractic students, I emphasize that randomized controlled trials were basically developed to compare one little white pill to another little white pill. Whereas, when you look at non-substance based therapies, which is basically all of physical medicine, including not only chiropractic, acupuncture, massage therapy, and physical therapy, but also surgery, these research methods

are not as easy or as applicable. And yet we try, because this is considered by many to be the "gold standard" for clinical research. When we compare the measured benefits of true acupuncture or spinal manipulation versus sham acupuncture or sham manipulation, and they don't look all that different, is it largely because this methodology sets the table in such a way that it's very difficult to show a robust response?

Right, I think that's absolutely true. Now, with the whole burgeoning of comparative effectiveness research and real-life care, we have the opportunity to give the therapies the way they're actually practiced and this can even be in combination with other therapies as they are actually practiced. I mean, most of the time you don't do acupuncture on its own—you do other things as well. And so the effectiveness with a group of patients, whether you're comparing it to a drug or whatever, that type of research is going to be extremely important. In addition to that, you also take into account the stakeholders' own preferences. Put those together and it becomes good evidence-based medicine.

The original definition of evidence-based medicine, by David Sackett, is that it involves using the best available [research] evidence, the clinician's experience and the patient's preferences.

All three of those things go into the definition of evidence-based medicine. We tend to forget about some of those parts, especially the last two.

NCCAM-Funded Research Showed Benefits from Acupuncture for Arthritis

How do you respond to critics of federal funding for CAM research, when they claim that none of NCCAM's grants have resulted in any positive demonstration of effectiveness for the use of CAM methods?

First, I think what matters most is that we are showing that you can do rigorous science in complementary medicine. A good example of this research is our work on osteoarthritis of the knee. We did a step-wise approach to that, with NIH funding. It started with a small pilot study of 19 patients with no control group, where we showed that it was safe and effective. We used standard outcome measures—the ones used in non-CAM arthritis studies—and standard acupuncture points. There were arguments even then with the acupuncturists (this was 1992) as to whether we should use standard points [as opposed to individualized choice of points for each patient]. We said let's just show that it works. And the rheumatologists said

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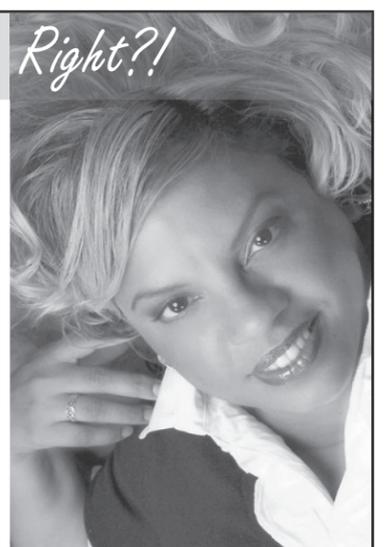
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PATHWAYS INTERVIEW

the same thing, "Just show us that it works."

Then, we brought in a comparison group for the next study, which had about 70 patients, with one group getting standard care and the other getting acupuncture plus standard care. When they saw the positive results, the rheumatologists said, "That's good enough for us." We had shown them that adding acupuncture to standard care yielded a large effect size showing it was safe and effective. Standard care was not effective on its own, by the way.

The NIH still wanted to see proof of efficacy, to see whether acupuncture works better than a sham control. So we then did a large 570-patient study. But by then, we had already tested the acupuncture points and the sham points. We had already done the shake-down cruise of the boat, so to speak, and we had a pretty good idea what was needed in terms of the number of treatments, the length of the treatments, the points and every aspect of it. So then when we did this larger study, we demonstrated that acupuncture was safe and effective in a large randomized trial.

So this series of studies might be seen as Exhibit A for how NIH funding of research in CAM has actually shown benefits for a CAM method—in this case acupuncture.

Yes, definitely. And certainly the Cochrane reviews [for which the Center for Integrative Medicine has received NCCAM/NIH funding] have shown that there are numbers of such studies. So I have to think that anyone making the claim that there have not been NIH-funded studies on CAM yielding positive results just isn't that familiar with the scientific literature. Or maybe they don't look at the literature.

I've noticed that stories with those claims often appear in The Washington Post right around the time that NCCAM's budget is up for renewal.

Getting back to the research itself, what we've been able to do, with acupuncture and osteoarthritis for example, is to change the nature of the research. Previously, the research was all over the place. No one was comparing apples to apples. The outcome measures weren't standardized from trial to trial in the early days. So you couldn't make good comparisons and couldn't bring it together into a meta-analysis.

So we started to work with rheumatologists, who said that what they do is to look at the WOMAC [Western Ontario and McMaster Universities Arthritis Index] scores and other standardized methods of measuring the effects of whatever treatment is being

used. We standardized the approach. At this point, we continue to look more deeply into the effectiveness and also the mechanism through which it works in the body.

We just put in a grant proposal to NCCAM for a Center of Excellence in Research grant to look at osteoarthritis pain. If we receive the grant, we'll be looking at osteoarthritis pain, phenotyping people to see if you can predict who will get OA pain, looking at the genomics of OA pain, looking at what happens in the brain with MRI, all of that.

That sounds fascinating.

Then you give acupuncture and see who responds and doesn't respond, and see if we can predict how and why. For us, the future is in three directions. Certainly it's to continue the evidence-based Cochrane work, but it's also to take it more to the effectiveness side of research, and to go deeper using some of these tools like genomics and proteomics. This will be interdisciplinary research.

"Something Truly Exciting": Integrative Patient Care, Acupuncture and Mind-Body Methods at the University of Maryland

My understanding is that aside from your research focus at the Center for Inte-

grative Medicine, you also provide patient care there. What kinds of practitioners are included on your team and how do they work together?

We've had a clinic since we started in '91. Initially, we took the pain clinic at the University of Maryland and made it a real multidisciplinary pain center. Eventually we left there to set up our own clinic, which is still part of the university but not part of the pain center. But pain is still a key part of our focus.

Pain is a key focus for CAM and integrative healthcare everywhere.

So we have physicians who are practicing integrative primary care, we have a nurse who practices holistic nursing and we have several doctors of Traditional Chinese Medicine who practice herbal prescribing and acupuncture. We have taiji and qigong classes and mind-body classes with a health psychologist. We have a homeopath, massage therapist and Reiki practitioner. As to how they work, I don't think we've completely gotten that down. It's not a complete interdisciplinary working together. People refer back and forth as they get to know each other and feel more confident to refer cases out. Usually it's the physician referring to the different practitioners. It's still a work in progress.

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PATHWAYS INTERVIEW

Brian Berman, MD: Integrative Medicine at the University of Maryland

...continued from page 129

Something truly exciting is what we're doing with the shock-trauma center here at the University of Maryland. This is one of the top such centers in the world. What they're best known for is their work on how the first hour [after major trauma] is the "golden hour," the time where you will either stabilize the patient or they won't make it. People come from all over the world to train in this shock-trauma center. The man who heads it up, Tom Scalia, approached me at one of the dean's meetings and said, "We've got a problem. We have a group of patients in this kind of acute pain who get into a hyper-inflammatory state. What do you have that could help them? Because if our methods don't work to bring the inflammation down, they're usually the ones who go into septic shock and die."

I said to him that we do a lot with chronic pain and with wellness and prevention. I said I wasn't sure what we could do. But we started to work with them ...

Acupuncture?

Acupuncture first. They started to see some results and that opened up the doors and we started to bring in some mind-body approaches. We began a training program for the nurses to bring in different visualizations, to create a healing space. This included Tibetan bowls as well as Reiki healing. The results have been phenomenal for the patients, for the nurses, and for the doctors. So much so that they want more and more of it.

We've trained 75 nurses now in the in-patient and shock-trauma units. We've just put forward a big proposal to the university, instigated by both Dr. Scalia and myself, saying that this has been successful and we want to systemize what we're doing here, bringing in the teaching as well as the education for patients. And that we want to do it as an integrative medicine in-patient consult service. This would be in the shock-trauma center.

It's amazing. They've been so open. This is the center that did a total facial transplant that was all over the news

about six weeks ago, the first ever. And the surgeons have asked for our people to be involved during the 72 hours of the surgeries, as well as the pre-op and post-op care. The fellow who had the transplant said, after he had had Reiki and acupuncture for a while, "This is the first time I'm getting relief from my pain."

That is going to start to break down more doors because now the shock-trauma center says they want to do this in a larger, systematic way. And then many of their patients get discharged to the rehab hospital, Kernan Hospital, part of the University of Maryland. The head of the hospital is saying that they want to do the same thing, so that when they're discharged they have continuity of care that is the integrative approach we're doing in shock-trauma. If you talk about good continuity of patient care, along with the opportunity to research this from the acute phase all the way through, it's tremendous.

Being here for 21 years, you kind of build up the trust and the relationships where we can have these discussions. Where he can say, "What do you have?" and I can say, "I don't know, let's try and see," and over several years this can all develop. They must be seeing 20 people a day in the shock-trauma center now. The nurses are leading the way and we're going to take it further.

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PATHWAYS INTERVIEW

Shock-trauma sounds like a branch of medicine, of the healing arts, that is intensely pragmatic.

Yes.

I mean, obviously all of the healing arts should be, and to some extent are pragmatic in terms of wanting to use what's most effective, but in shock-trauma the patient dies or the patient lives and that's a very dramatic and measurable outcome.

Absolutely. And you look at the tremendous need. One of the ways that we are looking at it, kind of reframing it, is that trauma can induce growth. Or it can induce fear, where we just get stopped. There are so many types of trauma. Some of the methods we have in complementary and integrative medicine offer the potential not just for the patient to react but to take a step, a pause, and to look at things in a more positive way.

Institute for Integrative Health: Thinking Big

With your wife Sue Berman, you founded the Institute for Integrative Health several years ago. Tell us about it.

In 2005 I was given the Bravewell Collaborative Leadership Award for Integrative Medicine. There was a cash prize of \$100,000 with it and what we decided to do was to take the money and set up an institute outside the university, with Sue as the executive director, to complement activities that are going on in the different centers.

In 1991 when we started the Center for Integrative Health, there weren't any other centers. Now there are many centers. But the same time, people don't have time to think. Everybody's so busy making things happen and surviving, that they don't really have a chance to look at things from the 30,000 foot perspective, and think about where we are going. So the idea for the Institute was to be able to reframe the important questions in healthcare, to take a step back, to say where are we going and where we want to go. To bring people together from different disciplines to look at areas that are stuck or ripe for innovation in healthcare and to shift the dial from disease management towards health and well-being. Because even in our wonderful integrative medicine centers, we tend to focus on disease management. This is certainly valuable and important, but if we don't shift our attention and our paradigm toward health and well-being, we're just not going to get to where we want to go.

The institute is set up to be a catalyst for innovation in healthcare that takes into account mind-body-spirit. We have three areas. We have a scholarship area, with Institute Scholars, kind of modeled on Howard Hughes Scholars (not with that kind of money but you never know, maybe someday). We have about eight scholars now, people who have been successful in their careers. We're saying okay, what would you want to do now to really make a difference? What would

make your heart sing? Not taking the next incremental step or working on the next incremental grant, but if you had the time, what could really make a difference? And it has to be in the area of health and well-being. One of the scholars is a NASA scientist at the University of Texas who works with particles and weather, algorithms. He's working with the Walter Reed Hospital, helping them look at big data, artificial intelligence. Another scholar, David Jones, works with functional medicine, changing the paradigms of what they're teaching in schools. Another one, Bud Brainard, works with light. He said, "I've been running my lab for 25 years and I'd almost forgotten why I'd gotten into this."

This helps them remember.

It's a chance to get back to why I went into this, to reconnect to that and then have some new experiments grow out of that. Ellen Hughes is working with healthy aging. Claudia Witt in Berlin is working with comparative effectiveness research. It's a wide group there. We have forums in different areas. There was one on comparative effectiveness research in integrative medicine. Another was the Affordable Care Act conference at Georgetown, where you and I met. And we just had one a couple of weeks ago at the Bosch Foundation, where we brought people together from the world of business, in mergers and acquisitions, on what makes a merger successful or not successful, and what can integrative medicine learn from this. Integrative medicine is also a merger of a kind, of different cultures coming together. We're also starting a fellowship program for young people who are at a stage in their careers where they can benefit from good mentors.

The last thing I'll mention is the practical, on the ground question, "How do we create healthy communities?" There we're doing things that are beyond the clinic, that take into account the environment, along with good food and stress management. We're working with some of the tough high schools in Baltimore. We're working with Health Corps and adding some of our own pieces to that.

Daniel Redwood, DC, the interviewer, is a Professor at Cleveland Chiropractic College – Kansas City. He is the Editor-in-Chief of Health Insights Today, Associate Editor of Topics in Integrative Healthcare and serves on the editorial board of the Journal of the American Chiropractic Association. Dr. Redwood's website and health policy blog are at www.redwoodhealthspeaks.com.

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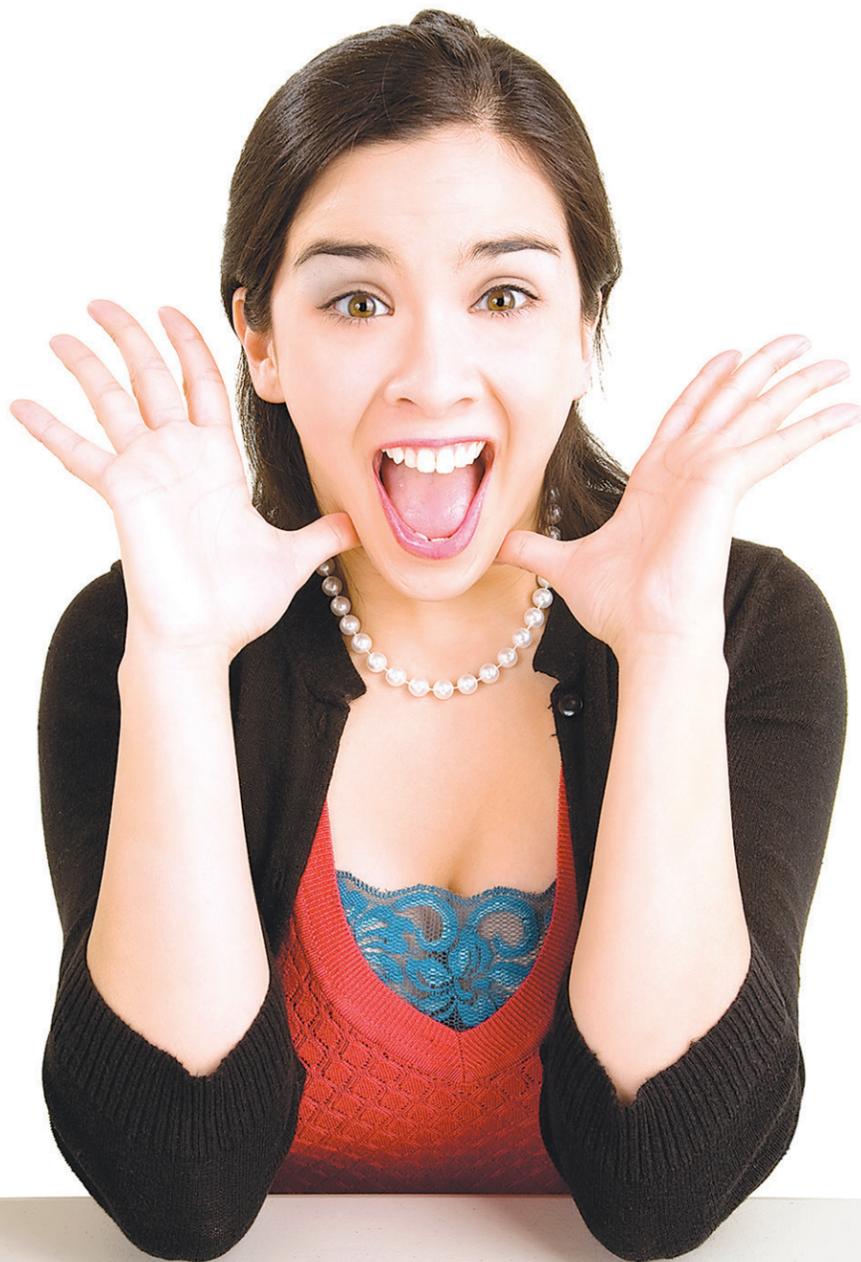
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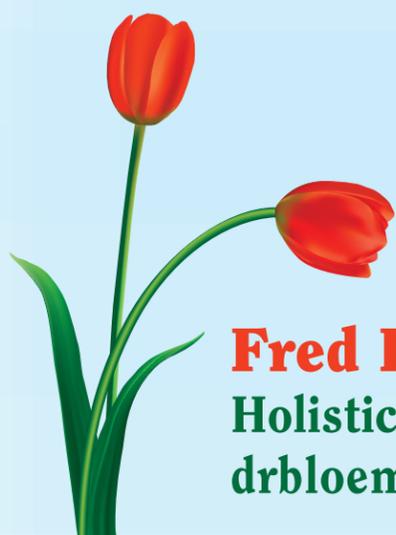
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—Alecia Scott



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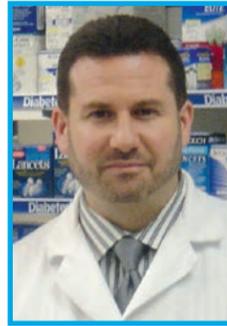
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QIGONG HEALING & BREATHING APPLICATIONS (Level-1) Sat & Sun

- * **Breath Empowerment:** Generate Qi like a master. Feels like "Humming Engine" in belly.
- * **Empty Force:** Your energy field becomes so palpable - it feels like solid matter.
- * **Spiral & Press on Qi:** Subtle movements are the REAL KEY to harness Qi-Energy.
- * **Earth Hands:** Strengthens the hips, legs, & the reproductive center of the body.
- * **Around the World:** Rotate at waist, spheres of qi are created to improve digestion.
- * **Push Hands:** Healing begins when Qi & Blood are moved. Push hands does the job.

Over 40,000 people
have experienced
the strongest energy of
their lives at this seminar

ADVANCED BREATHING APPLICATIONS (Level-2 & 3) Mon & Tues

- * **Qigong Strength Training:** Sculpt the body of your dreams! Muscles pulse w/Blood and Qi during practice.
- * **Tumo Breathing:** Build Warmth & Qi-Power in your Navel. Pulse of Blood & Qi flows down arms and legs.
- * **Wuji Style Qigong:** Explore 7 Wuji Movements. Create your own Qigong form. MAGNETIC DANCE of Qi.
- * **9-Breath Method:** ULTIMATE Breathing practice. Blissful waterfall of Qi removes stress and negativity!
- * **Advanced 9-Breath:** Ignite Energy to deepest possible levels. EXPERIENCE PURE SPIRIT VIBRATION.
- * **Healing Others w/9-Breath Method:** Capable of True Miracles. Recipients experience "Flush of Qi".

 <h2>FOOD HEALING</h2> <p>Asthma, Arthritis, Cancer, Digestive Problems, Diabetes and Heart Disease have been reversed using food-based protocols.</p>	<p><i>In this seminar you'll also receive in-depth training in Food-Healing, the art of using <u>specific foods</u> to reverse specific diseases. Millions worldwide have reversed the worst diseases with food alone. You will learn this wisdom in precise detail and share it w/others.</i></p>
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"This is definitely the most powerful workshop I have ever attended. The meditation and Qigong experiences were at a level that few things in life can compare to. Everybody was glowing." - George Munoz M.D.

"I have 20 Years Experience in Yoga, Tai Chi & Qigong and I have never felt energy like this before. This system combines Qigong with Advanced Breathing Exercises that are PHENOMINALLY ENERGETIC." - Rick Agel M.D.

Baltimore Convention Center February 16th-19th, 2013

Feb 16th & 17th is (L-1) Feb 18th is (L-2) Feb 19th is (L-3) All three levels for \$129!

Seating is Limited. CEU's Available. (800)-298-8970 www.QiRevolution.com