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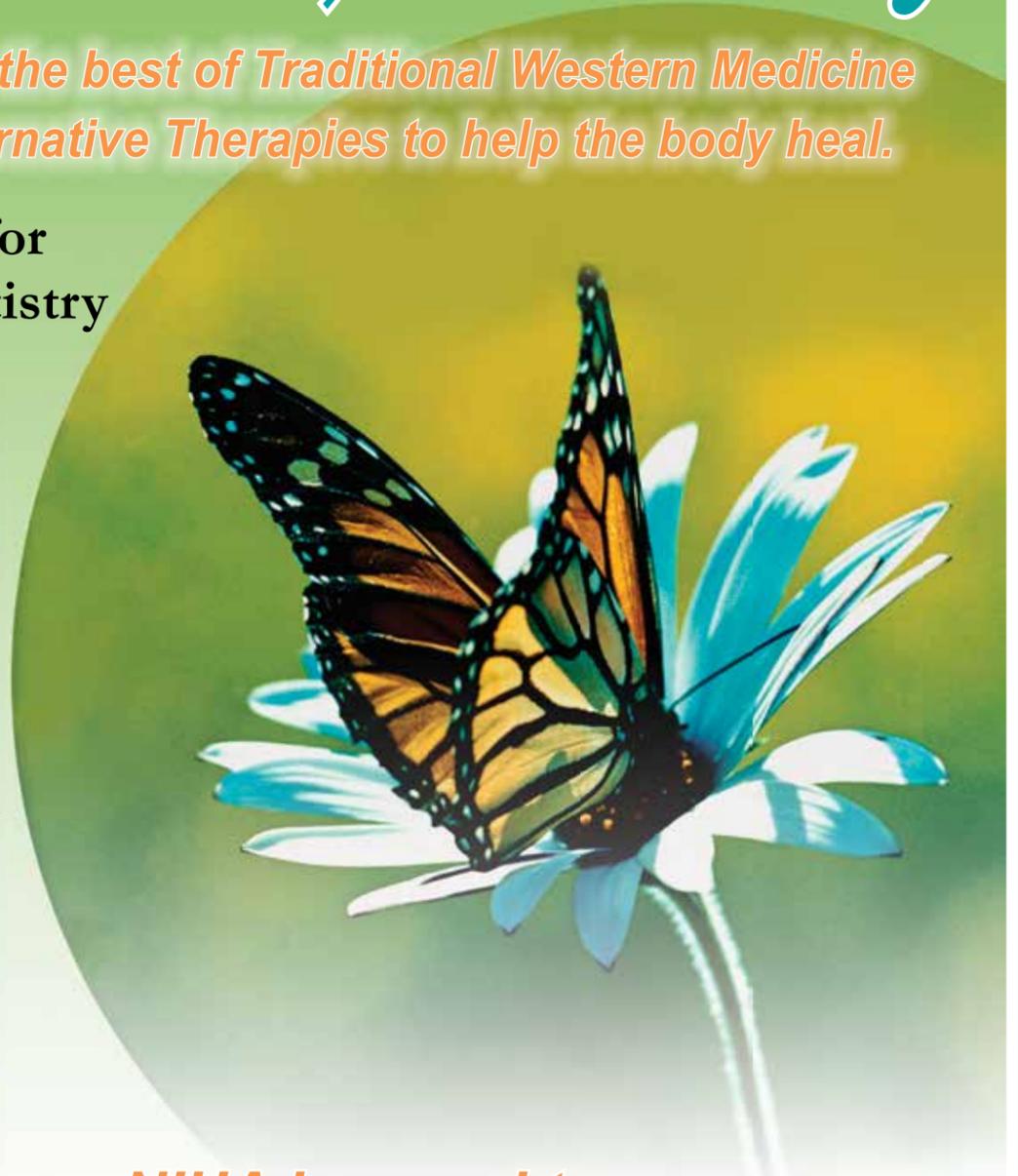
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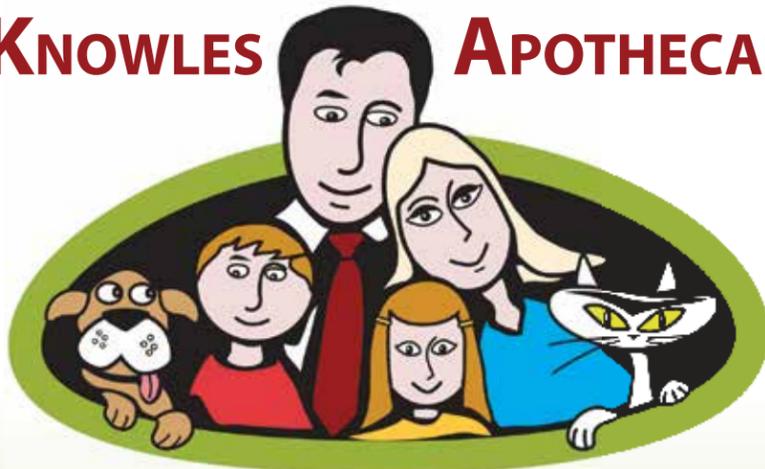


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WHAT WE'RE ABOUT

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

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

—R. Buckminster Fuller

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

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

MAKING CONNECTIONS

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

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

FINDING PATHWAYS

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

Pathways disappears quickly each quarter from many of our distribution points, so it's a good idea to get on our mailing list. Send us \$25 for a one-year subscription and have Pathways delivered to your door each quarter. Make all checks payable to Pathways and send to us at 9339 Fraser Ave., Silver Spring, MD 20910, or call us at 240-247-0393.

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We publish four times per year, 3/1, 6/1, 9/1 and 12/1. Advertising Deadlines are 2/1, 5/1, 8/1 and 11/1. If it is past the deadline, give us a call anyway—we may have space. Listings on our website are a free benefit to our display and logo listing advertisers.

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NATURAL LIVING EXPO

FROM PATHWAYS PUBLISHER, LOU DESABLA

Please set aside Sunday, October 5th on your calendar to share our joy at our 40th Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.

I have been blessed with the honor of producing this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.

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The Pathways Event of The Year

FACTORY MAN

How One Furniture Maker Battled Offshoring, Stayed Local—and Helped Save an American Town

REVIEW BY ALYCE ORTUZAR

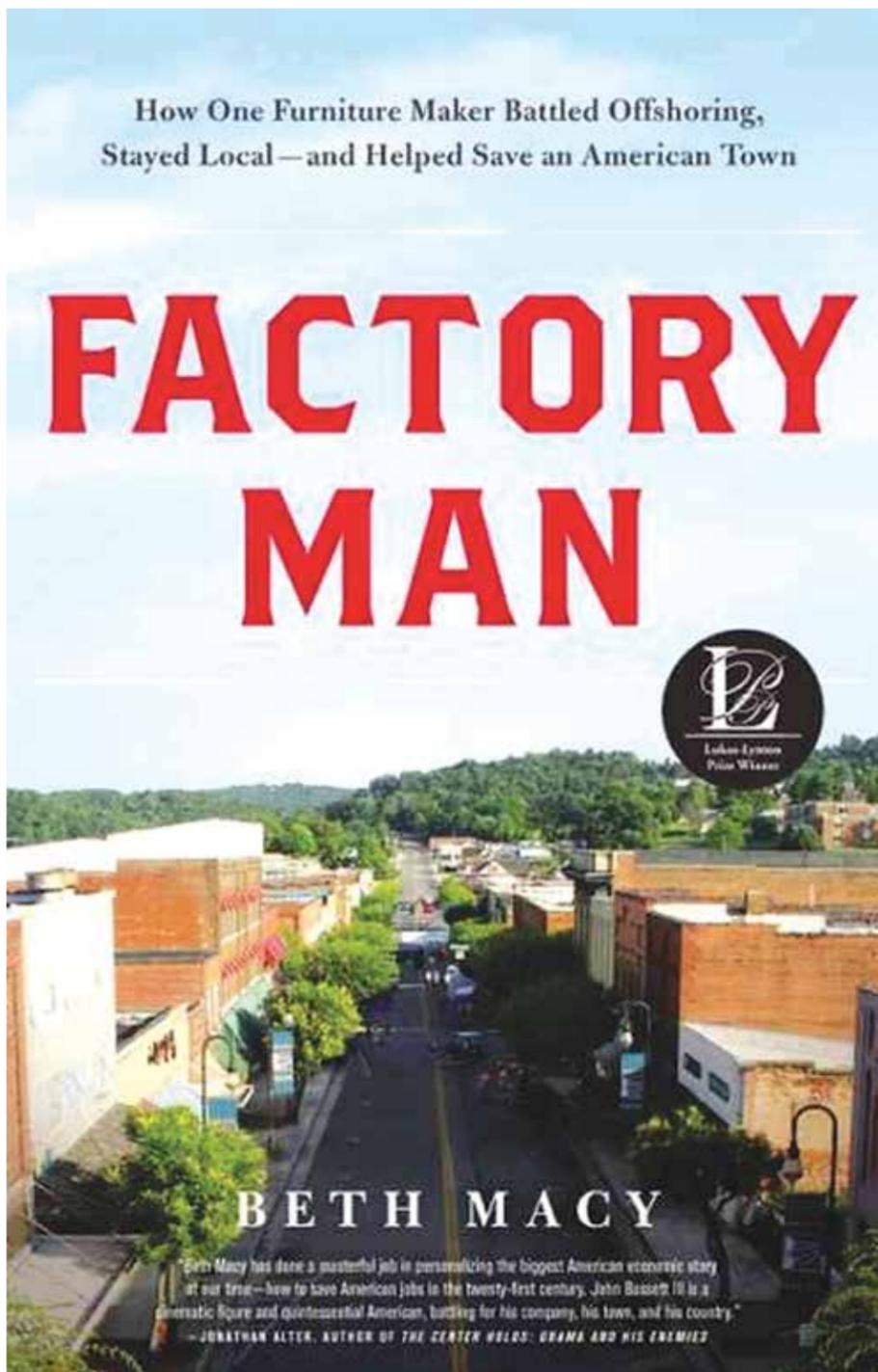
FACTORY MAN John D. Bassett III (JBIII) is a third-generation furniture manufacturer with a factory currently located in Galax, Virginia. This narrative of the evolution of his family dynasty and furniture fortune is packed with human emotions—early successful family business practices, rivalries as the family grows, ruthless greed, and class and racial disparities. For more than a decade, JBIII is the only business partner in his family who “has stood almost singlehandedly” against closing factories. His goal is to preserve American manufacturing plants and jobs.

Millions of workers in this region have lost their jobs to globalization, and the numbers are still climbing. Factories continue to close and move, in an ongoing quest for the cheapest labor with no government regulations. This story takes place amidst abandoned factories and schools and a factory conveyor belt converted for use in a food bank.

Smokestacks and sawdust in Galax initially shared the town with a Carnation milk plant, a Coca Cola bottling plant, gun-toting lawyers, and the Baldwin-Felts Detective Agency specializing in bandit chasers and union busters. Some early businesses served multiple purposes. “The post office housed a school, a casket company, and a furniture store. The Chevrolet dealership sold Frigidaires and offered electrical-wiring installation in homes.”

Initially, furniture making in the United States began in New England and shifted to locales with large recently arrived immigrant populations whose craftsmen settled in Grand Rapids, Michigan, and Jamestown, New York. The High Point Furniture Company in North Carolina was organized in 1888, and there were twelve furniture makers in High Point by 1900. With the railroad completed and operating in 1902, the Virginia patriarch of the Bassett furniture manufacturing fortune initially tried to sell his local hardwood to the northern furniture manufacturers. After visiting these factories and assessing the value of “southern cheap and hungry labor,” he and his wife decided it would be cost effective to build the furniture themselves with their wood; on their property; and with no government or union interference.

The southern furniture manufacturers did not make high-end furniture comparable to what the craftsmen in



Americans were not only knocking one another over in a stampede to import the cheapest furniture they could, but they were ignoring the fact that they were jeopardizing their own factories back home by teaching their Asian competitors every nuance of the American furniture-making trade. “When we get on top,” the Asian businessman said, “don’t expect us to be dumb enough to do for you what you’ve been dumb enough to do for us. If the price is right, you will do anything. We have never seen people before who are this greedy—or this naïve.”

~ Excerpted from *FACTORY MAN*

Grand Rapids produced. So only after the Great Depression followed by another world war did cost differentials begin to matter, and southern furniture manufacturers gained a competitive edge in the marketplace. Competition to northern furniture factories began in an economic race to the bottom, when the unionized Michigan factories and their hand-crafted products started to lose out to the lower priced wholesale production lines and mechanized fur-

niture manufactured in southwest Virginia and North Carolina.

Journalist Beth Macy has given readers an engaging and well-researched saga filled with historical surprises, as the author traces the emergence of textile and furniture production amidst remnants of the Civil War and first-hand accounts of slavery, Reconstruction, Jim Crow brutality, and segregation; and to whom the numerous mulatto children belonged. The

roots of this powerful and paternalistic southern furniture dynasty are in land grants and plantations, which the author describes in detail. There is something of interest for everyone in this ongoing human drama.

The dirtiest factory jobs were reserved for the blacks with no possibility of advancement, and at lower wages than white workers earned. But blacks were more highly regarded than unions were. The blacks who worked for the Bassett family were treated better and had better working conditions relative to other southern employers. Martinsville is in Henry County, Virginia, which recorded 2,852 slaves in 1840—41 percent of the county’s population. Samuel Hairston’s family owned 1,600 slaves on several plantations. Infants as young as six months were listed as slaves. One in four Virginians owned slaves, and Virginia was the largest slaveholding state in 1860 with 490,865 slaves—31 percent of its population. Virginia and West Virginia have a sad and sordid trail of resistance to eliminating discrimination. The Shenandoah Club in Roanoke did not admit women, blacks, or Jews until the late 1980s.

“In the early 1960s, Martinsville was Virginia’s manufacturing powerhouse.” By the late 1970s, Chinese factories were manufacturing furniture and selling it well below what American furniture was selling for, while offering tax incentives for foreign investments in China. Early Chinese furniture exports were shipped to and assembled in the United States. A relative of JBIII’s who toured a Chinese factory in 1979 found no safety precautions in the finishing rooms, such as fans or masks, to protect workers from the strong fumes (“spray two years and die” the Chinese plant manager explained when asked, with twenty more workers waiting in line for that job). There were dirt floors and crowded conditions on the factory floor and in the crammed dormitories, where workers slept in shifts. “Chinese workers earned 35 cents an hour, Taiwanese workers earned \$1.40 an hour, and U.S. furniture workers in the south averaged \$5.25 an hour.”

President Bill Clinton signed the North American Free Trade Agreement (NAFTA) into law on December 8, 1993, eliminating tariffs and trade restrictions among the United States, Canada, and Mexico. NAFTA ran “roughshod” over workers in the southern textile plants. “By 1997, thousands of sewing jobs had moved to Mexico and overseas, and rumors were that the great ship DuPont and the other sweatshirt and textile companies that still employed eleven thousand people in Henry County would soon be sunk.” Declining furniture sales were blamed on the rise of imports by retailers and even by some

continued on page 106

By Beth Macy
Little, Brown and Company; New York
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Guide to Home Herbalism

BY MICHELLE SCHOFFRO COOK,
FROM MOTHER EARTH LIVING

For those of us interested in both herbal medicine and self-sufficiency, creating our own herbal health- and body-care products is appealing. After all, it can save money, improve our families' health and control exactly what goes into our herbal products. But while making homemade herbal teas is easy enough, it can be intimidating to take it to the next level—we want to make sure we're making safe and effective choices for ourselves and our families.

Fear not! Making useful tinctures, oils and salves is easier than you might think and can quickly become part of your natural health repertoire. Stock these 13 top herbs in your home apothecary and use this step-by-step guide to making basic herbal products, and you'll be well on your way to becoming your family's own home herbalist. Note: Always discuss herbal treatments with a qualified medical professional, particularly if using in combination with prescription medicines, if pregnant or nursing, or for children.

Stock Your Herbal Apothecary

With literally thousands of herbs with medicinal properties, it's difficult to narrow down which to keep on hand at home. I've selected these 13 herbs for their safety and well-rounded medicinal profiles. By stocking these herbs, you'll ensure a diverse stash for a variety of health needs. Most of these herbs, such as dandelion, echinacea, garlic, peppermint and St. John's wort, are easy to grow and can be used fresh. However, many herbs' medicinal qualities are enhanced when dried, so consider using dried herbs for medicinal purposes. Please note the scientific names, as numerous plants are sometimes sold under the same common name.

American ginseng (*Panax quinquefolius*): Several species are sold as ginseng, so be sure to check the species name for the one you purchase. Ginseng has long been known as an energy booster due to its status as an "adaptogen." Adaptogens are a specific class of herbs that help our bodies adapt to stress in many ways and can even affect the levels of natural substances (such as hormones) in our bodies. In other words, they help our bodies cope.

Recommended uses: Make dried or fresh ginseng root into a tea; ginseng is also effective as a tincture.

Black cohosh (*Actaea racemosa*): This is the go-to herb for women experiencing hormonal imbalances during perimenopause (the decade prior to menopause), menopause and postmenopause. It is especially effective for hot flashes.

Recommended uses: Black cohosh



The herbs included in this article are all easy to use in the form of teas, infused oils, salves or tinctures.
PHOTO BY THOMAS GIBSON

root is most effectively used as a tincture.

Calendula (*Calendula officinalis*): Best known for healing the skin, calendula is useful as a remedy for many conditions and ailments including skin irritation, burns, bruises and wounds.

Recommended uses: Use calendula petals to flavor and color broth, butter or cheese.

Make a strong tea from the flower petals and use as a compress for minor burns or wounds. Add infused calendula oil to salves to soothe skin rashes and irritations; use by itself on swelling or bruises. You can also make a calendula tincture and add it to teas, baths or cosmetic solutions.

Dandelion (*Taraxacum officinale*): Many parts of the dandelion plant are useful for improved health. Dandelion leaves may be among the world's best kidney and urinary tract cleansers, and its root is excellent for liver health. Note: If you're allergic to ragweed, use dandelion with caution at first.

Recommended uses: Eat young dandelion greens as an addition to mixed salad greens or sautéed with olive oil and lemon juice. Harvest roots from large plants and dry roots in an arid place for about two weeks. Roots can be eaten steamed along with other root vegetables. Dried roots can be made into a tea (add dandelion leaves, as well as peppermint for taste), ground for a coffee substitute or turned into a tincture.

Echinacea (*Echinacea*, various species): Most people grab echinacea when they are suffering from a cold, but it is also a great herb to support lymphatic system health. The lymphatic system is a network of nodes, tubules, fluid and glands that "sweeps" away toxins and

byproducts of inflammation to keep tissues healthy. Echinacea can help reduce congestion and swelling and help lymph fluid move better.

Recommended uses: Echinacea is excellent in an immune and lymphatic health-boosting tincture. You can also make a tea out of the dried root.

Garlic (*Allium sativum*): Garlic is one of the world's most versatile herbs. It can help fend off viruses, lower high blood pressure, prevent hardening of the arteries and lessen cholesterol buildup in the heart. Thanks to many studies on garlic's medicinal properties, we also know it is antibacterial and antifungal.

Recommended uses: Eat garlic raw (or crushed for 10 minutes before cooking) or make it into a tasty culinary oil (either enjoy it fresh or refrigerate garlic oil immediately and eat within five days). You can also make garlic tincture.

German chamomile (*Matricaria chamomilla*): Among the best-researched medicinal herbs now used in Europe, German chamomile is used in dozens of ways to treat inflammation and irritation of the skin, mouth, gums and respiratory tract; to relieve spasms and inflammation of the intestinal tract; and as a mild sleep aid. Note: If you're allergic to ragweed, use chamomile with caution at first.

Recommended uses: Add to skin salves and oils to treat inflammation or irritation; make a strong tea or oil and add to the bath for its calming effects; drink as a tasty calming tea.

Ginkgo (*Ginkgo biloba*): Ginkgo is one of the best herbs for overall brain health. According to Michael Murray, a naturopathic doctor and author of Dr. Murray's Total Body Tune-Up, ginkgo

is helpful in warding off cerebral vascular insufficiency (insufficient blood flow to the brain), Alzheimer's disease, glaucoma and vascular fragility.

Recommended uses: Ginkgo is most effectively used in tincture form. You can also make ginkgo tea using fresh or dried leaves.

Milk thistle (*Silybum marianum*): An effective herb for the body's natural detoxification systems, milk thistle is an excellent liver tonic. Renowned herbalist James Duke, author of *The Green Pharmacy*, recommends milk thistle to alleviate indigestion and treat jaundice, cirrhosis, hepatitis and liver poisoning. Note: If you're allergic to ragweed, use milk thistle with caution at first.

Recommended uses: Milk thistle makes a tasty tea, alone or with other herbs. You can also make it into a tincture.

Peppermint (*Mentha x piperita*): Versatile peppermint is helpful for bad breath, sinus congestion, nausea, vomiting and digestive upset. It makes a delicious tea on its own but also improves the taste of many less-than-tasty herbal teas.

Recommended uses: Peppermint is excellent taken as a tea and can be made into a tincture. Peppermint is also useful in oils or salves for stimulating or energizing skin-care products.

Saw palmetto (*Serenoa repens*): Duke said it best: "An old man's best friend may be his saw palmetto...I figure a guy owes one helluva debt of gratitude to anything that, all by itself, averts prostate problems, may keep his hair from falling out, possibly bucks up his and his wife's libido..." Enough said!

Recommended uses: Saw palmetto is most effectively used as a tincture. Its active ingredients are not water-soluble, so teas are probably not effective.

St. John's wort (*Hypericum perforatum*): This plant has been shown in many studies to be effective for mild to moderate depression, making it a great herb to keep handy for the winter blues, hormone-linked mood imbalances, or periods of sadness. Of course, if you're suffering any type of severe depression or taking any medications you should always consult a physician.

Recommended uses: St. John's wort oil made from the flowers of the plant is excellent for treating bruises, swelling, hemorrhoids, scars and sprains. Avoid sun exposure for a few hours after using St. John's wort oil on your skin as it can cause photosensitivity. You can also make St. John's wort into a tincture.

Turmeric (*Curcuma longa*): This yellow spice adds delicious flavor to meals while conferring a huge array

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BY CAROL KURTZ WALSH

"People in our modern culture respond to experience by creating stories, built upon stories, built upon stories."

—Native American Shaman

STORIES UPON STORIES UPON STORIES

I will begin by telling a story about how I was confronted with the stories of my mind. The morning before I was to leave for a five-day *silent* meditation retreat, I woke up to discover that I could not open my mouth. To say that this felt like a symbolic, synchronistic experience is an understatement. Just before sitting for five days of imposed silence my mouth was shut for me! In reaction to this odd physical happening, I sat in silent meditation manufacturing various stories fitting my experience. First I told myself a story about how my locked jaw was a meaningful, synchronistic experience, and how my body was underscoring my need for silence. Certainly my jaw would gradually loosen up during five days of mediation. You know, mind/body connection!

As the first day of meditation progressed there was no improvement and I was having a hard time eating, so I told myself another story – that I was being taught a lesson. Perhaps I had been too edgy during the holiday season, and I was being punished. I just needed to keep my mouth shut.

As the retreat progressed and my jaw was only marginally better, my stories became even more creative. I told myself a new version of the self-blaming story. It was my fault, for if mind/body connection really worked I must not be meditating correctly, or my jaw would be better by now. At that point I started to panic a bit and the next story I created was totally fear-based. I told myself, "I would never be able to open my mouth again. I would have to have major surgery and then I would be disfigured from facial scars due to the surgery." Help! Nothing was working.

Yet, my saga of stories was still not complete. During long meditation retreats each participant meets a couple of times with the leaders. My next story was a mental rehearsal of how would I would tell my story to these leaders. I made up elaborate conversations in my head.

Suddenly, I seemed to wake up. Upon realizing the layers upon layers of stories I had mentally created, and how much these stories had totally occupied my mind – not to mention the energy they took – I laughed at myself.

I was finally able to see the humor in the tricks my mind was playing. At that point I was finally able to let the stories go.

At last I was able to be "in the moment" with the experience of my jaw. I finally got it. I realized that these stories – more than my jaw problem – were creating pain and suffering. For in reality what was to be, was to be. I let my jaw stories go by surrendering to the moment. I said to myself I can deal with whatever happens. My experience

became not just a jaw opener; it was also an eye-opener.

* * *

We create stories everywhere. They encompass our inner and outer lives, and permeate our culture. We tell ourselves stories for a number of reasons: to be in control, to feel physically/emotionally prepared, to cover over unwanted feelings, and to avoid being with our true selves, to name a few. So,

in a nutshell, these stories of the mind are defense mechanisms that seemingly protect us from something we do not want to face.

This article will deal with the stories we create in our minds. These mentally manufactured stories are incredible in both the vast number of stories we create, and the speed with which we create them. When we can, even for a moment, track our mental stream of conscious thoughts we are amazed at the rapidly occurring sequence.

This persistent mental chatter reminds me of what the writer Natalie Goldberg calls "monkey mind". Our minds chatter away incessantly. Just look at the speed with which my mind conjured up stories about my jaw, which were all manufactured based on beliefs about myself, my fears, my assumptions and a lot of "what-if's". To make matters even worse, we are usually totally unaware that our minds are building stories upon stories.

To complicate our mental gymnastics even more, our stories do not usually have a singular theme. The stories triggered by my jaw problem were not the only ones floating through my mind. It was crowded with a multitude of stories – stories reliving the past, some engaging in predictions or fantasies of the future, and others interpreting what was happening in the present. It was like having ten mental movies running simultaneously on the screen of my brain. Realizing that stories were taking up an inordinate amount of time and energy, I wondered how I could even be present in the moment – both to myself and to the fullness of reality? I realized how hard it is for any of us to just "be".

I also wondered what happens when we actually believe and act on these stories as if they were true. Or, if we could track all of our mental stories, what would we realize about ourselves? Is the subject matter of our stories fear-based, judgmental or negative, or is it positive, encouraging and affirming as when we are planning, or creating? Unfortunately for many people, the dominant theme of their stories is negative, especially if the person comes from a dysfunctional family or has had trauma in their lives.

Anne Lamott in her book *Operating Instructions*, quotes a friend as saying "My mind is a bad neighborhood that I try not to go into alone."

Many people create such negativity in their minds that it becomes emotionally and physically toxic. They even go so far as to create negative stories about things that turned out well. Again quoting Ann Lamott, "...I'm so crazy that sometimes I even go into the

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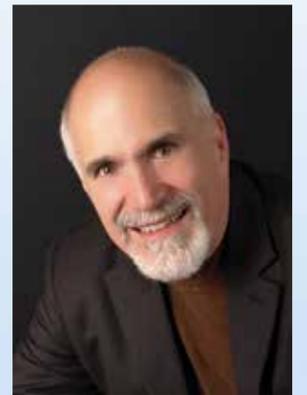
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His work has been featured in television specials to include, **MTV – I'm Allergic to Everything**. In 2012, PBS produced a twice Emmy™ nominated documentary – **Ageless Health – The TV Special** following six individual patients of the Roselle Center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

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

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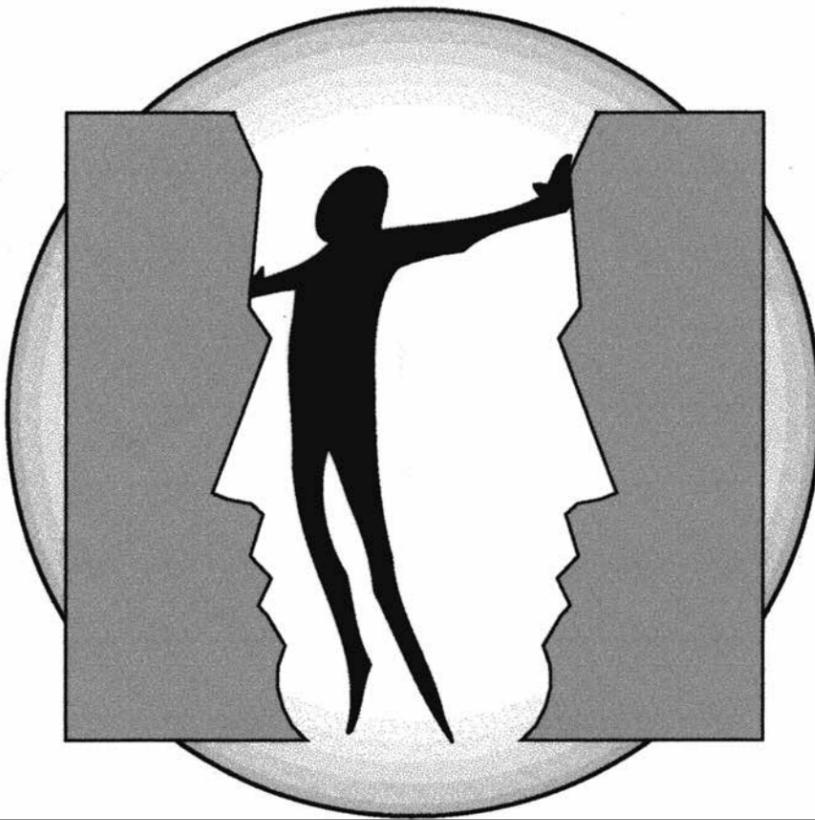
On Being Real

The complex, scary, and fragile dance toward authenticity

BY ROBERT CALDWELL

We are in the midst of a fad called "reality" TV. *The Bachelor* and *The Bachelorette* purport to show us real people in real situations deciding whom to mate—or not. *Survivor* enralls a nation with a polyglot crew of folk struggling (on camera) with the vagaries of the jungle. We are hungry for the real thing—not canned—but known and shown as honest portrayals of how people actually live life. Even our TV dramas have a trend toward realism, most notably the *Sopranos* (death always lurks) and *Six Feet Under* (a death begins each episode).

We spend much of our lives pretending to be who we are not and acting in ways we wish we did not. We put on "the dog," "the Ritz," "the happy face." We put on a show when we feel like hiding; we get on the go when we feel like sleeping. We learn how to "act" tough, sexy, cool, assertive, laid-back, in-control, permissive, even crazy—though these roles may or may not be honest expressions of how we actually feel about ourselves and how we want to express ourselves. Some-



where in the recesses of consciousness, we know that we are not being true to ourselves, and that a great deal, sometimes most, of our behavior is created for display to evoke a desired response or avoid a feared one

It can be very frightening to allow ourselves to be real in the world. Witness the Dixie Chicks brouhaha when Natalie Maines, in an offhand remark before a London audience on the eve of the Iraq war said, "We're ashamed that the President of the United States is from Texas." Their CD sales plummeted in one week from 124,000 to 33,000. Radio disk jockeys refused to play their songs. Maines has since apologized, saying that she is sorry, for she can see how her comments were disrespectful of the office of the presidency. However, neither she nor her fellow singers have hidden their serious doubts about the wisdom of the war. Acceptance may be slow in coming as many of her former fans are suggesting that they—the most popular act in country music—terminate their careers.

continued on page 15



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—Marilyn Morris, Silver Spring, Maryland

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—Heather McDonald, Washington, DC



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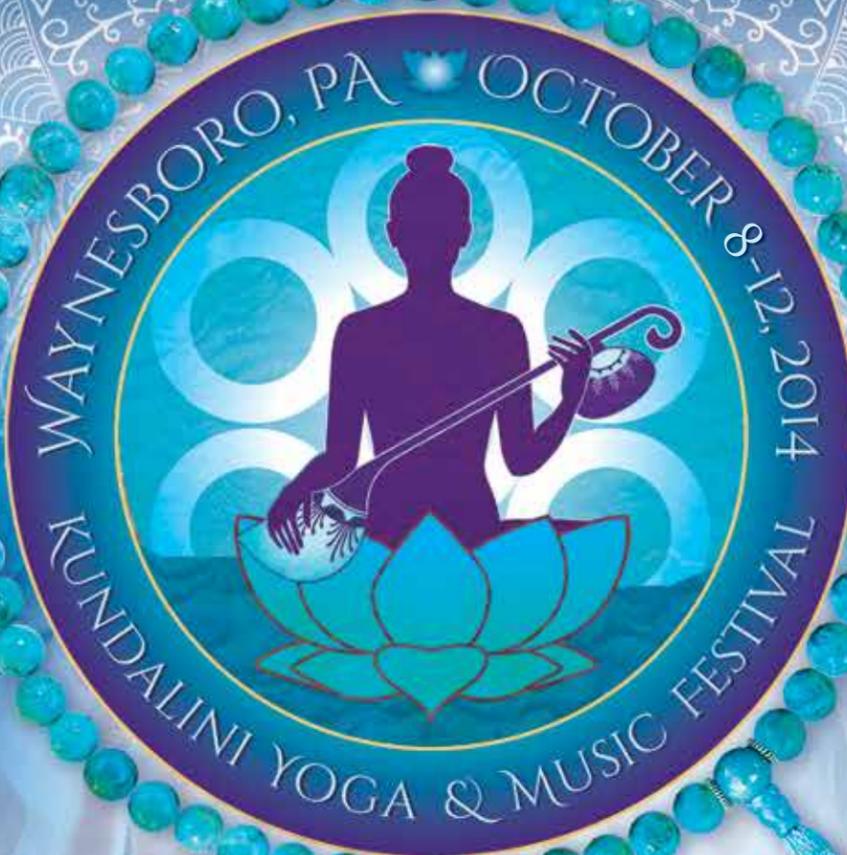
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On Being Real: The complex, scary, and fragile dance toward authenticity

How Being Ourselves Can Get Us in Serious Trouble

As the Dixie Chicks have learned, the cost of being ourselves can sometimes be huge. Saying or acting out an idea unedited, that simply shows up in our head, can bring disapproval, hostility, or abandonment. If a teacher were to tell her pupils how little she wanted to be in school on a particular day, she could inflame the wrath of parents and principal. If an executive were to inform his managers that his feelings were hurt when they neglected his birthday, he could dilute his authority. If a woman were to share with her man how happy she is to have him since she was shunned by her first choice, she could lose her second as well. If a man were to tell his girlfriend his judgments about her family, he could be back in the singles bars that night. If an infant were to cry "one time too many," she might be shushed, spanked, or beaten

by an overwrought parent. If a toddler were to follow her curiosity too far into the next room, she might be scolded-to-tears by an anxious parent. If a five-year-old were to tell her mother how she hates the kindergarten aide, she might not be given ice cream for a week. If a bookish boy were to tell his musician father how Vivaldi bores

I could continue for several lifetimes multiplying illustrations of how it seems necessary to make artificial presentations of ourselves in order to survive or advance in life.

him, he could receive subtle, if not blatant, disapproval for months to life. If a junior-high boy were to tell his coach how the workout blistered his feet, he could lose his chance to play in the big game. If a brilliant young student were to exert her mind in the chemistry class to the extent she is capable, she might get the "cold shoulder" from her classmates for "showing off."

I could continue for several lifetimes multiplying illustrations of how

it seems necessary to make artificial presentations of ourselves in order to survive or advance in life. When I was a child, a popular radio show, *It Pays to Be Ignorant*, brought the message that it wasn't smart to be "smart," but that the truly smart played "dumb." The message: don't let your true intelligence out for so much more will be expected of you and so many more will compete with you. A few years later, the eminent social critic, Paul Goodman observed how children respond to pressures to conform by compressing their talents and energies into pack-

aged behaviors that fit in with societal expectations. He labeled this growing up from the outside-in (society's expectations) rather than from the inside-out (expressing our real selves) as "Growing Up Absurd." We are brought into this world with desires to be fulfilled, needs to be met, skills to be developed, thoughts to be expressed smiles to be reflected, talents to be realized—but straightforward and unmasked expressions of these potentials we seldom

risk. Our natural self, the self that is known from within, is passed by for the creation of a false self, a self that makes accommodations to save its hide or feather its nest. That is the self that "knows what is good for it"—and acts accordingly.

How the False Self Operates

Life teaches us that honesty, spontaneity and authentic self-expression often don't pay off. So we learn that a false self, a manufactured self can protect and give us some measure of success. Our false self has many talents. It can obscure, manipulate, entertain, dazzle, rescue, accommodate, flatter and fantasize.

Obscure

We hide the truth from one another, believing that if our friend, or parent, or sibling, or partner knew our actual thoughts and behaviors our relationship would suffer. Often we have a pervasive assumption that we *cannot bear* to face things as they are. Carol Gilligan in her famous work on the development in girls sites that in pre-puberty, 11-13, girls who have been spontaneous, creative and uninhibited

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Honoring Her Inner Voice: Pathways Columnist To Become Ordained Minister

BY MICHELLE ALONSO

Geraldine Amaral began writing for *Pathways Magazine* in 1994 and has established her own following of devoted readers of her column "Accessing Your Intuition." In honor of the 20-year anniversary as a contributor, we thought it time to find out more about her journey with *Pathways* as well as pay tribute to her years nurturing the *Pathways* spiritual community. It seems especially fitting now since she will be ordained as a minister in the United Metaphysical Churches this October.

Geraldine grew up (as she describes it), as a "good little Catholic girl." Her family origins go back to Portugal and she grew up in a Portuguese neighborhood in New England. She attended schools in New England and obtained a BA in English and Psychology and an MA in Humanities. Her passion for Tarot developed much later when she experienced a startling and uncannily accurate reading. She was hooked, and her interest has grown into a successful Tarot practice (offering Spiritual Tarot Readings and how-to classes), a book, an instructional DVD and 20

years of contributing articles to *Pathways*. She currently resides in Alexandria, VA with her husband and three cats. Recently, she has turned her attention to expanding her spiritual work with Tarot, and harnessing it into a new passion—the ministry.



Geraldine Amaral

Pathways: How did you first begin writing for *Pathways*?

It happened somewhat accidentally. I sent in an article on a disk—remember those?—and I never heard anything about it. A few months later, I sent in another and then I got a call from Lou DeSabra, *Pathways*' publisher, saying that he liked the article and wanted to use it in the next issue. Of course, I was honored to be included in the magazine.

Pathways: Later, you became a regular writer for *Pathways*, with your own column called "Accessing Your Intuition." How did that all come about?

After a few articles, I approached Lou and asked him if I could have my own column and he agreed. The title of the column seemed like just

the right way to describe what I was hoping to accomplish—to provide information that would help people use, develop, trust and understand our innate intuitive abilities. I especially wanted to explain how these abilities are accessible to everyone.

Pathways: How soon after the column was established did your book, *Tarot Celebrations: Honoring the Inner Voice* get published?

First, let me say that my book would never have been written if it had not been for *Pathways* and Lou. I did not even know I had a book in me! But after writing my column for several years, and becoming more confident as a writer, I decided to take all the articles I had written and organize them and use them as the basis of the book. You know, I will always be grateful to Lou for taking a chance on me, for encouraging me, and for giving me a platform to write about a subject I am so passionate about.

Pathways: Speaking of that, how did you get interested in Tarot?

I had a reading about 30 years ago...when I was about 5 years old... (laughs)...just kidding!...and it was so uncannily accurate that I became interested in learning how to use the cards for myself. This was a time in my life when I had very low self-esteem and things in my life were...difficult. I thought if I could see into the future, perhaps I could be a more self-suffi-

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Herbals to Inspire and Respire

Herbs & Ayurveda for Healthy Respiration

BY TOM WOLFE

The mind is the king of the senses, and the breath is the king of the mind.
~ BKS Iyengar, *Light On Yoga*

In our last professional herb class at Smile Herb Shop, we came to find out we had six different languages spoken in the class. I mentioned that in English the word for inspiration had two meanings: to breathe in, and also to find the highest enthusiasm (inspire). So when we went around the room full of herb students, we determined in six different languages the word for spirit and the word for breath were the same word in each tongue. The six languages spoken or known were English, Hebrew, Persian, Arabic, Mandarin, and Greek; and in each, the word for breath also meant the Spirit Holy. Is that inspiring or what? The words with both meanings in six languages were: in English, *Inspire*; in Persian, *Nafs*; in Arabic, *Rouh*; in Mandarin, *He*; and in Greek, *Pneuma*. The Mandarin word also means rest.



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An herb for respiration named Yarrow (see photo above of the butterfly dancing with the yarrow) inspired me many years ago to become an herbalist, so herbs for respiration have always been near to my heart. So this story of the incident in the classroom (that is in no way coincidence) begins our journey to learn how herbs and the knowledge of breathing from Yoga can both help lift our spirit by healing our breathing and inspiring our souls' journeys back to Spirit. We'll talk about using Yarrow and Nettles (both grown very easily in the DC area), Jethro Kloss's blended Composition powder, my blend Tommy's Pectoral, and Claudia Joy Wingo's blended Anti-allergy Tea—all to heal the respiratory system.

Originally in Traditional Chinese Medicine the 5 elements were named the 5 breaths; and in Ayurveda healing the breath is central to healing the body, emotions, and spirit. In Ayurveda, energy, or *Prana*, is also held to exist in five distinct forms, each available in one of the five breaths found in our physical body. These five breaths are named *Prana*, *Samana*, *Udhana*, *Vyana*, and *Apana*. They can be remembered by assigning the first letter in each word to the sentence "People Smile Understanding Vibrant Air." And *Pathways* readers, I promise you it is true that if your busy schedule allows you to master the five Pranas you will find as I have that it is true: People Smile Understanding Vibrant Air. This time of year is Fall (*Prana Vayu*) moving to the quiet stillness of winter (*Samana Vayu*). We will explore keeping our breath clear during the great changes of fall and this stillness of Winter, when many of us get the water and earth element (i.e., mucus) in our nose where it doesn't belong.

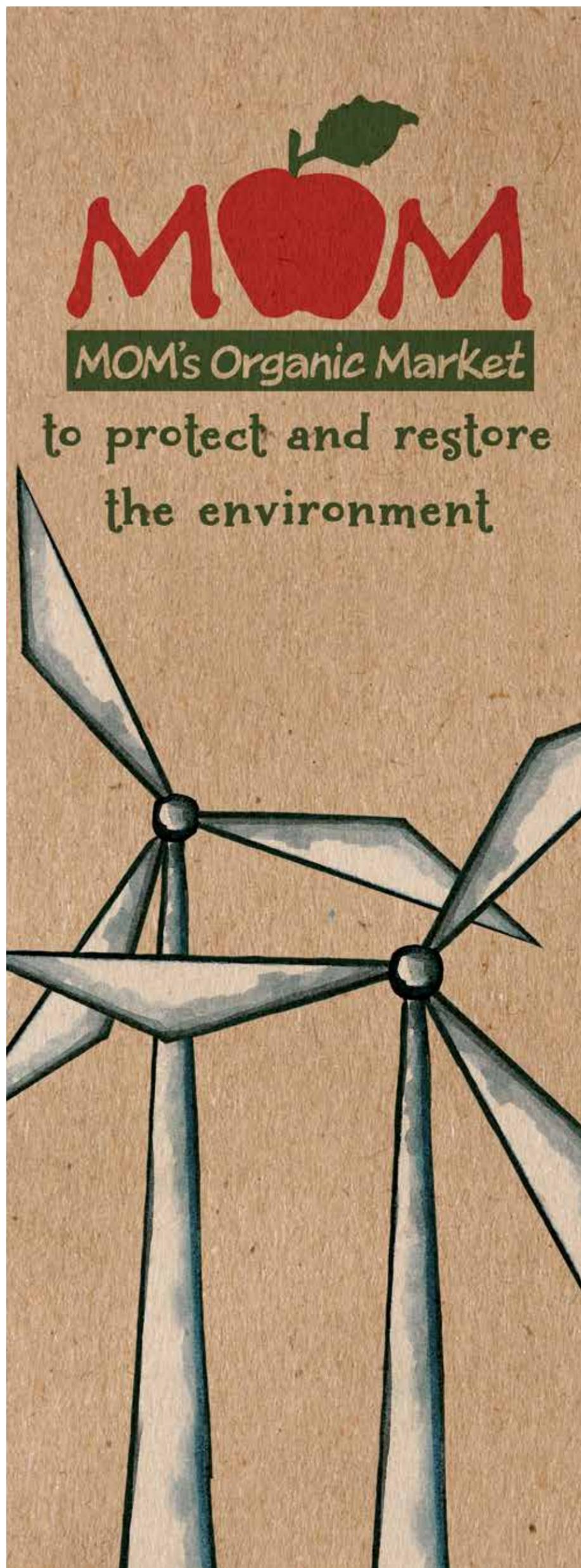
Yarrow and Nettles

Yarrow (*Achillea millefolium*) is our first guide to breaking up blockages in the lungs and throat. She has a special place in my heart, since Yarrow is the herb that convinced me to become an herbalist. The story about Yarrow goes like this...

As an undergraduate at the University of Pennsylvania in 1970 I had a cough of three years standing that "modern medicine" had not been able to touch. This was at a time when as an undergrad you got free health care from the school (can you believe it?). I had gone through three rounds of free antibiotics, which took away the symptoms but did not address the cause. I was just awakening to the concept of treating the whole person and the cause instead of treating the symptoms; so I was open to trying some different therapy for my congestion and infection, which had become perennial. When I met my first herbal teacher, Cecilia, she "learned me good" about Yarrow. I was able to heal my cough within one day by simply drinking one gallon of strong Yarrow tea. So I then asked myself, "Why does the University of Pennsylvania not teach this knowledge?" Having uncovered no good answer to the query, I decided to become an herbalist.

Hence Smile Herb Shop, seeking herbal knowledge, and this career/calling as an herbalist. So bitter sister Yarrow become my willing muse into the herbal realm. Yarrow is specific to breaking up congestion in respiration, which in Ayurveda governs the

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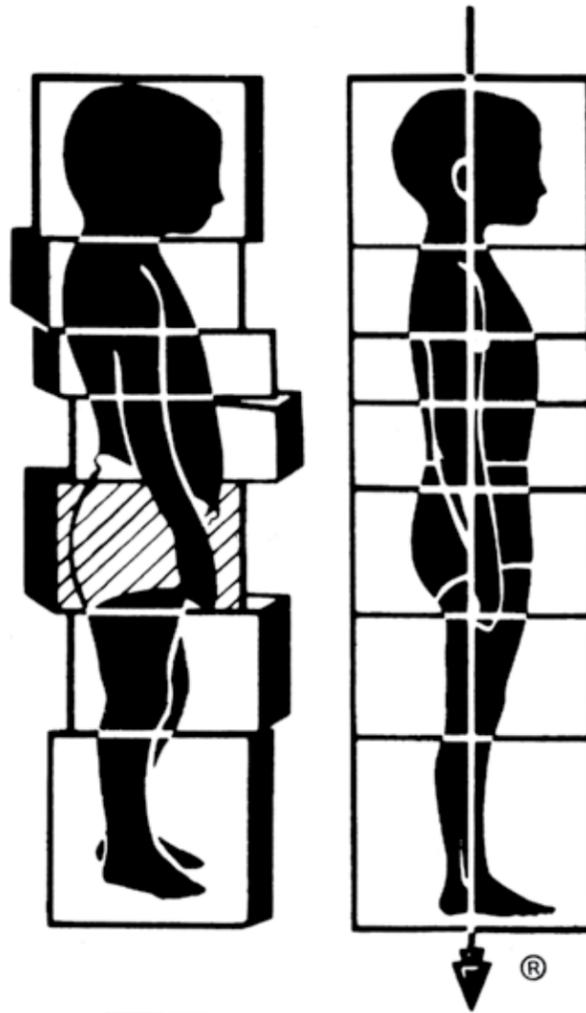
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Stop Giving Yourself A Hard Time

BY ROSE ROSETREE

"To err is human," they say. "To forgive is divine," they say. Hey, you know what's really human? To doubt yourself.

Some of the sweetest people around give themselves the hardest, harshest time. If you know what I'm referring to, today's column is dedicated to you. Accordingly, I'll refer to you as *Caring Reader*, because you are a person who cares. And, yes, you really do care enough about any number of things:

- You might care about being kind to others.
- You might care about creating quality relationships where you are treated well.
- You might fear developing a big and disgusting, honking-loud ego.
- You might care about political action and social justice.
- You might care about the environment: Thinking globally, acting locally, and altogether leaving this earth a better place than it seems to be right now.
- You might care about moving forward on your personal path to Enlightenment.

That last kind of caring is particularly common for many of us who live now, nearly two years into our planet's shift into The Age of Energy. For many of us, vibrational shifts in collective consciousness have intensified a natural ease at noticing energy whenever we like. And with that Shift, many of us feel a greater longing than ever before to connect strongly with Spiritual Source.

It's a good thing, *Caring Reader*, if new passion burns within you to make this life of yours really count. YOLO! You only live once. Even if you believe in reincarnation, that's still true. You only live once...as this particular individuality, your current body-mind-spirit package. And because of your passion, *Caring Reader*, any of the above-mentioned ideals could be a big deal for you...and also, inadvertently, become a way to give yourself a very hard time. Well, let's sort this out. Right now.

How Energetic Literacy Can Help

One way to describe my professional work is I help folks to not give themselves a hard time. Yet I also help

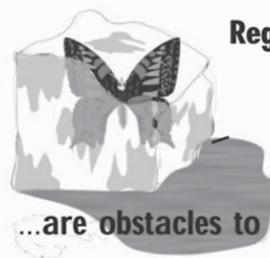
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Past life Regression Therapy with Darshan Khalsa

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...



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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?



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

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ORIENTAL MEDICINE



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Understanding Your Acupuncturist: Organ Functions

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

Organs play an important role in the human body—both in western medicine and Chinese medicine. A commonly misunderstood concept for individuals not trained in Chinese medicine is that of the organs. As in western medicine, each organ has a specific function. However, these functions may or may not be related to the function of the organ in western medicine. If your acupuncturist mentions the term “Kidney yin deficiency,” this Chinese medical diagnosis *does not necessarily indicate* that your kidneys are damaged or malfunctioning through the lens of your western medical physician.

Organ-Meridian Pairings

There are twelve primary organs, each with an associated meridian. People with an understanding of human anatomy or some western medical knowledge may recognize the names of most of the organ and meridian pairs. However, there are two additional primary organs in Chinese medicine that may be unfamiliar—the Pericardium and the San Jiao. These two organs will be explained in greater detail later in the article.

Under Chinese medicine, the most common issues with organs and meridians stem from emotional stress and disharmony as well as external pathologies. Although some symptoms of pathology may be similar, the theories of medicine behind how each organ functions are quite different. For example, grief or sadness could indicate a deficiency in any of several organs. Since our bodies do not exist as isolated parts, pathologies in one area can have effects throughout the system. However, these commonalities of pathologies mean that only your acupuncturist can adequately diagnose any issues you may have.

The organs and meridians are cat-

egorized in *Yin* and *Yang* pairs—*Yin* being the receptive and *Yang* being the expressive. When we discuss organs in Chinese medicine, they are referred to as the *Zang* and the *Fu*. The term *Zang* correlates to the *Yin* organs, and the term *Fu* correlates to the *Yang* organs. A previously published chart of *Yin* and *Yang* organ/meridian pairs was incorrect. The correct chart of these pairs is as follows:

<u>Zang/Yin</u>	<u>Fu/Yang</u>
Lungs	Large Intestine
Spleen	Stomach
Heart	Small Intestine
Kidneys	Bladder
Pericardium	San Jiao
Liver	Gall Bladder

Organs In Depth

Before discussing each organ in detail, we must first understand certain terms regarding organ function. While these the terms have similar meanings in the English language, their concepts and meanings are slightly different from one another in terms of Chinese medicine. The goal is to provide a simple understanding of these terms for the purposes of this article. These terms are *govern*, *control*, and *regulate*.

The term *govern* simply means to rule much in the way a king or queen might rule a country. Basically, an organ may have authority or responsibility over a certain aspect, substance, or function within the body. One could equate an organ that governs as being “in charge.” On the other hand, *control* means to exercise direction or disseminate commands. Control is a form of action, and the organ is doing the actual work within the system. When an organ “controls,” it is the one sending out the orders. *Regulate* may be an easier concept to understand because it means to adjust to some requirement or standard. When an organ regulates, it is adjusting a substance, function,

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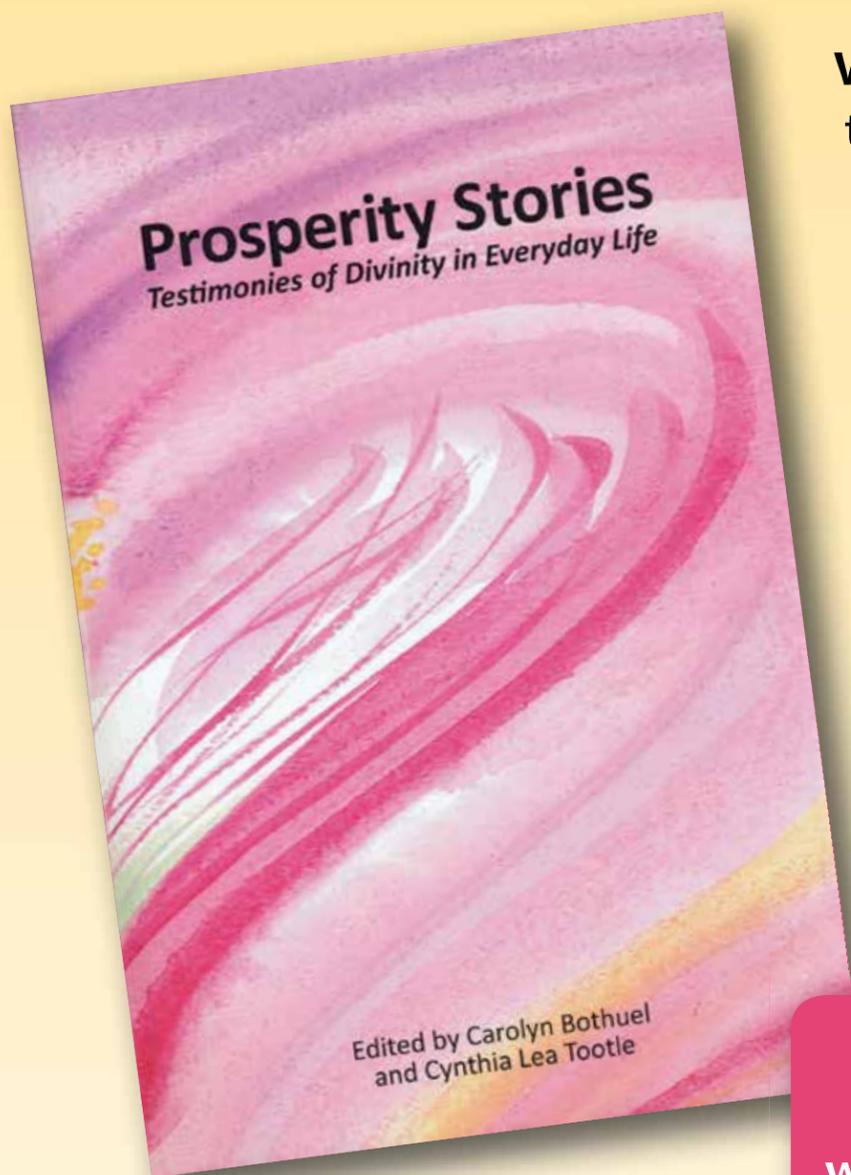
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YOGA TODAY



Many people may say that they aren't interested in the spiritual philosophy of yoga, but only in its physical benefits. What could be more physical than what you eat? The most direct way to change our physical bodies is through the food we eat.
~ Sharon Gannon, pictured above

What Yogis Say About What To Eat: The Wisdom and Magic of Sharon Gannon

BY CLAUDIA NEUMAN

When I heard Sharon Gannon, the co-founder of Jivamukti Yoga, was coming to town this fall with her new vegan cookbook, *Simple Recipes for Joy* (www.simplerecipesforjoy.com), I started to get very curious about what a yogic diet should be. In all my years of being in the yoga community, I've never seen two yogis with the same eating habits.

In the 2008 *Yoga Journal* article, "Eat Like A Yogi," Sayna Macy asked several nationally known yoga instructors the same question about their food choices. Ana Forrest, the founder of Forrest Yoga (www.forrestyoga.com), is known for her amazing strength and command of some of the most challenging poses. She told Macy, "I was very attracted to vegetarianism and the philosophy of nonviolence for years, but the diet made me sick." She went on to say, "I'm allergic to grains. I gain weight, my brain shuts down, and my bowels stop working. And my yoga practice does not improve."

Forrest eats a diet consisting mostly of meat, game, and vegetables. About *ahimsa* (non-violence), she says, "I honor the elk, buffalo, or moose by not wasting its life force or mine. I use that force to heal myself and others, and to teach, inspire, and help people evolve. My ethics about what to eat came down to my personal truth. Eating in a way that impairs your health and thinking is immoral. And the truth is that an omnivorous diet physiologically works for me."

Another internationally known yoga instructor, Sienna Sherman (www.opentograces.com) shared her experience with Macy. After years of vegetarianism, macrobiotic diets and

even a raw food diet for while, she found that in order to keep her energy up, she needed to shift. As one of the world's busiest yoga teachers, she has settled on a diet that is mostly organic, local and seasonal whole foods. Says Sherman, "I try to eat close to my food sources so that the gap from earth to kitchen table is bridged with greater gratitude and awareness. My choices are not only about serving myself, but also serving the earth and the world in an authentic way."

B.K.S. Iyengar, considered one of the world's greatest living yoga masters, calls himself a *nonagenarian*, and he says his diet is basic "Tamil vegetarian, with curd, rice, sambhar and cooked vegetables." At age 95, Iyengar still does 2-3 hours of yoga daily, performing the yoga poses that he himself defined for the whole world in his famous book, *Light On Yoga*, first published in 1966. Despite this rigorous routine, Iyengar has suffered more than one heart attack himself, and is reported to have done backbends to clear blockages in his heart.

Even the most dedicated of yogis is vulnerable, regardless of diet; but Iyengar draws his from the classic texts. Although the Yoga Sutras do not prescribe a specific diet to those seeking enlightenment, Patanjali outlines the eight limbs of yoga, which suggest that the aspirant must abide by specific moral and personal practices in order to prepare the mind and body for higher states of consciousness. In *Light On Yoga*, Iyengar quotes the *Bhagavad Gita*, which states, "Yoga is not for him who gorges too much, not for him who starves himself. It is not for him who sleeps too much, not for him who stays awake. By moderation in eating and in

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YOGA TODAY

What Yogis Say About What To Eat

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resting, by regulation in working and by concordance in sleeping and waking, Yoga destroys all and pain and sorrow."

Sharon Gannon is another world-renowned yoga teacher who brings an additional dietary perspective to the table. An animal activist, vegan, writer and musician, she and her husband, David Life, have authored several books about their method, Jivamukti Yoga (www.jivamuktiyoga.com). Gannon's 2008 book, *Yoga and Vegetarianism: The Diet of Enlightenment*, asserts that yoga and the vegan diet can help to heal our society's "disease of disconnection." She also says the unethical treatment of animals amounts to nothing less than enslavement, abuse, sexual abuse and murder. Although her critics warned her that bringing her political views and dietary preferences into the classroom was too extreme, she has proven them wrong. If it hasn't already been deemed a classic, I would venture to say it is a must read for anyone who wants to learn more about being a vegan.

Sharon and David Gannon have done much in the way of putting their money where their mouths are. Gannon has said, "Our power lies in our example: when we are happy, healthy,

joyful and passionate vegans others will take notice. We should never be afraid of seeming radical. All the best people in history were radical!" To that end, they have founded *Animal Mukti*, which is a free spay and neuter program of the Humane Society of New York (www.animalmukti.org). They also have the Wild Woodstock Jivamukti Forest Sanctuary located in the Catskill Mountains near Woodstock, which serves as a safe haven for diverse plant and animal communities. They believe in creating heaven on earth, which is what the word Jivamukti means: Liberation while living.

I had the privilege to do a brief interview with Ms Gannon, where we discussed her philosophies on food, yoga and even aging.

How are the practice of yoga and the vegan diet connected?

Yoga means enlightenment, enlightenment means happiness. What is realized in the enlightened state is the oneness of being—where otherness disappears. The biggest obstacle to our happiness is others—others always seem to be in our way of happiness. Yoga practices provide us with practi-

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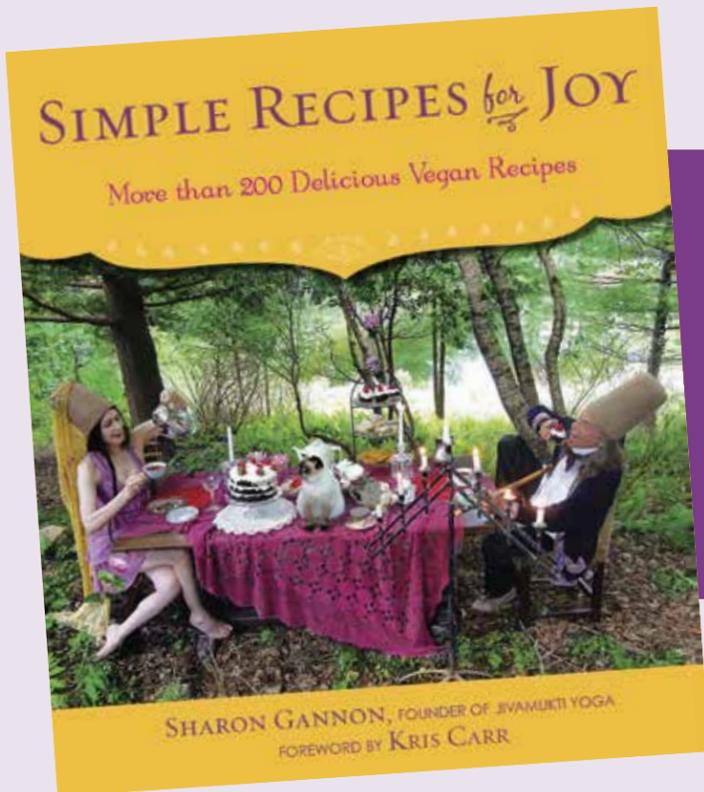
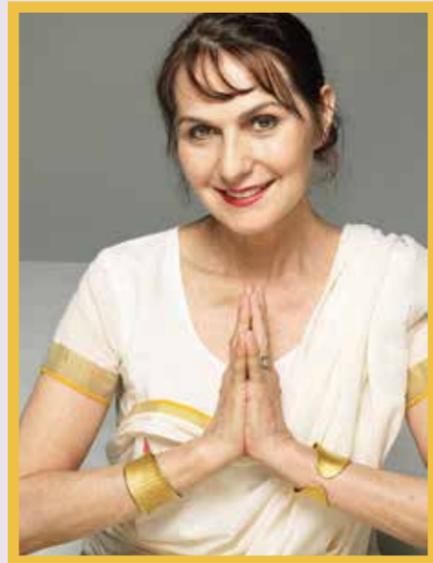
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What Yogis Say About What To Eat

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cal ways to improve our relationships with others so that we can get closer to our goal—happiness. Yoga teaches that if we are seeing others as separate from us and not able to compassionately see ourselves in others, then we should be careful how we relate to those others. The yogic advice is clear: don't hurt them (ahimsa), don't lie to them (satya), don't steal from them (asteya), don't abuse them sexually (brahmacharya) and don't be so greedy as to cause them to be come impoverished (aparigraha). These directives are referred to as the yamas in Patanjali's *Yoga Sutra*.

So what do these five yogic directives have to do with veganism? Much harm is caused to animals, to our own health and to the planet by eating meat and dairy products. Lies about the food we eat fuels and keeps the whole meat and dairy industry going. We are stealing from the animals—we steal their lives, their babies, their chances for happiness and their freedom. They are slaves. We abuse them sexually. Every animal raised for food is abused sexually—it is routine in agribusiness—often referred to as animal husbandry. Our consumption of meat and dairy products is excessive and is the leading cause of human poverty on the planet as well as the devastation of the environment.

The Standard American Diet (or S.A.D.) is sad because it makes you sad and does not promote happiness. What you eat should not just be good for you—it should contribute to your happiness. It should make you a happier person, regardless if you are a yogi or not. Everything you do should contribute to happiness or why do it? The Standard American Diet of meat and dairy products can only make you sad. It contributes to heart disease, cancer, Diabetes and makes you fat. Raising animals for food destroys the environment and those animals are enslaved and living humiliating, fearful, unhappy and sad lives.

Yoga has the power to make you a kinder person and a happier person. The secret to happiness is to make others happy. The most important thing that any of us can do at this time is to dare to care about the happiness and well-being of others, including other animals and the Earth. Simply put, by being a vegan, eating a plant-based diet, you can contribute to more joy and happiness in the world. Yoga may not be for everyone—but veganism can be—at least for every human being. Not everyone can stand on his or her head, but everyone eats. To make kind choices when it comes to food is something simple and easy that we all can do to reduce the overall violence and suffering in the world today.

What is a "Rainbow Chakra Smoothie"? Is this in your upcoming book?

Rainbow Chakra Smoothies are seven different smoothies that are served

at my Jivamuktea Café in New York City, and yes, the recipes for each one are in the new *Simple Recipes for Joy* cookbook. I refer to them as "Rainbow Chakra Smoothies" because according to the Yoga tradition, each of us has a rainbow inside corresponding to seven energy centers known as chakras. When the chakras are at the height of their positive expression, they exude virtues and colors that radiate as auras around us. So you can choose your smoothie according to the virtue and color you might wish to embody. For example: Red=stability; Orange=sexy; Yellow=confidence; Green=love; Blue=truth; Purple=wisdom; and White=enlightenment.

Food can certainly affect your mood, so depending on how you want to direct your emotions you might order your smoothie. The ingredients that go into each recipe naturally make the color. For instance, the Sexy orange smoothie is orange because it is made with strawberries, mangos, carrot and orange juice. The names and colors are just a fun way to introduce some yogic teachings—and who wouldn't want to embody a rainbow?

Can you tell me a little bit about the "Magic Ten" and how this came to be?

"The Magic 10" is a series of 10 simple yogic exercises that can be done in about 10 minutes. Originally I developed it for myself as a preparation for my morning home meditation practice. After some years I started teaching it to students and then incorporated it as a warm up into a class sequence called "The Spiritual Warrior." Also it can act as a "stand alone" yoga practice, if you don't have time to go to a yoga class or practice for an hour or more at home. It works like magic because it moves the spine in all the ways that the spine can move; it includes forward and backward bending, twisting and inversions. You can view a video of the series on YouTube by searching "Jivamukti Yoga - The Magic Ten."

One of the poses in your set of ten is a handstand against a wall. It's a pretty challenging move if you are not an experienced yogi. Are there modifications for those who cannot do a handstand?

As with most things, the more you practice the better at it you get. But if the handstand seems too difficult then I would advise you to just do "The Magic 6," the first 6 exercises, or you can do a modified handstand, sometimes referred to as the right angle hand stand. This is done by starting on your hands and knees with the soles of your feet pressed against a wall. Then lift your knees off the floor and walk up the wall until your legs form a right angle with your torso. Drop your head and keep your neck relaxed, breath slow even breaths—hold for 3 breaths at first and work up to 25.

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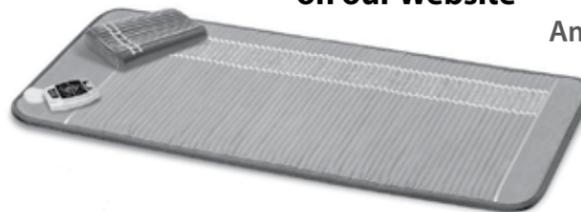
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Plan Today for a Better Tomorrow

BY MISTY KUCERIS

You feel the need for change during the fall quarter of 2014. You want to re-evaluate your long-term goals and perhaps implement them. But this is a time of planning and waiting because you won't understand the full implication of your needs until June 2015.

As the Fall quarter begins, Jupiter in Leo forms a quincunx with Pluto in Capricorn on September 5th. This same event will occur on February 27, 2015, and June 21, 2015. So, whatever situations come up in early September will repeat themselves in February and June 2015 if you don't address them now.

When Jupiter is in Leo you believe you can achieve anything. You're willing to push the boundaries that others create in your life. You feel a sense of righteousness surrounding all your activities. Yet, with Pluto in Capricorn you feel a pushback from other people. You see that authority figures in your life don't like those boundaries being pushed. Rather than getting support for your actions, you feel as if others are undermining you. But, a quincunx represents the need to make adjustments in your life and find a way to compromise. If people are pushing

back and not letting you move forward, you need to take a look at that. There could be a number of reasons, but the two most common are: They may feel you are taking too many risks that could cause personal injury and they want to protect you; or they may like the way things are and feel your actions would upset the status quo.

Yes, it's time to make important changes, especially as they relate to your future goals. You need to find ways to promote your ideals and you need to make certain you give time for relaxation and play. But it's also important to understand that when there are institutional systems in place you just can't expect others to accept those changes. You need to find a way to introduce changes slowly and give others the opportunity to adapt. Let them get used to the ideas first and see if there's a way they can own it. Give them an opportunity to understand what those changes

mean over the next few months. Then, by February 2015, when this aspect occurs for the second time, start implementing your changes so they can be incorporated in your life by June 2015.

Taking the time to let other people understand how you want to make changes in your life is very important on September 8th when the full Moon occurs. The Sun in Virgo is forming an opposition to Chiron retrograde while the Moon in Pisces is forming a conjunction to Chiron retrograde. Meanwhile, the Moon is forming a sextile to Pluto retrograde and a trine to the Ceres/Saturn conjunction, while the Sun is forming a sextile to the Ceres/Saturn conjunction and a trine to Pluto. You'll feel intensely about what you want in life. But you need to be careful not to set yourself up for pain or cause other people pain with your emotional needs. You may seem so focused on your needs you don't take other people's feelings into

consideration. But it's very important to include them in your goals so they can feel more accepting of your strategies.

Considering your future direction continues to be important as Mercury forms the conjunction to the Moon's North Node on September 16th. Mercury will form this conjunction two other times: On October 20th when Mercury is in retrograde motion; and again on October 30th when Mercury is once again in direct motion. While you want to be in control of your life, you may need to compromise in order to satisfy not only your needs but also those of your family. You may not make those decisions right now, but you will have to make those decisions by the end of October 2014 when the Mercury forms a conjunction to the Moon's North Node for the last time in this cycle.

The Sun enters the sign of Libra on September 22nd just a few hours after Pluto turns stationary direct. This is the celebration of the Fall Equinox in the Northern Hemisphere and the halfway point of the astrological year. With Pluto direct, you have the opportunity to tune into your personal power and use that for your growth. You can look

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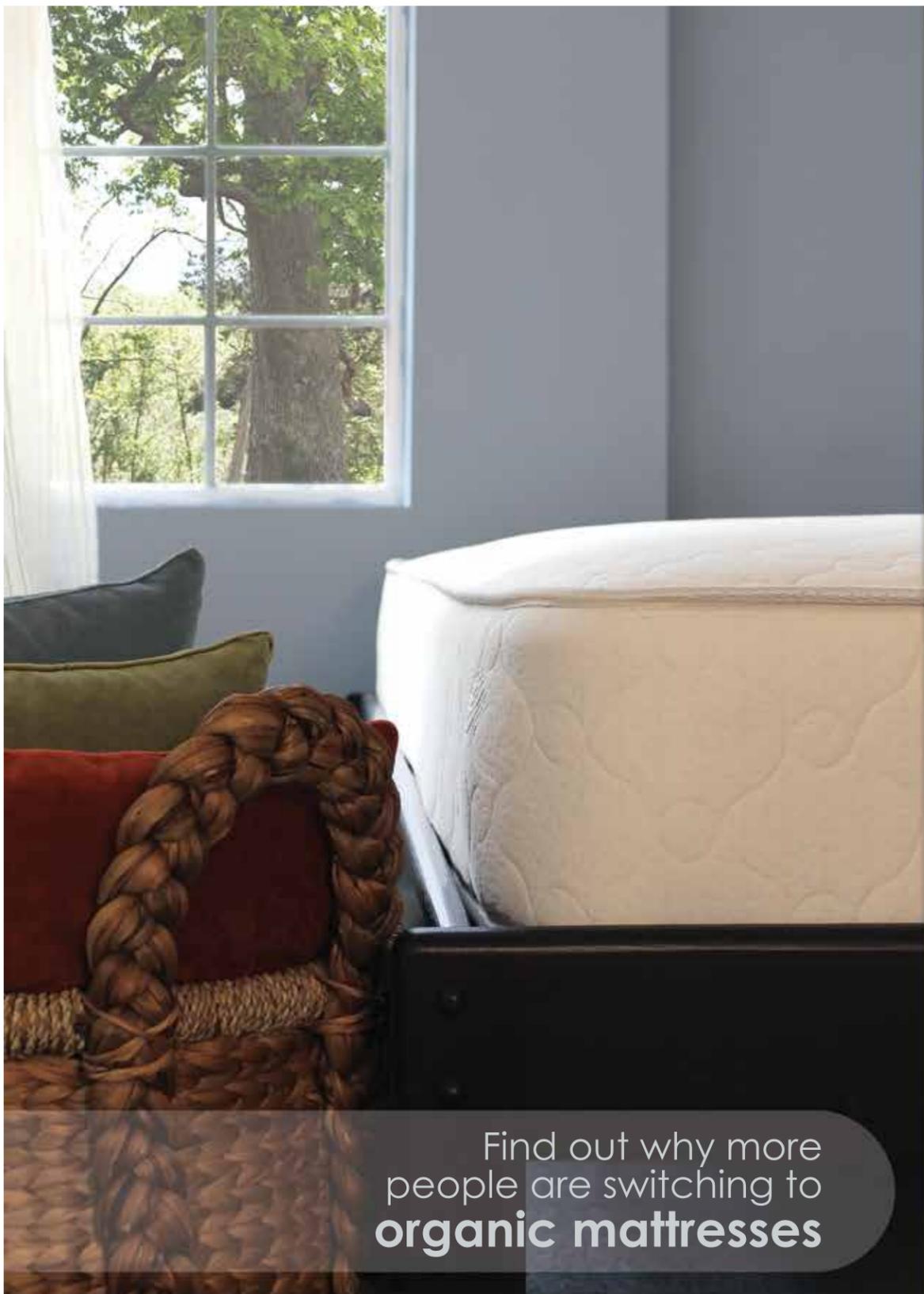
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Fukushima's Children are Dying

BY HARVEY WASSERMAN

Some 39 months after the multiple explosions at Fukushima, thyroid cancer rates among nearby children have skyrocketed to more than forty times (40x) normal. More than 48 percent of some 375,000 young people—nearly 200,000 kids—tested by the Fukushima Medical University near the smoldering reactors now suffer from pre-cancerous thyroid abnormalities, primarily nodules and cysts. The rate is accelerating.

More than 120 childhood cancers have been indicated where just three would be expected, says Joseph Mangano, executive director of the Radiation and Public Health Project. The nuclear industry and its apologists continue to deny this public health tragedy. Some have actually asserted that “not one person” has been affected by Fukushima’s massive radiation releases, which for some isotopes exceed Hiroshima by a factor of nearly 30. But the deadly epidemic at Fukushima is consistent with impacts suffered among children near the 1979 accident at Three Mile Island and the 1986 explosion at Chernobyl, as well as

findings at other commercial reactors.

The likelihood that atomic power could cause such epidemics has been confirmed by the Canadian Nuclear Safety Commission, which says that “an increase in the risk of childhood thyroid cancer” would accompany a reactor disaster. In evaluating the prospects of new reactor construction in Canada, the Commission says the rate “would rise by 0.3 percent at a distance of 12 kilometers” from the accident. But that assumes the distribution of protective potassium iodide pills and a successful emergency evacuation, neither of which happened at Three Mile Island, Chernobyl or Fukushima.

The numbers have been ana-

lyzed by Mangano. He has studied the impacts of reactor-created radiation on human health since the 1980s, beginning his work with the legendary radiologist Dr. Ernest Sternglass and statistician Jay Gould. Speaking on the Green Power & Wellness Show, Mangano

also confirms that the general health among downwind human populations improves when atomic reactors are shut down, and goes into decline when they open or re-open.

Nearby children are not the only casualties at Fukushima. Plant operator Masao Yoshida has died at age 58 of esophageal cancer. Masao heroically refused to abandon Fukushima at the worst of the crisis, probably saving millions of lives. Workers at the site

who are employed by independent contractors—many dominated by organized crime—are often not being monitored for radiation exposure at all. Public anger is rising over government plans to force families—many with small children—back into the heavily contaminated region around the plant.

Following its 1979 accident, Three Mile Island’s owners denied the reactor had melted. But a robotic camera later confirmed otherwise. The state of Pennsylvania mysteriously killed its tumor registry, then said there was “no evidence” that anyone had been killed. But a wide range of independent studies confirmed heightened infant death rates and excessive cancers among the general population. Excessive death, mutation and disease rates among local animals were confirmed by the Pennsylvania Department of Agriculture and local journalists.

In the 1980s federal Judge Sylvia Rambo blocked a class action suit by some 2,400 central Pennsylvania downwinders, claiming not enough radiation had escaped to harm anyone. But after 35 years, no one knows how

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ENVIRONMENT AND JUSTICE

Fukushima's Children are Dying

...continued from page 37

much radiation escaped or where it went. Three Mile Island's owners have quietly paid millions to downwind victims in exchange for gag orders.

At Chernobyl, a compendium of more than 5,000 studies has yielded an estimated death toll of more than 1,000,000 people. The radiation effects on youngsters in downwind Belarus and Ukraine have been horrific. According to Mangano, some 80 percent of the "Children of Chernobyl" born downwind since the accident have been harmed by a wide range of impacts ranging from birth defects and thyroid cancer to long-term heart, respiratory and mental illnesses. The findings mean that just one in five young downwinders can be termed

are not being monitored. Current dose estimates among workers as well as downwinders are unreliable, and special notice must be taken of radiation's severe impacts on the human embryo.

UNSCEAR's studies on background radiation are also "misleading," say the groups, and there must be further study of genetic radiation effects as well as "non-cancer diseases." The UN assertion that "no discernible radiation-related health effects are expected among exposed members" is "cynical," say the groups. They add that things were made worse by the official refusal to distribute potassium iodide, which might have protected the public from thyroid impacts from massive releases of radioactive I-131.



healthy. Physicians for Social Responsibility and the German chapter of the International Physicians for the Prevention of Nuclear War have warned of parallel problems near Fukushima.

The United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) has recently issued reports downplaying the disaster's human impacts. UNSCEAR is interlocked with the United Nations' International Atomic Energy Agency, whose mandate is to promote atomic power. The IAEA has a long-term controlling gag order on UN findings about reactor health impacts. For decades UNSCEAR and the World Health Organization have run protective cover for the nuclear industry's widespread health impacts. Fukushima has proven no exception.

In response, Physicians for Social Responsibility and the German International Physicians for the Prevention of Nuclear War have issued a ten-point rebuttal, warning the public of the UN's compromised credibility. The disaster is "ongoing" say the groups, and must be monitored for decades. "Things could have turned for the worse" if winds had been blowing toward Tokyo rather than out to sea (and towards America).

There is on-going risk from irradiated produce, and among site workers whose doses and health impacts

Overall, the horrific news from Fukushima can only get worse. Radiation from three lost cores is still being carried into the Pacific. Management of spent fuel rods in pools suspended in the air and scattered around the site remains fraught with danger. The pro-nuclear Shinzo Abe regime wants to re-open Japan's remaining 48 reactors. It has pushed hard for families who fled the disaster to re-occupy irradiated homes and villages.

But Three Mile Island, Chernobyl and the plague of death and disease now surfacing near Fukushima make it all too clear that the human cost of such decisions continues to escalate—with our children suffering first and worst.

Harvey Wasserman's *Solartopia Green Power & Wellness Show* is at www.progressiveradionetwork.com, and he edits www.nukefree.org. This article is licensed under a Creative Commons Attribution-Share Alike 3.0 License. Harvey Wasserman's *History of the US and Solartopia! Our Green-Powered Earth* are at www.harveywasserman.com, along with *Passions of the Pot Smoking Patriots* by "Thomas Paine." He and Bob Fitrakis have co-authored four books on election protection, including *How the GOP Stole America's 2004 Election*, at www.free-press.org. See also his ad on page 133.

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A Fighting Chance



A Fighting Chance

ELIZABETH WARREN

By Elizabeth Warren
Henry Holt and Company: New York
2014; 365 pp.
ISBN: 978-1-62779-052-9 (HB); \$28

REVIEWS BY ALYCE ORTUZAR

When it comes to protecting consumers and strengthening our democratic processes, Elizabeth Warren is an unwavering moral compass. As a lawyer, law professor, and United States senator, her consumer advocacy has been consistent. If something sounds too complicated, then rewrite it to conform to the Federal plain language mandate. And pay attention to who writes and sponsors legislation and who funds the candidates and the campaigns. Her clearly written narrative and the fifty-seven pages of endnotes further clarify what Congress and the media knew, and when they knew it, long before Congress bailed out the banks with no strings attached and at the expense of our economy and the swindled homeowners.

"The real cause of the crash was not some inevitable cycle; this crash was the direct consequence of years of deliberate deregulation and the resulting dangerous actions of the big banks." The final nails in the regulatory coffin took place under President Bill Clinton, but the overall failures and disgrace fall on both political parties. Although there are congressional heroes, financial industry criminal behaviors continue to draw fines but no jail time, with few congressional objections. The implicated banks have become bigger, and the bailouts continue in the almost nonexistent interest rates to banks that should only really apply to student loans (which they do not) and to small businesses forced to close when these banks refused to use the bailout for customary lines of credit. Too many risky behaviors also continue unabated in the financial sector, while the CEOs collect millions in bonuses.

It appears that those who lost their

businesses, their jobs, and their homes to pervasive greed and corruption will never recoup these losses. And incarceration remains a nationwide punishment mainly for poor Blacks and Hispanics charged with low-level nonviolent offenses of dubious harms, which can too often be linked to failed economic policies and misplaced priorities characterized as national security. Other disturbing exceptions under President Obama and U.S. Attorney General Eric Holder are the extraordinary efforts used to destroy and imprison whistleblowers and journalists. FBI agents surround their homes and enter at gunpoint, confiscating computers and other personal documents and paperwork amidst a sea of congressional silence and complicity. Additional whistleblower protections have since been enacted, but not for all Federal workers and contractors.

At the same time, Warren laments the failure to conduct comprehensive public investigations of the big banks implicated in questionable investments and mortgages. "Where were the armies of auditors, seizing hard drives and pouring over the financial statements? Where were the teams of regulators who were supposed to be checking the books all along?" Warren provides evidence that should embarrass many incumbents in the upcoming November general elections, and she highlights facts the candidates should be discussing. She documents news reports and videos of congressional hearings that reveal a complete lack of understanding of the issues and the solutions. Voters throughout the country should be aware of which elected officials in and outside of Congress have thwarted and expressed outrage at efforts to provide consumer protections, while deliberately ignoring documented institutional violations that continued to destroy lives and the economy.

Her book argues for eliminating tax loopholes so the wealthy and large corporations invest in our future. "There is nobody in this country who got rich on his own. Nobody. You built a factory out there? Good for you. But you moved your goods to market on roads the rest of us paid for. You hired workers the rest of us paid to educate. You were safe in your factory because of police forces and fire forces that the rest of us paid for." It is not complicated, she maintains, to see that how the government spends our money is all about choices that determine who pays and who benefits. She shows how economics and values are intertwined and how as a nation, we are stronger and more secure when "we invest in one another" to build a mutually beneficial future together.

There is much to admire about Warren's fearlessness and commitments. She campaigned as "The best senator money can't buy." She describes how

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

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Worship Services

Sunday

Worship Service: 11:00 am

Lecture and Message Service: 7:30 pm

Family Service: Last Sunday of Month 1:00 pm

Spiritual healing ½ hour before each service

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Lunch Meditation Group

1st & 3rd Wed. 12:00

Metaphysical Morning Cafe

2nd & 4th Tues. 9:30am

Listening to the Oracles

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The Art of Mindful Living Through Journaling

2nd Thursday 7:00 pm

Guides and Teachers Circle W. Rev. Steve Woods

Mondays at 7:00 pm Call for Reservations

Spiritual Tarot circle with Geraldine Amaral

2nd Tuesday 7:30 pm

Holiday Services

All Souls Service—October 31, 7:00pm

Thanksgiving Service—November 26, 7:30pm

Christmas Candle Light Service—December 24, 7:30 pm

New Years Day Renewal Services-January 1, 12:00 pm

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Holiday Bazaar



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BOOK REVIEWS

A Fighting Chance

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"whenever I met a little girl on the campaign trail, I would bend down, take her hand, and tell her quietly, 'I'm Elizabeth and I'm running for the Senate, because that's what girls do.'" As a U.S. senator, she is a desperately needed safeguard to our frail and stumbling democracy. See www.warren.senate.gov/ for her current issues such as: Denouncing Corporations That Renounce Their American Citizenship To Dodge Taxes and The Need to Reign in Too Big to Fail Banks; and bills restricting banks that she has introduced (www.warren.senate.gov/files/documents/21stCenturyGlassSteagall.pdf)—in addition to the Student Emergency Loan Refinancing Act. Even though she has not declared her future goals, having her in the White House in 2016 would continue this path of strengthening and growing the middle class; increasing participatory democracy through research and advocacy; and redefining national security.

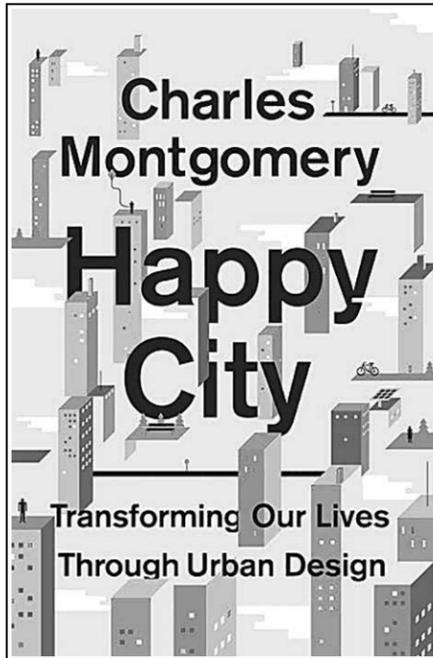
What is also remarkable about this book is how Warren keeps readers on the edge of their chairs during the ups and downs of this political whodunit, even though we already know how so much of it ends. The book can also serve as an excellent primer on how to conduct a winning campaign for those who share her vision of the America that enabled her to be successful. "An America that builds something better for the next kid and the kid after that and the kid after that." A country "where everyone pays a fair share, a country where we build opportunities for all of us; a country where everyone plays by the same rules and everyone is held accountable."

Happy City:

Transforming Our Lives Through Urban Design

By Charles Montgomery
Farrar, Straus and Giroux; New York
2013; 358 pp. (HB); \$27.00
ISBN: 978-0374-19823-0

The historical quest to define happiness and purpose in the context of urban planning includes: the City Beautiful movement in Daniel Burnham's 1893 World Exposition in Chicago; Ebenezer Howard's utopian garden towns and cities; Le Corbusier's Radiant City; and Houten, a Dutch suburb designed entirely for children. In his *Inquiry into the Nature and Causes of the Wealth of Nations*, Adam Smith warned that "it was a deception to believe that wealth and comfort alone would bring happiness." Biologist E.O. Wilson argues that social groups matter. In this context, the kingdom of Bhutan has put 95 percent of the country into conservation; practices the ecologically closed system of biodynamic agriculture; promotes retaining cultural



mores, foods, and attire through locally produced and purchased products; and measures societal well-being through the gross domestic happiness rather than applying the more commonly used gross domestic product (GDP).

The most efficient way to move lots of people in and out of early dense and crowded downtowns was by streetcar or bus. In the Chicago Loop, "streetcars used 2 percent of the road space but still carried three-quarters of road users." The diverse complete streets paradigm (streets are for everyone) that had historically characterized early city urban life was abandoned with the onset of Henry Ford's assembly line. "Cars and trucks began to push their way into cities," followed by "a new kind of mass death." In the decade of the 1920s, "more than two hundred thousand people were killed in motor accidents in the United States." Most of the deaths occurred in cities, and most were pedestrians (half were children and youths); but the streetcar was drowning "in a sea of cars."

General Motors, Standard Oil, Phillips Petroleum, and Firestone Tire and Rubber Company formed a company that "was busy buying up and dismantling hundreds of private streetcar lines in dozens of cities across the United States." With "breathtaking subsidies for roads and highways," many workers moved far from their jobs to have the house they thought they wanted amidst suburban sprawl—tract housing, boundless cul-de-sacs, "privatized comforts" isolated from all other sectors of society, and big-box landscapes—that accompanied the deliberate "disinvestment in inner cities." Extra commuting costs that are incurred after moving an additional distance of twelve to fifteen miles to buy a less expensive house can exceed the savings. Most remarkable is how readily the historically libertarian Americans acquiesced to the imposition of property right restrictions dictated by narrow and rigid zoning laws and development codes that continue to thwart innovations.

continued on page 45

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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.

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BOOK REVIEWS

Happy City: Transforming Our Lives Through Urban Design

...continued from page 43

Experiments with how we live and what we can do better continue, as countries around the world design and redesign cities. Research finds that “if you make more road space, you get more cars. If you make more bike lanes, you get more bikes. If you make more space for people, you get more people walking and then you get public life.” “For every mile that someone in the United States travels in an automobile, on a bike, or on foot, the costs in public infrastructure are 29.3 cents, .9 cents, and .2 cents, respectively.”

Aesthetics also matter and encourage walking. It is unlikely that one magic radically new technology will solve all of these problems. Solutions are lurking in step-by-step improvements and innovations in the tools we already have, especially where policymakers actually use alternatives to cars. For example, streets with bike lanes that are not physically separated from cars will likely continue to be used mainly “by the brave with a high tolerance for risk.” And public-private projects often reduce local control and the public needs disappear. Examples include inadequate maintenance of and investment in transit systems.

Dutch cities are less likely to extend equal rights to vehicles whose drivers are “guests, legally bound to give the right-of-way to bicycles and pedestrians.” Mobility systems in Houten are designed entirely around safety. There is “a bustling downtown without a car in sight—just throngs of white-haired seniors wheeling past on bicycles, their baskets loaded with purchases.” Passing an elementary school when the lunch bell rang, children poured out. Some who “seemed barely out of diapers” raced past as they headed for home “on little pink and blue bicycles,” without having to cross a single road. The city traffic director proudly said that “in most of the Netherlands, children don’t bike alone to school until they are eight or nine years old. Here, they start as young as six.” Any wealthy economy could design this level of safety for children, and everyone benefits.

“Partly because sprawl has forced Americans to drive farther every day, per capita road death rates now hover around forty thousand per year.” Engineers once considered trees and bushes as distractions that caused or contributed to accidents and needed to

be removed. The Montgomery County (Maryland) new road code still reflects what are now acknowledged to be incorrect assumptions. Research definitively recognizes that the complexity of trees and bushes lining a street attracts the attention of drivers and slows them down, thus preventing accidents. Wide shoulders and typically wider suburban streets “actually increased mid-block accidents” and have failed to make a difference in putting out fires. The streets and large lots take up so much space, localities “can’t afford to build fire stations close by, so it takes fire trucks longer to reach each blaze.” Congestion also slows and can even block fire trucks.

Aiming to be carbon neutral by 2025, Copenhagen has “tied together a network of more than two hundred miles of separate bike paths. The city installed bike-only traffic lights at congested intersections that give cyclists a four-second advantage over cars, and are no longer synchronized “for the convenience of motorists.” A network of separated “bike superhighways” connecting the suburbs to downtown is under construction. When it snows, the bike lanes (and sidewalks) are cleared first, before the roads. Copenhagen also has a state-of-the-art waste-to-energy plant that includes a ski slope that also generates clean energy, a lap pool in a working harbor, and a bicycle promenade extending from an

apartment roof to the street.

“If economic growth makes a country richer but less equal, it can corrode” overall well-being. Noise and traffic can also adversely impact the social benefits from walking and biking. “Everything remains inherently connected,” intertwined, and interdependent in effective retrofits; urban prosperity, sustainability, fairness, and equity all converge and incorporate economic development, livability, mobility, housing affordability, and a revenue stream to make it all happen. These models are also energy plans, climate plans, jobs plans, and resilience plans. Quality of life and climate action goals are really complementary. “It’s just easier to get people excited about plans that improve their lives. Making walking and cycling safe and comfortable make people healthier and lower carbon emissions more effectively than technological transportation options do, plus additional individual economic spinoffs.

Sprawl development costs taxpayers about 75 percent more to build and maintain” because big lots need so much more pavement, drainage, water, sewage, fire and ambulance stations, schools, libraries, and school buses. “The waste is astounding,” and developments do not pay their way. It is time “to reject the anything-and-

continued on page 47

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BOOK REVIEWS

Happy City: Transforming Our Lives Through Urban Design

...continued from page 45

anywhere-goes development model.

Asheville, North Carolina, developed the production-yield-per-acre model in terms of jobs and tax revenues. Investing in the downtown generated a property tax alone of \$330,000 per acre versus a big-box store on thirty-four acres on the edge of town that generated only \$50,800 in both property taxes and retail sales. Asheville thus received "more than seven times the return for every acre of downtown investments than from breaking new ground on the city limits. Small businesses retained downtown generated "seventy-four jobs per acre compared with the fewer than six jobs per acre" from a sprawling big-box development.

Big-box stores undermine small businesses and reduce existing jobs, besides depressing overall average wages in a region. "Even older buildings of two or three stories bring in ten times the revenue per acre as that of an average big-box site." Large-footprint sprawl developments cost cities more to service than they receive in taxes. "Counties have been taking tax revenues from downtowns to subsidize

sprawl developments and services." Money spent at small and local businesses tends to stay in a community and produces more good local jobs. Owners of local businesses spend most of their profits in town and use local services, while national retailers send work back to national hubs and "profits to distant shareholders." Money spent at national chains gets sucked out of the local economy." Every \$100 spent at a local business produces at least a third more local jobs.

"We have been seduced by the wrong technologies," but it is not too late to build into our neighborhoods a balance of life that nurtures our relationships, establishes healthier places to live, and restores a sense of economic equity that benefits everyone.

Additional sources include *The Timeless Way of Building* by Christopher Alexander; *Sustainable Transportation Planning* by Jeffrey Tumin; and *The Spirit Level: Why Greater Equality Makes Societies Stronger* by Wilkinson and Pickett.

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

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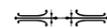
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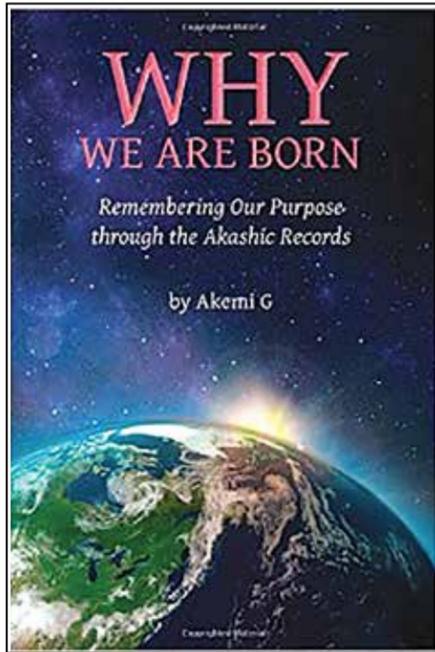
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METAPHYSICAL BOOK REVIEWS

REVIEWS BY LISA WECHTENHISER

Why We Are Born: Remembering Our Purpose Through The Akashic Records

By Akemi G
CreateSpace Independent Publishing Platform
2014: 202 pp. (PB)
ISBN-13: 978-1497566286
Author's website:
www.akashicrecordofsouls.com



It takes a lot of chutzpah to attempt to answer such a big question as “why are we born?” Few are truly up to the task. Count Akemi G in that select group. She starts us off with a simple definition:

“You are not your body. You are the soul currently living in the body. As souls, we are all interconnected and share information about what happened in our past lives, how we felt about the experiences, and what can happen in the future. Such shared information is called the Akashic Records.”

The Akashic Records are a dimension of consciousness that contains a vibrational record of every soul and

its journey; and there are many ways to access the wisdom contained within it. You don't need to be a stellar intuitive reader to learn to interpret the records—we all have access to our own and, with their explicit permission, that of others.

Accessing the Records is like walking into the biggest library in the world, floor to ceiling books everywhere you look. Knowing how to navigate this enormous palace of information is a

study unto itself, said she who has undertaken this challenge. Akemi's site, as well as the work of Linda Howe, were invaluable resources as I studied what kinds of information could be accessed in the Records and how better to use it to understand life in this incarnation.

Akemi's appreciation of the soul's journey through the Records is exquisite and I've followed her online for several years now. I was eager to see the next chapter of her teaching in *Why We Are Born*, and I was not disappointed. In fact, I consider this book required reading for any metaphysical seeker. Pretty big praise, but well-deserved because she takes concepts that are huge and often confusing to the average Joe or Jane and makes them understandable and relatable to real life.

For example:

“Let's dispel the myth that life is a school and we are here to learn lessons. If life was a school where we strive to learn lessons and take exams—and if we fail the exam, we must come back until we pass, at which point we move on to yet another lesson, another exam—life would be a dreadful hell itself. The good news is it is not. As extensions of the Source, that is perfection, we already know all the spiritual truths. We are here to experience what we already know. Therefore, spiritual growth is also a myth. We don't become better, and we don't

need to beat ourselves up to become better. We only shed our ideas of a fragmented self to realize our wholeness.”

While the idea that we live many lives in physical form is something I have always *just known*, it's new and sometimes scary to those who follow a more traditional path. Many religions teach that you incarnate just once and at your death, go to either heaven or hell based on what you did in this one lifetime. It takes a willingness to put what we've been taught aside and open into a greater and broader understanding of the meaning of life. If you are willing to do that, you will find this book to be a treasure.

Channeling information from her Spirit Guide team, using stories and anecdotes to illustrate these concepts, Akemi G shares a manual of sorts on how to live from the perspective of a soul while experiencing life as a human. She is both a student and a teacher, and explains:

“Some people think life is a school. Because we forget many things at birth, life does seem like a series of learning experiences, and I used to subscribe to this idea, too. However, as we have seen, we are already whole and complete on the spiritual level. We already know deep love within. Therefore, it's not really about

continued on page 51



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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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METAPHYSICAL BOOK REVIEWS

Why We Are Born: Remembering Our Purpose Through The Akashic Records
...continued from page 49

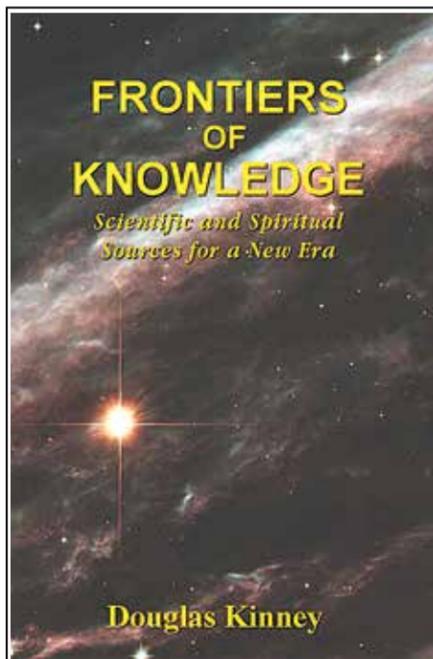
learning new lessons but remembering what we know through experiences. Knowing absolute love as spirit is one thing while exploring its endless manifestations in this world of phenomena is quite another. And this is why all spiritual learning feels like remembering, rather than learning something completely new. A great teacher or book can serve only as a reminder."

For any spiritual seeker who wants to understand why they are here on Earth at this time, in this way, *Why We Are Born* earns its place on your bookshelf.

Frontiers of Knowledge: Scientific and Spiritual Sources for a New Era

By Douglas Kinney
Publisher: Douglas Kinney
2014: 602 pp. (PB)
ISBN-13: 978-0991226337
Author's website:
www.douglaskinney.com

I have to admit here and now that Douglas Kinney's latest book, along



with its companion piece, *Framework of Reality: Understanding our Subtle Spiritual Nature*, is way above my pay grade. I'm not a science-y type; and for matters metaphysical, I never much felt the need for it. Instead, I rely on and trust my inner knowing. So delving into a book that marries the metaphysical with a scientific underpinning is not something that immediately calls to me. Even so, as I dipped into various chapters that caught my eye, it's clear

to me there's much to be gained by looking at this work with a more clinical, detached perspective.

Mr. Kinney is a DC-Metro area local mind-body-spirit practitioner, providing services in spiritual hypnosis, counseling, and past-life regression; and conducting workshops on these and other topics, including Quantum physics, cosmology, and evolutionary biology. He has cultivated his theories from working in all these areas for more than 30 years, and which have culminated in his authored works.

Kinney posits that reality is based on spiritual consciousness expressed through subtle-energy and information fields. Early in *Frontiers*, the author presents one of his basic premises: "If consciousness, in some unknown manner, is behind physical reality as quantum physics expresses it, then we would expect to see traces of it in the observed phenomenology of other scientific disciplines." He then goes on to show more than traces in astronomy and cosmology, evolutionary biology, and unusual mind-body expressions.

All of this can be very strange, but it gets even more "out-of-the-ordinary" when the author starts providing us with detailed accounts of the highly developed society in "the lower spiritual realm" (heaven). Relying on information from between-lives spiritual regressionists (primarily Michael

Newton), the author presents details of this realm that are consistent with those found in rich near-death experiences.

Near death experiences? Now you're speaking my language! I am fascinated by this whole topic and actually welcome the scientific perspective because it lends affirmation to what I know to be true in my soul. Kinney writes:

"Thousands of between-lives spiritual regression cases and the deeper near-death experiences provide us with fairly consistent descriptions of a non-physical realm populated by souls living in a highly developed culture that is interacting with humans. This revolutionary information demands a revised and expanded view of reality—one in which spirituality is the underlying source of reality."

It's immediately apparent that Kinney excels at putting deeper concepts under a magnifying glass and turning it up to the highest magnification possible. Interestingly enough, he is also able to pull back and examine those same pieces from a Universal perspective. I can appreciate his ability to do both, as many writers can handle only one side of that equation.

However, the sheer amount and density of the information made this book difficult to get through as a read-

continued on page 52

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METAPHYSICAL BOOK REVIEWS

Frontiers of Knowledge ...continued from page 51

er. Reading it is like taking a Ph.D.-level course in the cosmology of human consciousness and energy fields. Written in a sparse scientific tone, it's not easily digested, and perhaps it shouldn't be. It's big, perspective-changing (even life-changing?) information, and I suspect it will take time to integrate in our shared energy field.

There's no question in my mind of the value of this information. None at all. As we move into a higher level of consciousness on a global level, these concepts will become second nature to us. For now, if you're up for a little (not-at-all) light reading, *Frontiers of*

Knowledge: Scientific and Spiritual Sources for a New Era is well worth your time.

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Running for Justice, Not for Money: My Personal Campaign Finance Reform

BY TATE MACQUEEN
CO-EDITED BY CAM MACQUEEN AND
LARA ELIZABETH PLATT



Congressional candidate Tate MacQueen's first campaign purchase was a retired yellow school bus. 100% of the proceeds went back to the North Carolina Department of Public Instruction. MacQueen uses locally produced Biodiesel fuel to power his mobile campaign headquarters.

My name is Tate MacQueen and I am a career public educator, community leader, environmental advocate, and now a candidate for the United States House of Representatives in North Carolina's 10th District (NC-10). I am also a proud, progressive populist who decided to run against Patrick McHenry, the new House deputy majority whip, after learning that no one had filed to oppose him. Mr. McHenry, a conservative Republican hand-picked by Karl Rove, has done nothing but serve corporate interests and let down the people of NC-10.

Running for office on a teacher's salary is no small feat. I am not a millionaire. Unlike my opponent, I am not interested in big bank money from Wall Street, or big oil money from the Koch brothers. When I decided to run I realized, through my experience helping my neighbors in NC-10 stand up against a big corporate polluter, it is also time to stand up against big money in politics. So here it goes.

I first started working on policy issues during my ongoing involvement

with a devastating groundwater contamination disaster in Asheville, NC. CTS Corporation poisoned our water, air, and land. Our community is left

with scores of cancer victims and too many broken lives. In 2008, I joined with community members to form the Community Advisory Group to press

for a cleanup of this Superfund site, for provision of city water lines, and for air testing. For more than six years, I have been fighting for accountability for the U.S. Environmental Protection Agency (EPA) Region 4 officials who engaged in what is perhaps the most abusive cover up since Love Canal. (View the investigative report on YouTube: www.youtube.com/watch?v=cjomrt6gt6g.)

Our struggle against CTS Corp.—a company that continues to generate \$500 million in annual sales—made it all the way to the Supreme Court of the United States (SCOTUS). It was tough to withstand the 7-2 ruling in favor of the corporate contaminator; but sitting in the hallowed chambers with Erin Brockovich, retired U.S. Marine Sergeant Jerry Ensminger, members of my South Asheville community, and my sister, Cam, provided me with renewed clarity and sense of purpose. I am running to represent the people of NC-10, to advocate on their behalf, and to stand against the corporate stranglehold on America. Progress is possible. Despite the SCOTUS loss, our community recently scored a major victory by securing city water to 154 homes in

continued on page 54

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or call "Nonnie," Rev. Carol Richardson, M.Div., M.P.H.
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or email her at: carol.dodson.richardson@gmail.com

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

CULTIVATING COMPASSION

Running for Justice, Not for Money: My Personal Campaign Finance Reform

...continued from page 53

South Asheville. The water lines, currently being connected, will provide a safe and secure source of drinking water for those threatened by trichloroethylene (TCE) and other chemicals associated with the CTS of Asheville, Inc. Superfund site.

Over the last six years, traveling to Washington, DC to advocate for my community, I have been met with little but apathy and indifference from both our Republican and Democratic officials. Our representatives provided virtually no help in dealing with the water contamination and the devastating health issues faced by our citizens. EPA Region 4 and state agencies failed to protect us from corporate greed. With President Obama essentially siding against us before SCOTUS, my understanding of what we all intrinsically know crystalized: *our political system is broken and money is to blame.*

In this midterm election cycle, thanks to *Citizens United* and *McCutcheon*, we have seen the hydro-fracking-loving Koch brothers invest tens of millions of dollars to influence elections across the country—from the Senate level all the way down to local school boards, while dark money pours in from un-

known sources. Here in North Carolina the caustic Senate race between Kay Hagan and Thom Tillis has already eclipsed the record for money collected for a U.S. Senate race.

Our system has turned most candidates into glorified beggars. They ask for contributions from hard-working people who often can't keep up with the rising cost of living, much less afford to make donations to political campaigns. They solicit contributions from multinational corporations knowing that these entities can't afford *not* to donate. Affluence buys influence and votes on the Senate and House floors. Shady deals made between the American Legislative Exchange Council (ALEC) members and elected officials determine policy. Money and the elite decide the fate of everyday people and our environment, and the politicians just go with the flow of money.

Of course, there are exceptions. During my experience with the SCOTUS hearing, I had the honor to meet Senator Paul Pinsky (D-MD 22nd District), who sponsored the 2006 landmark legislation to protect the air in Maryland (<http://senatorpinsky.org/meet-the->

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CULTIVATING COMPASSION



Tate MacQueen and his sister, Cam MacQueen, on the SCOTUS building steps after the *CTS Corp. v. Waldburger* hearing, April 23, 2014. MacQueen was one of 24 litigants suing the contaminator. In June, the SCOTUS ruled 7-2 in favor of CTS Corporation.

senator). I talked with the Honorable Chris Van Hollen (D-MD 8th District), who introduced the Healthy Climate and Family Security Act of 2014. I was introduced to the concept of Ben-

efit Corporations, a humane economic model, championed by Senator Jamie Raskin. Progressive independent leaders Senator Bernie Sanders (I-VT), Senator Elizabeth Warren (D-MA), Congressman John Lewis, (D-GA), and former Congressman Dennis Kucinich (D-OH) are all role models who reject big money and stand on the side of peace and justice for people and the planet. In North Carolina, state senator Terry Van Duyn has earned a place of sincere respect through her hard work for the community. These elected officials, along with a few others, embody the principles of compassionate, productive governance. But there are not enough of them. Most are serving the corporate courtiers.

As a history teacher, I'm constantly reminded that the America of freedom and opportunity found in my textbooks is not the America I experience in day-to-day life. We have a record number of children in poverty. We are witnessing an ever-increasing number of students relying on schools for breakfast *and* lunch, with older students forced to work to help their families make ends meet. We see our government spend countless dollars on endless wars, yet degrade the very men and women sent into harm's way by denying them appropriate services. Women in general still face immoral pay inequity; and for women of color,

it's worse. The Equal Rights Amendment (ERA), passed by Congress in 1972 and in 2014, has yet to be ratified as the 28th Amendment. Taxpaying citizens who happen to love someone of the same gender are still denied the right to marry in far too many states. Our natural environment is being savaged for the profit of an elite few. Our climate is changing at a rate far faster than most scientists predicted. Animal-based agribusiness causes more greenhouse gases than all forms of transportation combined. Now, with the gutting of the Voting Rights Act, states like North Carolina are passing laws that make it harder to vote.

We are facing serious injustices requiring timely action, yet all our politicians seem focused on radicalizing us into ever more partisan camps—a tactic I call, "The Great Distraction." So herein lies our choice: Do we participate in a political system that favors parties over people, or do we reject this system and dare to believe that good people can be good to one another, even if they don't always agree?

I believe, and I think most would agree, that being a good person involves being fair, just, and committed to values of inclusion and acceptance. Why can't we apply the same standard to our corporations? Will we permit corporations to control our government? Can't we create policies that

reward companies that understand the moral imperative of doing good because they have done well? Wall Street has never seen a more profitable period than the past few years. Yet, instead of the promised bounty trickling down to reach everyday citizens, the rich continue to get richer, the income gap grows wider, suffering intensifies, and tensions increase.

I believe we are better than this and I am choosing to make a difference. With national campaign finance reform nowhere on the horizon, I am reforming my own campaign. Instead of asking supporters for *more* money to pay consultants, pollsters, communications experts, etc., I'm asking for *less* money. (You read that right—it's no typo.) My *50/50 Fair Share Campaign* asks contributors to identify what they feel comfortable giving and to cut that number in half. I ask that supporters donate the other half directly to an organization working to help in their community, locally, in a meaningful way. If you can donate \$100, I'm asking \$50 be donated to any non-profit organization on the ground making a difference promoting my campaign platform's values: justice, equality under the law, voting rights, quality education, a living wage, healthcare, environmental preservation, animal

continued on page 56

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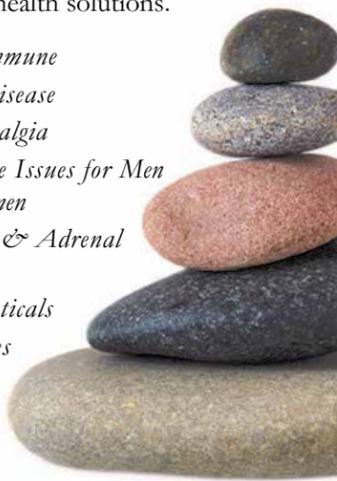
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CULTIVATING COMPASSION

Running for Justice, Not for Money: My Personal Campaign Finance Reform

...continued from page 55

protection, and world peace.

The 50/50 Fair Share Campaign delivers a triple win: our community benefits from direct financial support for services specific to our needs; the donor receives a tax write-off; and my congressional campaign gets a boost that is invested directly back into our local economy. If you think this is grandstanding, you are absolutely right. I am taking a "grand stand" to do my part for promoting positive campaign finance reform. When I began this process, I was told that without an estimated \$1.5 million there would be no chance of winning. If this turns out to be true, so be it. Endorsements like that from Progressive Democrats of America's ERA 3 State Strategy Team mean more than money. The principles of government of, by, and for the people hold more weight than winning. My campaign and I are not for sale—never have been, never will be. No matter what happens in November, I will continue to pursue my goal of creating community with the poor, the hungry, the disenfranchised, and the planet with all its creatures—and I encourage others to do the same..

Since 1968 and Nixon's Southern

Strategy, our country has witnessed the evolution of a political process spiraling into an "us-against-them" mindset. We're kept in a constant state of fear fueled by controversy, suspicion and derision. But the power of fear's persuasion only works on those who allow themselves to be afraid.

The time is now to reject the divisive politics that have turned us against each other and to end the corporate-centric focus that has corrupted our political system. Everyone wins—or at least ties—when no one loses. We can stand up and actually be the change we desire in the world by changing the way we participate. Candidates can return honor to Washington by reflecting it at home and on the campaign trail. We can be the instruments of compassion, integrity, courage and dignity based on our actions.

As FDR said upon his inauguration, "The only thing we have to fear is fear itself." The only thing to rid us of the weapon of fear is the tactic of truth—speaking facts to fear and truth to pressure. We can no longer afford to be afraid and I will no longer be bullied by nefarious fear tactics. We do not have to be in two camps, divided



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CULTIVATING COMPASSION

by reds and blues. We are each other—citizens living in the same community, breathing the same air, and drinking the same water. Professional politicians playing petty politics and serving corporate interests hurt us all.

Citizens of North Carolina are starting to feel the harmful consequences of corporate-centered policies coming from the NC General Assembly, which seems bent on taking our state back to the antebellum South—as well as the consequences of gridlock in Washington DC, which seems comfortable in its perpetual state of dysfunction. But something else is happening on the ground.

We are witnessing the rejection of fear and the emergence of a new light of community and justice through the Moral Monday Movement led by NC NAACP President, Dr. Reverend William Barber. This exciting social justice movement dares to bring people of diverse backgrounds together from across our communities to hold the political extremists accountable for their disastrous actions. This movement's contagious energy is infecting the hearts and minds of people from all walks of life—women, men, young, old, LGBTQ, straight, black, white, Latino, disabled and abled, environmentalist and animal rights activists—coming together with a single goal: justice and equality under the law for all.

This is the spirit I bring to my can-

didacy. By being good neighbors and honorable public servants, we can re-grow shallow grassroots into deeply permanent heart roots. Unified, we will take back this country from party-over-people politics, multinational corporations, and bankrupt political candidates.

Together, we can take back the House and the country and reconnect with what makes the United States of America great!

Additional Resources

To find out where your elected official receives her/his funding, visit: <http://allaregreen.us>.

My Toxic Backyard is a 2013 documentary from Emmy Award winning filmmaker Katie Damien about the South Asheville Superfund site leaking toxic chemicals into the ground water surrounding the area (www.mytoxicbackyard.com).

For news on the CTS Corporation contamination case, see also:

From *Huffington Post*, "Supreme Court Could Make It Harder For Victims Of Hazardous Pollutants To Get Justice," by Lynne Peeples (www.huffingtonpost.com/2014/04/16/supreme-court-contamination-cts-camp-lejeune_n_5152698.html).

From *Citizen-Times*, "Supreme Court hears dispute over CTS case,"

by Paul C. Barton (www.citizen-times.com/story/news/local/2014/04/23/supreme-court-hears-dispute-cts-case/8058255/).

To learn how extremists are planning to use what's happening in N.C. as a model for the nation, watch this important Bill Moyers' program: <http://billmoyers.com/episode/full-show-state-of-conflict-north-carolina>.

Author's Note: Thank you to my sister, Cam, for giving me the opportunity to write this article for her column, *Cultivating Compassion*. Cam left Maryland in February in order to work on my Congressional campaign in North Carolina. Cam brings her decades-long experience advocating for justice, the environment, people and animals, which are issues central to my campaign.

To learn more about Tate's campaign, please visit www.tatemacqueen.com; Facebook.com/TateMacQueenNC; Twitter @tatemacqueennnc. If you'd like to contact Tate directly, he can be reached at tate@tatemacqueen.com.

Cam MacQueen, MSW, is the creator and manager of "Cultivating Compassion." It is her great honor to bring her brother, Tate, a former Greenbelt resident, to the attention of Pathways' loyal and progressive readers. Tate's campaign represents principles of equality, compassion,

service, and justice for all beings – values and ethics important to Cam. She is grateful to Pathways Magazine for the opportunity to introduce readers to people and organizations making a difference in our community and our world, on a quarterly basis. Send your ideas for future "Cultivating Compassion" articles to Cam at worldisvegan@aol.com.



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You Can Grow That! 5 Fall Flower Favorites

ARTICLE & PHOTOS BY KATHY JENTZ

Mums and Asters are terrific, but autumn here in the Mid-Atlantic has many more gorgeous flowers to offer for your garden palette. These are five colorful choices to try.



Toad Lily

1. Toad Lily. Toad Lily (*Trycorytis*) is a mainstay of the zones 5-8 moist shade garden. It likes moist conditions, but not standing water. The flowers are stunningly beautiful, but not large, so place these plants in the middle or front of the border for best viewing.

2. Plumbago. Plumbago Blue (*Ceratostigma plumbaginoides*) is a terrific groundcover perennial for full sun spots in your garden. It has brilliant blue flowers, a dense mounding/spreading habit, and red-tinted fall foliage. It also makes an attractive hedge, border or container plant.



Autumn Joy

3. Sedum. Sedum 'Autumn Joy' is one of the taller, fall-flowering varieties of sedum that work well as border perennials or can be planted in groups to give a mass effect. The taller, upright varieties of Sedum typically develop large flower heads in mid-summer and bloom from late summer through fall. All varieties of Sedum require well-drained soil and are extremely drought tolerant.



Japanese Anemone

4. Japanese Anemone. In our area, these flowers, members of the buttercup family (*Ranunculaceae*), are usually to be found blooming from mid-to-late August through October. Some varieties, like *A.tomentosa* 'Robustissima' (that species' most commonly found cultivar), flower in the earlier part of that bloom cycle, and by planting a variety of cultivars, a gardener can keep the show going for 12 weeks.

5. Sweet Alyssum. Sweet Alyssum (*Lobularia Maritima*) is named for its light fragrance, though you may not ever notice it if you plant it in your garden borders as it is a fairly short—

sometimes trailing—annual. You can plant it in March and shear it back when summer's heat sets in; and see it come back full-force in October. Alternatively, you can plant it in fall and leave it to set seed and it could self-sow about the garden.

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

The magazine is published four times per year with a cover price of \$4.99. In addition to the print magazine, subscribers also receive a monthly e-newsletter 12 times a year that includes timely information such as a local garden events calendar and gardening to-do list for that month. A year's subscription is \$20.00—a savings of almost 40% off the per issue price. See the Washington Gardener ad on page 137.

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NETWORK OF LIGHT NEWS

EDITED BY BARBARA CARPENTER

Beloved Friends,

"I have never been born, never died, never been sick."

I sobbed and sobbed, then laughed and laughed as I realized this truth within me while walking down the street in Mumbai, India. Indeed, life exists and there is no such thing as death because, in truth, we are eternal pure consciousness, Love and Light not limited to mind and body.

Our dear friend, Honora Finkelstein, a generous Network of Light board member and volunteer who edited our *Pathways* column for over 25 years, passed over on May 27th and she is still letting us know she is vibrantly alive. That is, even though she was a mother of four children, a brilliant college professor, an award winner for some of the ten books she co-authored, a host for over 100 TV talk shows, and more, "on the other side" she is still loving and Being Present touching the hearts of those who need her.

At the Network of Light Memorial service for Honora, her daughter, Aileen, recounted uplifting and even funny experiences with her mom, which happened after the "death."

Sharing Aileen's article is our way of saying, "THANK YOU, Honora, with all our hearts and heads. We rejoice in our oneness. We love and respect you



Our dear friend, Honora Finkelstein, a generous Network of Light board member and volunteer who edited our *Pathways* column for over 25 years, passed over on May 27th and she is still letting us know she is vibrantly alive.

beyond words, and sooo much I miss you!

Blessings, hugs, and peace to everyone everywhere

~ Lakshmi Barbara Carpenter,
Founder, *Network of Light*

A Story About My Mom, Honora Finkelstein—About The Day She Died

I said I would start sharing stories as soon as I got a good night's sleep. Well. On May 27, I was about 5 hours into the trip home from Evansville, IN—to

get back to my 13 cats and the loving pride of men who live at my house—after responding to a call that all family members needed to be at my mom's hospital bed. I had been told by my mother to go home. The call in the car came from my sister. She was calling to tell me that my mother had died. If I hadn't felt it before the call, the phone ringing had my spider senses tingling.

I asked, "She's dead?" by way of a greeting, and my sister (in tears) said, "I can't tell you until you pull over." I said, "She's dead." "Pull over, you can't hear this while you are driving." I said, "I already heard it," but I pulled over. I said softly, because my sister was weeping, "OK. I'm on the side of a very busy road. Go ahead, tell me that Mommy's dead." She did. Kat explained that Mom had passed away and they couldn't bring her back. I felt a little tremor go through my body, and I sighed.

I had been pretty sure this was the day, even though my mom had assured me otherwise. I actually thought she had sent me away because she couldn't leave with me and all my energy ways around her. My sister told me not to come back. She could be there with Mom until everything was sorted, and my other sister, Bridget, was on the way back already. Then I asked to talk to Sue, and she said, "That's the worst part. Sue went shopping. she's not go-

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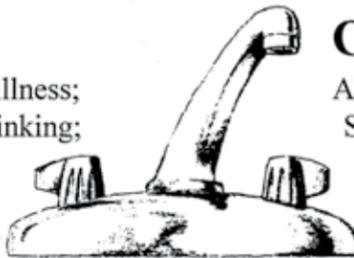
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**A Story About My Mom,
Honora Finkelstein**
...continued from page 59

ing to be here for a few more minutes.”
Kat asked me to share the news with my mom’s best friend and partner, Susan. “I can’t tell her. I can’t,” said my sister.

So I called Susan who was out buying some special food for mom to encourage her to eat. The night before she had asked for a little bit of Liverwurst for after dialysis. A treat she hadn’t been eating much of; that may have been what Sue was getting. I told Sue, and Sue left to go be with Mom. I then called Bridget, who was already on a round trip return from dropping her husband off in Chicago. I called our brother, Mike, who was at work.

Sitting on the side of the road with traffic whizzing past me, I got to do what a big sister does, and I felt like that was a really great gift. All but Mike told me to keep heading towards home. Susan said she didn’t need me to come back. Bridget said she would handle things. Mike said he would handle Kathleen. Mike then said that I should return to take care of Susan.

I finished the first round of calls with the sound of cars rushing past me. Then a voice in my head said, “Aileen? Aileen?” I perked up. “Mom-

my?” It was gone. A great absence of sound.

Then a second later “Aileen?”
“Mommy?”
“You can hear me?”

I said yes. Then it was gone. A great absence of sound.

Then it was back, “Kathleen is very upset. You need to go to her. She can’t hear me.” Then the voice was gone.

I turned my car around and headed back. I was surprised that I was not emotional. I was not crying. An absence of sound. Usually I hear a lot of things in my head; but right now my mind was an empty place, full of listening. I called others telling them.

My mother’s voice again, a little frantic, “Bridget can hear me, but she doesn’t understand. Kathleen can’t hear me. Susan can’t hear me...Why?”

“I’ve been practicing.” I said. I then said, “Mommy, you know that you don’t have to jump all around—you can be with us all at once.”

“Oh. I didn’t think of that.”

Then an absence of sound. I made another phone call. Talked to my cousin, and the phone died. Mom’s voice in my ear, “Kathleen is very upset.” She said, “You have to tell her to stay. She can’t hear me.”

“I’m already on my way, Mommy. It will be a few hours.”

“You have to tell her that it was an accident. There was so much pain. I just thought I’d pop out for a second.

I was going to stay a little longer. But then, when I turned to go back in—I couldn’t get in. It was just a second. But then it was like a wall and I couldn’t get through.”

I said out loud, “I think now I’m going to be sad.” I heard her say, “I’m sad too.”

“I might need to cry. But it will be hard to drive if I cry,” I said out loud. She said, “I am sad too.” And rain started falling on my car. I turned on the windshield wipers and looked around and realized...rain was only falling on my car.

“Mommy, are you crying?”

“I am crying.”

“Mommy...” I actually giggled.

“This is cool right?” (My mom)

The rain kept falling, and while I was driving, I was looking around at the other cars with no rain on them. No windshield wipers. No little water drops. Then I said, “Mommy, I’m trying to get back fast, maybe not good to have a rain cloud over me the whole way.” I heard her laugh. And the rain stopped.

The phone rang, and it was the cousin who had been cut off (Kathy Moore Quinn). I told her what had just happened. She said, “You can cry, Aileen,” and I felt tears on my face. We talked for a few more seconds and I lost the phone connection to her again.

My mom said that I needed to call my sibs and Susan and tell Kathleen

to calm down. I tried, but couldn’t get through to anyone at all. I snarled, “I’m getting frustrated!” “Me too!” my mom growled in my ear. And BAM! A lightning bolt shot through the sky in front of me—out of a blue sky—and BAM! Black clouds and a freakish rainstorm. I had to stop my car. So did everyone around me.

“Mommy. Is that you?”

“Yes. I’m frustrated, too. Someone needs to get through to Kathleen. She can’t hear me. Susan can’t hear me!”

“I can’t drive forward in this. Everyone is stopping. You need to stop it if I’m supposed to get to Kathleen.”

And the rain stopped.

This alone is one of those amazing, “she came to me” type stories. But it gets more interesting.

Earlier, I had called my husband and asked him to drive home and tell the boys. I realized I did not want to tell them over the phone, this being their first birth grandparent to pass away. He did so, and texted me when he got there and had told them. So I called then to talk to them. Gavin told me, “On my way home, a little rain storm happened on my car. It wasn’t raining anywhere else.”

Three.

“Isn’t that cool?” My mom giggled in my ear. “Yes Mommy. That is way cool.”

When I did get to my sisters later,
continued on page 62



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- International lecturer and teacher of Astrology, Reiki, Spiritual Development, and corporation trends;
- Author of Trend Analysis for the Year and Monthly Mundane Trends (available through email subscription);
- Columnist for Pathways Magazine;
- Writer for Llewellyn’s annual Moon Signs books and Herbal Almanac books;
- Co-Founder, NOVA Astrology Group, <http://NOVAastrologygroup.com>

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

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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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1313 Vincent Place, McLean, VA 22101
Phone: 703-288-1566
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NETWORK OF LIGHT NEWS

A Story About My Mom, Honora Finkelstein

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my sister Bridget said she had been hearing mom in her ear, but she was talking very fast and it was hard to understand. My sister Kat said she could not hear her, but she felt her presence. Susan said she could not hear her, but she, too, felt a presence.

I've been hearing her off and on ever since. Mostly she tells me when she returns that she is off dancing with energy—just coming when I call—which I'm only doing to check in on sibs and family from afar and to ask her about unfinished business. She has already told me she won't stick around here forever. As soon as she realized she was dead, some of the emotion started to fade and all of the stuff didn't seem all that important.

She said as soon as we left her body at the hospital and released that, she felt even less attachment to the Earth. She told me she will stay around for Kathleen because Kathleen will need her. She said she and Jay are waiting for Susan. I asked if she is waiting for me, and she said, "No. You don't need me to. You will be fine as you always have been. I'm really proud of that."

Isn't that cool? I think so.

Finding The Truth Within... Free Happenings

Deep within each of us is the message, "I am the way, the truth and the light." The inner teacher becomes

available to us as we drop the misconceptions, distortions and programming, which keep us from knowing the enlightened SELF. In satsang we have a chance to surrender concepts we thought we could not live without in order to have a more peaceful life.

While the experience of enlightenment happens on a cellular level in God's time, we can do much to discover our true loving nature. Everyone is invited to these free satsangs, or truth findings, at the Network of Light with Lakshmi Barbara Carpenter. Call 202-363-9343 to be put on email list. Dates to be announced.

Mind-Body-Spirit Pioneer, Dr. Joan Borysenko – September 14 in Bethesda

Join us for an afternoon of community and spirit as renowned scientist, Hay House author and spiritual teacher, Dr. Joan Borysenko engages us with "Embodied Spirituality: Ancient Wisdom Meets Modern Science." Get empowered by interpersonal neurobiology, and learn how we create our minds through our bodies and our relationships. Develop strategies to deepen your consciousness, health and bliss!

Joan's presentation is part of "Science & Spirituality: Awakening the Mind Body Connection," a memorial tribute to scientific visionary, Dr. Candace B. Pert, whose groundbreaking research mapping the systemic distribution of informational molecules of emotion paved the way for a radical new paradigm of viewing the human

cont. at the bottom of the next page

<p style="text-align: center;">Sandy Young</p> <p style="text-align: center;">Teacher, Author, Angelic Channel, Minister, Spiritual Healer</p> <ul style="list-style-type: none"> ✓ Professional Psychic, Since 1994 Over 10,000 Readings ✓ Clairaudial & Clairvoyant ✓ Cambridge Who's Who ✓ Host of Angel Talk Radio/TV Broadcast 5 states 2003/04 ✓ Sound Health Teacher ✓ Seichim Master Since 1990 ✓ Reiki Master, Karuna Reiki Master-Teacher ✓ ABI Medical Science Award 	<p style="font-size: 1.2em;">Telespectral • Angel Talk TV</p> <p style="font-weight: bold; font-size: 1.1em;">New Client Special</p> <p>Receive a one hour personal Angelic Reading for only \$55 (reg price \$110)</p> <p>Over 10,000 professional readings since 1994, call now to book an appointment</p> <p style="font-weight: bold; font-size: 1.1em;">1-800-860-6605</p>	<p style="text-align: center;">Jim Young</p> <p style="text-align: center;">Teacher, Author, Minister, Psychic Intuitive, Archeo-Mythologist</p> <ul style="list-style-type: none"> ✓ Speaker 2012 Conference ✓ Host Angel Talk Radio 2003 2004 Broadcast in 5 states. ✓ Host of Angel Talk TV ✓ Spons. Clean Water Project West Africa in 2000 - 2001. ✓ Seichim Master, Reiki Master Karuna Reiki Master ✓ Author of Time Spans Mag. ✓ Child Evangelist at Age 12 ✓ Author of "Evidence of Things Not Seen"
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<p>Sandy Young is a professional & International Angelic Channel & Remote Viewer. Since 1994 over 10,000 readings. She has been featured in print media, National & Local TV & Radio. She co-hosted Angel Talk Radio broadcast live in 2003/04 from DC. in over 5 states and co-host of Angel Talk TV since 2005. Accurately predicting in copyrighted shows as early as 2003 to within a month of occurrence, the stock market crash, the 2007 mortgage defaults, bailout of Fannie & Freddie & the skyrocketing price of gold. Private Readings are available via phone M-F 10am to 9pm. 1-800-860-6605 Special Psychic Reading New Clients- \$55 for 60 minutes (reg \$110)</p>	<p>Contact Information 1-304-567-3354 1-800-860-6605 <u>Website:</u> www.angeltalktv.com Email addresses Angeltalktv@aol.com Sandysangeltalk@aol.com</p>
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ORIENTAL MEDICINE

Understanding Your Acupuncturist: Organ Functions

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or aspect to a certain level of balance within the body.

Another concept that must be understood is the notion of *Qi*. Some literal English translations of *Qi* are "air" or "breath"; but *Qi* is actually an individual's vitality and life force. Therefore, *Qi* could also be equated to *prana*, *mana*, and *pneuma*. Now that we have an understanding of *Qi*, Zang, Fu, govern, control, and regulate, we will have a closer look at each of the organs.

Lungs

Functions:

- Govern *Qi* and respiration
- Control diffusing and descending of *Qi*, meridians, blood vessels, skin, hair, and nasal mucus
- Regulate all physiological activities and water passages

There are a variety of symptoms that may arise when the Lung is malfunctioning. These include obvious symptoms like shortness of breath, weak voice, phlegm, or pale complexion. In addition to these obvious symptoms, other symptoms include skin problems, colds, or frequent illness. Malfunctioning of the Lungs can happen because of diet, life habits, some external pathogen, or emotional stress due to excessive sadness, grief, or worry.

Large Intestine

Functions:

- Controls passage and conduction
- Transforms stools
- Reabsorbs fluids

Symptoms of malfunction in the Large Intestine include any kind of bowel problem, diarrhea, or constipation. The Large Intestine can malfunction due to diet or emotional stress, especially excess anger, worry, or sadness. In addition, an external pathogen can affect the functioning of the Large Intestine.

Spleen

Functions:

- Governs transformation and transportation of food and fluids

- Controls the ascending/raising of *Qi*, blood, muscles, the four limbs, and saliva

When the Spleen malfunctions, symptoms include tiredness, digestive disorders, and abdominal distension. Patients may also have a tendency toward depression or obesity. Diet and emotional stress are two major causes of dysfunction for the Spleen. Worry and pensiveness (thinking too much) can negatively impact its functioning. The Spleen can also be attacked by an external pathogen.

Stomach

Functions:

- Controls receiving, rotting and ripening of food, descending of *Qi*, and transporting the essence of food
- Origin of fluids

Like the Spleen, digestive complaints and tiredness are two clues the Stomach may be malfunctioning. Another common symptom of malfunction is weakness in the limbs. The Stomach's function can be impacted by emotional stress and external pathogens. However, the biggest cause of malfunction of the Stomach is diet. Diet in this context includes more than just the nature of food eaten. It also includes mealtime regularity and the conditions in which one eats.

Heart

Functions:

- Governs blood
- Controls blood vessels and sweat
- Houses the mind (unlike western medicine, which houses the mind in the brain)

When the Heart malfunctions, people can experience a variety of symptoms. These include insomnia, palpitations, mental/emotional instability, depression, and anxiety. The Heart is extremely susceptible to emotional stress. Therefore, an overabundance or inability to process joy, sadness, grief, anger, or worry could negatively impact Heart function. Other causes of Heart malfunction include diet, external pathogens, and overwork.

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Network of Light News, cont. from previous page

being as a singular entity she called the "bodymind." From her work, and that of a small group of other scientists and clinicians, the field of mind-body medicine was born.

The program will include a chanting/meditation circle, holistic mini-expo and light refreshments. Tickets \$49 advance, \$59 door. Proceeds help support the non-profit Sanctuary Retreat Center—a charmingly rural venue for retreats and celebrations in upper Montgomery County. For more information visit <http://sanctuaryretreatcenter.com>, or contact Dr. Gilah Rosner, gilah@am-kolel.org.

Mindful Leadership Summit

The groundbreaking Mindful Leadership Summit is being held November 14-16 at Artisphere in Rosslyn, VA. The conference features an extraordinary

group of more than 25 presenters, including many who are at the forefront of the mindful leadership movement. Speakers include Congressman Tim Ryan, Daniel Goleman, Sharon Salzberg and Tara Brach.

The Summit brings together leaders and aspiring leaders from a wide variety of backgrounds to explore this emerging path of leadership excellence. This is a unique opportunity to connect with people who share the desire for a more meaningful and effective kind of leadership. Attendees will share success stories and challenges, and learn about practical tools and best practices for becoming more mindful leaders.

Learn more about the Summit and sign up for updates at MindfulLeader.org. Register by October 3 to receive an Early Bird ticket.

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ORIENTAL MEDICINE

Understanding Your Acupuncturist: Organ Functions

...continued from page 63

Small Intestine

Functions:

- Controls receiving and transforming of food by sorting the usable from the unusable
- Separates fluids

Bowel problems and gurgling in the abdomen are two signs the Small Intestine may not be functioning properly. Other symptoms that could point to issues with the Small Intestine are problems with mental clarity and discrimination. Like the Stomach and Spleen, diet plays an important role in the proper functioning of the Small Intestine. This organ is also affected by the emotional stress of sadness, worry, and anger.

Kidneys

Functions:

- Govern birth, growth, reproduction, and development
- Control reception of Qi, bones, spitte, the urethra, and the anus
- Produce marrow and nourishes the brain (unlike western medicine)

A key indication the Kidney may be malfunctioning is back pain—especially low back pain. Other symptoms of dysfunction include exhaustion, sexual issues, long-term problems, and a tendency toward depression. A person with a genetic condition may have a hereditary weakness of the Kidney. Other causes that can impact the Kidneys are chronic illness, overwork, emotional strain, excessive sexual activity, and old age.

Bladder

Functions:

- Removes water from the body

The biggest indicator there may be a malfunction with the Bladder is urinary problems—discomfort, pain, difficulty, frequency, control, and turbidity. A constant string of urinary tract infections or one that won't heal also indicates the Bladder may not be functioning properly. The Bladder is especially susceptible to external pathogens since it opens out to the environment. Emotional stress such as fear, jealousy, and suspicion may impact Bladder function as well as excess sexual activity and physical exercise.

Pericardium

Functions:

- Closely related to the Heart
- Protects the Heart
- Governs blood
- Shares the housing of the mind with the Heart (unlike western medicine, which houses the mind in the brain)

The chest symptoms associated with the Pericardium are stuffiness, distention, pressure in the chest, tightness, and pain. Dysfunction of the Pericardium is also noticeable in mental and emotional problems, especially those related to relationships with others. In some cases, menstrual problems in woman can be a sign of issues with the

Pericardium. Emotional stress has a big impact on the Pericardium's ability to function properly. An excess or inability to process sadness, worry, grief, anger, frustration, or resentment may reduce Pericardium function. This organ can also be impacted by external pathogens and diet.

San Jiao

Functions:

- Controls the transportation and penetration of Qi throughout the body
- Controls the excretion of fluids and the water passages

When the San Jiao malfunctions, symptoms of body regulation begin to appear. These include problems with body temperature regulation, water distribution throughout the body, and hormonal imbalances. The causes of malfunction could be physical trauma, an imbalance in one or more of the other organs, or an external pathogen.

Liver

Functions:

- Ensures the smooth flow of Qi
- Stores blood
- Control the sinews and tears

The Liver is an organ that is most sensitive to changes in the body. Symptoms of Liver pathology include pain, moodiness, irritability, distension in the upper abdomen, gynecological problems, rapid changes in the skin or eyes, severe fluctuations in energy level, or emotional instability. Like many other organs, the functions of the Liver can be affected by emotional stress—especially anger, worry, and sadness. Diet, blood loss, and external pathogens may also cause an imbalance in the Liver.

Gall Bladder

Functions:

- Controls sinews and decisiveness
- Stores and excretes bile

Symptoms of imbalances in the Gall Bladder are digestive problems and pain in the upper abdomen. In addition, a person with a Gall Bladder malfunctioning may struggle to make decisions. Diet and emotional stress are the biggest causes of an imbalance in the Gall Bladder, but this organ is also susceptible to external pathogens.

In Chinese medicine, we seek to create a balance within the body including channel (meridian) and organ systems. When these systems are in balance, the body is able to nourish itself more fully and begin the healing process. The important fact to remember here is that although western medicine and Chinese medicine may have different theoretic approaches, they are both useful in supporting patients in different and distinct ways.

Adam Miramon, L.Ac., Dipl.Ac., is a licensed acupuncturist in the State of Maryland and the District of Columbia. He holds his Diplomate of Acupuncture through the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). Adam is founder and owner of Ixchel Wellness (www.ixchelwellness.com), an acupuncture practice based in Washington, DC.

ENERGETIC LITERACY

Stop Giving Yourself A Hard Time

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Integrity Question #2: Malice as Motivation—How often have I said or done things to hurt people, purposely, just for fun?

Does that sound like a weird question? I hope so. Helping my clients, I read lots of auras, all the way down to those integrity-type chakra databanks I was telling you about. Did you know that a small percentage of human beings actually enjoy hurting people on purpose? Making them squirm? Squashing their self-esteem as though playing Whack-a-Mole? But you, Caring Reader? Probably you can count on one hand the number of times you hurt someone and, at the time, knew you were doing so—intentionally causing pain as a motivator.

Maybe this has only happened once or twice. Afterwards you felt so badly, you resolved never to go there again. That's kind of beautiful actually. You just might be saint material.

Maybe you were stuck in a horrible relationship or job and, after taking way too much abuse, you lashed out in self-defense. Well, that wouldn't count as hurting people on purpose, would it? Even murder trials include the possibility of self-defense! Giving back some of the hurt you received is seldom one's greatest interpersonal achievement, yet it's hardly ethically rotten.

Maybe you were drunk or under the influence of drugs. When your inhibitions went down, something ugly came up. That's one reason for getting wasted. Not your proudest moment, though, right? Hey, at least you had inhibitions in the first place.

Bottom line: A good person doesn't run on hatred. A good person doesn't purposely hurt others, cut them down, trick them, or laugh at their pain. So give yourself due credit, Caring Reader. To err is human. To err with malice—now that's creepy.

False Alarms

In order to answer Integrity Question #2 fairly, sometimes a little coaching is required. Possibly, Caring Reader, you have fallen into the habit of taking blame when you really did a perfectly fine XYZ apology. Really you did nothing offensive, nothing ethically questionable, not even the least bit iffy; and yet your friend Gladys became terribly, terribly offended. Then she scolded you, demanding that you apologize.

That last case might be when to issue the fake-style apology like, "I'm sorry you were offended when I did XYZ." Except you can do better than that, Caring Reader. Most situations in life allow wiggle room for an alternative to doing fake-anything. For instance, you might go over the facts of what happened, in objective reality. Regarding that big-deal incident with Gladys, who said what? Who did what? Discuss with her what happened, in reality. That might help you both. Sure, let the related feelings be

discussed afterwards, if you and Gladys are really close. But first establish what happened in reality, otherwise Gladys could easily go on a rant that lasts for days.

Life's too short. It is too short for you to listen passively to all of another person's confusions and grudges, or other messy problems being projected onto you. By discussing what actually happened, you might learn something from that experience here at Earth School. Gladys might learn something. Your relationship might be strengthened...or be downsized for the immediate future. Meanwhile, that social skill of speaking up for yourself is a great alternative to lying awake at night, feeling guilty.

Guilt: An Automatic Redirect

Imagine what it would be like, Caring Reader, if your day job involved two different applications of energetic literacy: Facilitating aura *healing*—helping your clients to grow emotionally and spiritually; and doing variations on aura *reading*—describing what's happening subconsciously within your client's energy field, or, sometimes, reading auras of significant others with whom your client had conflicts. What a combo! No wonder I have spent thousands of hours in a kind of "How to Help a Good Person" seminar here at Earth School. Funny thing. Nearly every first-time client of mine is a good self-actualizing person.

I have helped many a caring, good person to move forward with personal development. Along the way, I have found it's common for such folks to have an emotional blind spot or two. Really, Caring Reader, might you have one of those? Don't you think your emotional intelligence is close to perfect by now?

Emotional intelligence allows you to tell when you're happy. Or sad. Or scared. Or angry. Probably yours does work great; except how good are you at identifying when you feel *guilty*? Many of us can't recognize that particular emotion, which causes a kind of internal redirect, such as might happen when you type one URL into your browser, then a redirect happens, and you wind up at a totally different online destination.

With a guilt-related emotional redirect, here's what might occasionally happen: Somebody near you says or does something. You feel guilty. Yet you don't recognize you feel guilty. Instead...Redirect alert...You start questioning your goodness, or your integrity, or whether you are truly fulfilling the purpose of your life, and so forth. Please, please, cut that out. Guilt may be life's trickiest emotion. Caring Reader, learn how to recognize when you feel guilty. Here's what can help.

It can help to practice noticing the emotion of guilt in *random others*. Go watch a performance of *Hamlet* or *Macbeth* or *Othello*. Even back in Shakespeare's day, folks suffered from guilt

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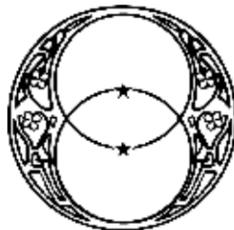
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ENERGETIC LITERACY

Stop Giving Yourself A Hard Time continued from page 65

and loved to watch others' anguished inner bickering.

Or here's a more post-post-modern way to educate yourself. Park yourself in a Starbucks for a few hours. Snoop around, discretely. Watch couples interact. Sooner or later, you will see one of them get a "caught stealing out of the cookie jar" expression. Guilty feelings!

The next phase of achievement comes when you can easily catch guilt flickering by someone else's face. When watching TV or movies or streaming anything, let yourself notice when guilt appears. Then for the next phase of this useful education in emotional IQ, allow yourself to notice the occasional appearance of guilt in others at work, with friends, with family members.

No, guilt is not life's most common emotion, but it is a tricky one. What counts is telling when it does happen. After you learn to spot guilt in others, you can begin to notice *your own versions* of that squirmy, wormy feeling. Guilt is not embarrassment, necessarily, because embarrassment is social. Guilt is inner-focused, between you and your conscience. Maybe your love of God gets mixed in with the process, too. Like I said. Tricky.

Your Workaround to Banish Guilt

Once you have learned to recognize guilt, you're ready for this workaround to banish guilt. At any moment, day or night (especially at three in the morning, semi-awake in bed), suppose you feel a bit of guilt—delicious, perfectly human guilt! It's an emotion you have come to name correctly and not call it something else. Recognition isn't enough. Guilty feelings demand treatment. Otherwise guilt will soon cause an emotional redirect.

So here's what to do, as soon as you recognize guilt surging through you:

1. Ask yourself, "What just happened?" Did you just say something or do something? Were you, rather, replaying something from the past? Could you have been giving yourself a hard time, banging a wall against your head (as it were) with your noble ideals?

2. Ask yourself The Two Questions.

3. Make amends, if anything is really required. Probably all that's required is a big, fat nothing.

And otherwise know you are such a good person. Really, you are.

Rose Rosetree is a pioneer at aura healing, empath coaching, and energetic literacy, with 350,000+ copies of her books in print; 1,000+ media interviews, including "The View," USA Today, The Washington Post, and The L.A. Times. See www.rose-rosetree.com/blog, and her ad on page 113.

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THE HERB CORNER

Herbs & Ayurveda for Healthy Respiration

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nervous system. Calmness of breath leads to calmness of mind and spirit, and is specific to conscious digestion of food and events. Yarrow's flowers and leaves can be purchased in tea form, tincture and capsules.

Nettles (*Urtica dioica*) is the primary herb for inflamed sinuses I would recommend from 35 years of medical herbalism. According to Susun Weed, "Old wives stories circulate of people who cured themselves of severe lung diseases with daily use of Nettle. Try a half cup serving of Nettle greens several times a week for up to three months repeated for several years or drink up to two cups of Nettle infusion daily for the same amount of time."

Sister Nettle is the first herb I recommend for building the strength of upward moving air (Udhana Vayu). Upward moving air allows us to speak, sing, shout, and stated simply, to express fully our thoughts, emotions and spirit. How important is that? Nettles, Dandelion and Lemon Balm are the first herbs greening in the spring around here; and Nettles is the strongest for building the breath and protecting our respiration. Dandelion helps heal the liver and makes water flow. Lemon Balm soothes the digestive system from start to finish; but

sister Nettles is the choice of the first herbs up in the spring for keeping the sinuses free.

Each year in the spring no matter how much we order we always seem to run out of Nettles. However, what

Nettles (*Urtica dioica*) is the primary herb for inflamed sinuses I would recommend from 35 years of medical herbalism.



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Friends are overlooking is the value of Nettles in the winter to keep the sinuses free. Nettle leaves can be purchased by the ounce dried in cut and sifted form, 500mg capsules or in liquid tincture form in one ounce bottles. Nettle tea made from the dried leaves can be enjoyed as a full-bodied herbal beverage, or used in a neti pot to tone the mucus membranes in the nose and throat. Nettle capsules are an easy way to get more physical volume of the

leaves Nettles in your bloodstream. Nettle tincture is the European herbal traditions way of preserving herbs and is very convenient to measure and to use on a daily basis.

Nettles also remain green late into the season, but one must remember that she has another name, which is Stinging Nettle. So handle this sister carefully, especially when fresh. This

sister can be one of your best herbal Friends, and she loves to help you clear your upward moving air so you can be yourself and speak your Truth fully without blockage. She will attend tenderly to your noble nose. "Nettles is one tough lady who grows behind fences. Yet healer sublime when you can get beyond her defenses."

Blended Compounds For Better Breathing

Composition Powder, also known as Myrica Compound, was first made famous by the famous Seventh Day Adventist herbalist Jethro Kloss in his book *Back to Eden*. Later it also became one of the favorites of the famous Mormon herbalist Dr. John Christopher. Composition Powder is a combination of Bayberry (*Myrica cerifera*), White Pine (*Pinus strobus*), Cloves (*Syzygium aromaticum*), Ginger (*Zingiber officinalis*) and Cayenne (*Capsicum annum*). It is the first blended herbal to turn to in order to break up congestion. Composition Powder is great for both the upper and lower respiratory system for complaints of all kinds, and we have found it to be one of the best first line defenses for mucous producing colds and flus. It is hot, bitter, and astringent, which does not make it taste like candy; but folks, it really works. The recommended dosage of this incredible powder is 2-3 cups of the tea daily (1 teaspoon to a cup of water steeped 15 minutes), or 2-3 capsules every four hours for a stronger dose when one suffers from a cold or congestion.

Claudia Joy Wingo, a Smile herbalist, creates an Anti-Allergy Tea consisting of Stinging Nettles, Elderflowers (*Sambucus nigra*), Elderberries, Ground Ivy (*Glechoma hederacea*), Eyebright

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THE HERB CORNER

Herbs & Ayurveda for Healthy Respiration

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(*Euphrasia officinalis*), and Golden Rod (*Solidago officinalis*). Blended by one of the coolest herbalist's around, Claudia's anti-allergy fusion astringes mucous membranes in the nose and sinuses, drying secretions and preventing allergens from permeating tissues. It also contains herbs to boost the immune response and prevent infection. Start drinking it early in the allergy season to prevent any sinus problems before they start! Make up as a decoction using 1 heaping teaspoon of tea blend to 1 1/2 cups water. Simmer, covered, 5-15 minutes, strain and drink 2-4 cups daily during allergy season.

My Tommy's Pectoral Tea is a blend of Elder, Mullein (*Verbascum Thapsus*), Lungwort (*Pulmonaria officinalis*), and Cloves. Tommy's Pectoral is a tried and true remedy to soothe irritated lung tissue and facilitate expectoration. One of its other benefits is that it tastes good enough that most folks will find it acceptable on a long-term basis. Taken three to five cups daily, Tommy's Pectoral can help in coughs and other problems in both the upper and lower respiratory tract.

Breath connects us to our energy and emotions, and inspiration means both the first primary breath (Prana Vayu) and spirit within. Learning how to breathe from a Yoga instructor, and how to use these blends and two great herbs, Yarrow and Nettles, will not fail to keep your respiratory system in good shape and to keep you inspired. The nose is our connection to the air outside us that becomes part of the spirit within us. So I say unto you the nose is too important to allow to fail.

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom teaches classes at Smile Herb Shop throughout the year (except for the months of May, August and December; in May he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with herbs. Visit Smile's website, www.smile-herb.biz, for a list and description of classes, and each individual herb mentioned in this article is linked to a much more detailed description. See the ad for Smile Herb Shop on page 48.

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

Manifested Harmony, LLC, #66

Manifested Harmony in Alexandria is the place where energy laws & healing come together in coaching, classes and healing sessions. Stop by to experience a mini energy session in Reiki, Integrated Energy Therapy, crystal healing or pure therapeutic essential oils. www.manifestedharmony.com

The Mindfulness Center, #60

The Mindfulness Center in Bethesda, Maryland is a Mind-Body wellness center offering individual services, classes and workshops including Meditation, Tai Chi, Acupuncture, Nia dance and much more, promoting mindfulness, stress reduction and optimal well-being for adults and children. www.TheMindfulnessCenter.org

Mind Spirit Soul, #75

Integrative Handwriting Analysis (IHA). Gain insight to improve relationships, balance life's stresses and heighten your awareness. Linda Connolly MA, CHt, MNLP, RMT, Intuitive Graphologist, certified Hypnotherapist and Reiki Master will provide incredible mind-opening insights through analyzing your unique handwriting! www.mindsoulsoul.com

Monroe Products – The Art of Healing, #94

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

New Earth Products, #36

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

NewGrowth Healing & Hypnosis, #63

Matthew, multi-faceted Healer and Teacher, enables personal empowerment and healing using comprehensive Energy Healing, Hypnosis, Coaching, and Teaching. Going deeper, Healing addresses the thoughts, emotions, and limiting beliefs that manifest symptoms. Healing/Hypnosis remove blocks to natural growth. www.NewGrowthHealing.com

NOVA Center For Alternative Medicine, #65

Stop treating your illness and begin balancing your body with individualized Homeopathic preparations through Field Control Therapy and Bio Resonance Testing. This incredible system utilizes hundreds of test response compounds to determine your body's unique needs at a cellular level to create personalized remedies which have shown clinical results as soon as the first application. Schedule your exam today and begin the journey back to health. http://NOVAaltMed.com

Nutrition Master Foods, #19

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

NYR Organic, #39

Neal's Yard Remedies (NYR Organic) is London's premiere CERTIFIED organic skin and wellness company. NYR Organic believes nature provides everything we need to enjoy greater health, beauty and wellbeing. Organic products for the entire family-Stop by our booth or check us out online! us.nyrorganic.com/shop/randicohen-coblenz, us.nyrorganic.com/shop/deidrewinnick/area/shop-online/

OM Ayurvedic Skin Rejuvenation, #2

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

Palmercare Chiropractic, #62

Visit our booth for a surface EMG scan. These scans show how well the body is functioning overall. Dr. Corey Malnikof will be on site to answer any and all questions. www.palmercare.com

Don Pelles, Hypnosis Silver Spring, #50

Donald Pelles, Hypnotherapist provides hypnosis for weight reduction, stop smoking, stress reduction, pho-

bias, pain, pre-surgery and allergies. www.hypnosisilver.spring.com

Psychic/Spiritual Reading with Alice Jones, #27

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

Psy-Twins, #97

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

Raw Certified Organics for Everyone!, #44

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

Reconnective Healing Co-op, #69

Explore these new frequencies of light and information. Stop by for a demonstration or sign up for your personal session. See http://Coop333.com for details. The music of your life is in your instinct. Stop by and enter your name in our free seminar give away. www.reconnectivecoop.com

Reflexology and Beyond, #5

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

Relay Foods - Sustainable and Everyday Groceries, #93

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

Remnants of Magic, #32

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

Rifkin Chiropractic & Wellness Center, #70

We are comprised of concerned health care providers who offer natural therapies for relieving pain and achieving optimum health. We offer a multi-disciplinary approach tailored to your

needs. Our office provides chiropractic, acupressure, massage therapy and nutritional/herbal counseling. Most insurance accepted. www.heal-naturally.com

Roselle Center for Healing, #76

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

Sacred Circle, #83

Sacred Circle is your premier source for all things spiritual and metaphysical in the DC area. Full selection of books, CDs, metaphysical supplies, and gifts honoring all spiritual paths. Intuitives, classes, and events in our beautiful Old Town Alexandria location. www.sacredcirclebooks.com

Science of Spirituality, #31

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

Self-Empowerment Education Center – Kay Walkinshaw, #101

Offering a wide variety of healing services with a well-trained, seasoned staff. Including Life Coaching, Guided Relaxation, Stress Management, Massage, Hypnosis for Birthing, Regression Therapy, Needleless Acupuncture, Body Compensation Analysis and more. Affording the most comprehensive training for Certification in Hypnosis in the U.S. www.seec-icmct.com

Self-Realization Fellowship, #41

Founded in 1920 by Paramahansa Yogananda, Self Realization Fellowship publishes the complete line of Yogananda's books and recorded talks, including his *Autobiography of a Yogi*. www.yogananda-SRF.org

Shamanic Healing Institute, #96

The Shamanic Healing Institute provides healing and education services through spiritual healing ceremonies, retreats, practitioner training programs and products. Visit Paul M. Sivert, LCPC, shamanic practitioner, to learn more and start your personal journey in Shamanism. Sign up for a Divination Ceremony and Healing. www.shamanic-healing.org

Smile Herb Shop, #71

Smile is the local hub for professional medical herbalism. In addition to teas, vitamins and supplements, Smile features 8 professional herbalists to help customers pick the right herbs for their needs. Come by and meet a few of them today! www.smileherb.biz

Meet Holistic Health Practitioners From Many Different Modalities Enjoy Psychic Readings, Tarot Readings, Palm Readings & Shamans

Sole Healing, #85

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site Corporate Wellness programs • Business and Private Events • Girls night out parties, solehealing@comcast.net

Sources for a New Era, #51

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

Spiritual Tarot with Geraldine Amaral and Friends, #3

Put the power back in your own hands! Tarot is *no longer* only for "fortune-telling!" It is a *sacred text* encoded in symbols that show us our *life lessons* as we progress on our spiritual path. Please stop by our booth for a Spiritual Tarot Reading. Let the cards help you unlock the power of your unconscious mind. www.thespiritualtarot.com

Starchaser – Aromatics and Energy Work, #48

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

Takoma Park Chapel, #4

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

Tarot Card Reader, #5

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

Tarot Readings by Tim Boyd, #45

Tarot Readings by Tim Boyd, internationally renowned Certified Tarot reader providing 20 minute Tarot consultations. See Bio at www.Timstarot.com.

To the Point Tarot, #45

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

Tavicare - Delara Tavakoli, MD, #90

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

Two Dragons, #67

Two Dragons International is focused on helping women and men to have better relationships with their life, careers and themselves. Featuring discounted show special psychic readings with nationally acclaimed Intuitive Counselor and Certified Hypnotherapist Cynthia Chauvin as well as informative books, hypnosis CD audio products and free-giveaways, all set in a festival atmosphere. The Two Dragons booth will be a booth to visit, learn and enjoy. www.twodragons.com

Urantia Book Interfaith Committee, #13

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

Valley of Gems, #6 & 7

We sell: gems, crystals, pyramids and spheres of quartz crystal and amethyst. Large pieces of polished moonstone, labradorite and lapis. Our own handmade jewelry made with unusual, beautiful, natural stones, such as peronite, druzy, dendrite opal, labradorite, moonstone, and rare Tibetan turquoise. And much more....

Vista View Publishing, #21

Our books of poetry provide inspiration, insight and healing through reflection and introspection. Our book's themes; Peace, Relaxation, Harmony: Innerwork. www.vistaviewpublishing.com

Victory Healing, #86

Gifted Healers proving sessions for clearing and attunements on soul, emotional, mental and physical levels. Address trauma, relationships, manifesting love and prosperity. Raffle available. www.victory-healing.com

VIVA iMED Center, #87

Integrative Medicine- gynecologist and internal medicine physicians with Johns Hopkins training that treat most medical conditions in dynamic partnership with you. Discount coupons, packages and raffle available at booth. www.vivaimed.com

Washington DC Teaching Center, #17

Teachings of the Ascended Masters as taught by the Messengers Mark and Elizabeth Clare Prophet: An array of books, pictures, CDs and DVDs of

ascended master teachings on spirituality, personal growth & healing; published by The Summit Lighthouse © www.washdctc.org

Jamila White, Psychic & The GutCheck Diet, #42

Sold out at Spring Expo! Jamila is a psychic medium, clairvoyant, life coach and Reiki Master/Teacher who helps people get unstuck: money, love, career, past lives, soul purpose, Akashic records & more. Her readings are empowering, engaging, uplifting, and fun! In-Person, Phone & Skype. InspiredJamila.com. Towanda Bryant and The GutCheck Diet: a holistic approach to gastrointestinal health as the key to weight loss.

Wisdom of the Tarot, #51

Join Elise for a powerful look at the influences surrounding you. Tarot reveals deep insights and guides you to reach your full potential.

www.wisdomofthetarot.com

Young Living Essential Oils, #21

Scan your body with The Zyto Compass and find what health concerns there might be. Learn what essential oils will help with the problem. Other natural products made with therapeutic essential oils will also be available. Hourly drawings for free prizes. www.yourscentsandmore.com/

Zoetic Workshops, #23 & 24

Zoetic Workshops is transforming human consciousness from the Spirit within. In our workshops you are trained in meditation & other life-altering techniques. You gain mastery with Permission Conversations, perceiving others through their chakras, accurate distance readings, and advancing your natural healing abilities. www.zoeticworkshops.com

Additional Information:

- If you arrive early (between 10am & 11am) you will find the closest parking; the least crowded exhibit halls; and the best selection of goods and services.
- Please have your discount coupon filled out (just your name and email address—we don't share it with anyone) before you get in the admission lines. The cash payment entrance lines move much faster than the credit card lines (It's only \$10).
- Pack a snack and bring your water bottle. There are restaurants and a coffee bar at the Marriott.
- Download the Expo flyer for your iPad and smart phone, and get updates, coupons, directions and contact info:

www.NaturalLivingExpo.com

Choose From 56 Dynamic, Creative,

All workshops are included in the price of admission. There is no preregistration. Simply show up and enjoy! The workshop rooms are: *Tickets, Arlington, Salon 1, Salon 2, Salon 3, Falls Church, and Vienna*. The number at the end of the description is the booth number associated with the speaker. For contact information see www.NaturalLivingExpo.com.

11:00 AM

Energetic Literacy – Readings, Readings, Readings

Rose Rosetree
Tickets

What is energetic literacy? Reading auras in person and from regular photos, all the way to the level of chakra databanks! If you can read this page, you can learn. Rose Rosetree's lecture-demonstration will include aura reading, face reading, and Skilled Empath Merge. So bring your curiosity and questions, the gifts of your soul, your amazingly perfect face! #98

Past-Life Regression Workshop

Melody Krafft
Arlington

Come without expectations and experience a past-life regression. Glimpse your eternal self; release what no longer serves you. Be open to change and new doors of opportunity will open for you. Afterwards, question and answer time will be available. #14

Intuitive Remote Viewing

Mary Phelan
Salon 1

Mary Phelan's Intuitive Remote Viewing is an easy-to-learn adaptation of Technical and Controlled Remote Viewing. Mary will show you how to develop this ability utilizing your intuitive senses and you will amaze yourself! #33

The Art of Gentle Emotional Transformation

Gary Niki
Salon 2

Learn to use simple and effective techniques that can assist you in identifying and freeing yourself from habits that have chained you to your past. Use vocal and energetic therapies to promote the highest good for your hearts and minds. #38

Messages from the Other Side

Jali Wright & Monet Lamartina
Salon 3

Jali Wright, renowned psychic-medium, and Monet Lamartina, authors of the upcoming audio book, *The 3rd Conversation*, will share exciting EVP recordings—indisputable evidence of real communication with those "on the other side." Session attendees will hear for themselves the sometimes eerie, but mostly healing outcomes. #26

Integrative Handwriting Analysis

Linda Connolly, MA, CH, MNLP, RMT
Falls Church

Does your handwriting reflect challenges from past lives? Learning basic principles of graphology will increase your self-awareness. Learn how to use handwriting awareness to your benefit—relationships, the workplace and life in general! Volunteers will be invited to participate. #75

Innovations in Holistic Dentistry

Terry Victor, DDS
Vienna

Learn the newest innovations for Dental Implants, how to have a clean and healthy mouth, and how your oral health can affect your overall health. #92

12:00 PM

Tools for Self-Healing

Sherry Dmytrewycz
Tickets

Everyone has the ability to do self-healing. If you want to know about some tips and tools for self-healing, attend this workshop. #59

Multidimensional Healing Workshop

Grace Miazza, MEd, BSEE, BS Physics
Arlington

Grace will discuss and demonstrate spiritual energy healing. Attendees will become active participants in deepening their grounding and exploring their own potential. Volunteers may be selected from the audience to demonstrate the concepts discussed. #1

Anti-Aging & Longevity

Dr. Robert Rifkin
Salon 1

Degenerative disease is reaching epidemic proportions in America. It is now predicted that one in three persons will get cancer. The purpose of this workshop is to teach individuals how to prevent degenerative disease, increase life expectancy, and maintain optimal health. A slide show and handouts are used. #70

The Spiritual Martial Art

Dorothy Kadosh
Salon 2

Do something about negativity once and for all. Learn to raise your personal vibration and the vibration of your environment using simple tech-

niques practiced for centuries. Reach a comfort level in your home, office and personal life never before achieved with continued education in psychic self-defense. #58

Consciously Organizing

Diana Collins
Salon 3

Organizer and reader, Diana Collins offers tips on transforming your home & office into a sanctuary with tips on de-cluttering. #50

Prosperity, Peace and Health Through Vastu

Padmaja Mummaneni, PhD
Falls Church

Vastushastra is a Vedic science of construction and architecture—the ancestor of Feng Shui. Receive in-depth information about Vastu, and practical suggestions for maximum wellbeing from placing certain objects for peace, prosperity, congenial relationships and happiness. Swamiji will discuss the benefits of "Vibrational Meditation," too. #52

Detoxify Correctly to Achieve Optimal Health

Zach Platt, CNP
Vienna

Most people today have heard the term "detoxification." There are detoxes for energy. Detoxes for the gut. It seems like there are detoxes for everything nowadays. But how do these detoxes work, and do they actually do what they say they do? In this talk, Zach Platt, CNP, will address these questions and much more. #88 & 89

1:00 PM

Beyond The Veil

Angel Talk Radio/TV's Jim and Sandy Young
Tickets

Come see what everyone has filled the room year after year to experience! Where the audience may ask questions of the Angelics on subjects like Career, Passed Over Loved Ones, Life Obstacles, Relationships, and more. Celebrating our 20th year with *Pathways* & over 10,000 professional psychic readings since 1994. #99

Meditation With Angels and Auras

Mara Berman
Arlington

Meet your angels and spiritual guides in this experiential meditation. Learn aura cleansing and spiritual blessings. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Mara has been a psychic for over 15 years. #73

An Introduction to Spiritual Tarot

Geraldine Amaral & Friends
Salon 1

Please join author/*Pathways* columnist Geraldine Amaral to explore the Tarot

cards for spiritual self-knowledge. If you want your "fortune" told, this class is probably not for you. Learn how to put the power back into your own hands! Learn how to use the cards to illuminate your spiritual path and soul progression. **Each participant will receive a spiritual message card to keep! ** #3

Dreams: Your Doorway to Inner Truth

Members of ECKANKAR
Salon 2

Dreams can help you solve problems and enhance your spiritual growth. In this interactive presentation you'll discover practical techniques for exploring this vast source of inner guidance. All participants receive a complimentary copy of the *Spiritual Wisdom on Dreams* guidebook. #80

Modern Meditation in the Workplace

Tom Valone, PhD
Salon 3

In this one-hour training seminar, learn how to meditate easily and quickly with a simple 4-step technique. Preserving the essence of an ancient practice, Modern Meditation is being offered free of charge. Studies show that daily meditation provides stress reduction, brain longevity, increased youthfulness, a peaceful state of mind and amazingly, a "reversal of the usual cortical thinning that occurs with age." #41

The Reconnection: Explore the New Frequencies of Healing

Joan Fowler
Falls Church

Why are prominent doctors and medical researchers all over the world interested in the extraordinary healings afforded by Reconnective Healing? Find out in this engaging presentation. #69

Blending Aromatherapy and Energy Healing for Health and Well Being

Patricia Bonnard
Vienna

For thousands of years, the healing properties of plants have supported energy healing. Liquid smudge is just one example. Learn and experience how to use aromatherapy with energy healing practices such as Reiki, reflexology, chakra therapy and shamanic journeys. #48

2:00 PM

Andean Shamanism

Paul Sivert
Tickets

Join us for a workshop introducing the cosmology of the Medicine People of South America. Learn about energy medicine and healing. Participants will have the opportunity to experience a shamanic journey. #96

Mind, Body And Spirit Workshops

Psychic and Intuition Development Workshop

Debra Diamond
Arlington

Develop your intuitive skills, raise your energetic vibrations and learn telepathy in this interactive workshop. We'll discuss the five claires, communicating with Spirit, and advance your metaphysical and spiritual practice in a fun, supportive atmosphere. Bring your questions for Spirit! #77

The Healing Power of Angels Interactive Seminars

Elizabeth Clare, Prophet and the Ascended Master Teachings
Salon 1

Did you know there are Angels in mortal form? Discover the Teachings of the Ascended Masters as taught by Mark and Elizabeth Clare Prophet. Angels were created to be our guardians and friends, and to help us find our way back to our Divine Source and Reality. Rev. Kenneth Frazier will host this informative and entertaining workshop. The seminar will provide information on how to call the angels into action for healing, protection and the unfolding our higher mind. #17

Ageless Health

Dr. Tom Roselle
Salon 2

Learn to create boundless energy and optimal health that will last throughout your lifetime. It is possible and Dr. Tom Roselle, an integrative health expert, author & radio talk show host will help you discover the truth in achieving this state of well being. #76

Chakra Healing Techniques

Dr. Mireille Nedelec
Salon 3

Discover simple, easy Chakra Healing Techniques. Don't spend another painful moment feeling unaligned. Heal your Chakras to reach Spiritual, Emotional, Physical Transformation & Harmony. Good Chakra Healing Techniques will bring you increased creativity, prosperity, communication, love, intuition, divine energy. #95

Living Life in Love, Abundance & Prosperity

Theresa Smythe
Falls Church

Come join us for Conscious Manifesting! This is a healing and clearing manifesting event with Master Thetahealer Theresa Smyth. Class includes a brief introduction to Thetahealing® & how to use it in Conscious Manifesting. Manifest and Create Abundance Joy and success and empower the life of your dreams together with the powerful energy of the group. #49

Access Consciousness Bars Intro and Taster

Gina Maybury & Miriam Hunter
Vienna

Access Consciousness Bars gives you easy tools, techniques and phi-

losophies for living consciously with awareness. This work, on specific points on the head, provides fast and effective release of limitations that prevent you from enjoying your life. Running the bars relieves stress, reduces mind chatter and creates space for new possibilities in your life. Join us and change your life today. #57

3:00 PM

Between Two Worlds

Allyson and Adele: Psy-dentical Twins
Tickets

What is it like for psychic twins bridging the two worlds of Spirit and Earth? Seen on television and Internet radio, the Twins talk about their book, *Between Two Worlds*. Witness demonstrations of spirit communication between the physical and astral worlds to reunite family, friends, and loved ones. #97

Connect With Your Angels & Live Your Life Purpose

Melissa Kitto & Richard Lassiter
Arlington

Your team of guides/angels is sending you hundreds of impressions every day. Learn to pay attention to this guidance and empower yourself to fulfill your life's purpose. Discover how to be more connected to your angels, and create a happier, abundant life. #37

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

Deborah Norris, PhD
Salon 1

Meditation, Yoga and other Mind-Body therapies are becoming widely used in treating many clinical conditions. Research shows that meditation affects the brain and peripheral nervous system, immune function, metabolic and hormonal balance, cognitive function, quality of life, reduces stress and improves our quality of sleep. Learn the scientific evidence-basis for using meditation in the therapeutic setting. #60

Past-and Between-Lives Experience

Doug Kinney
Salon 2

Experience a past-life and the initial phases of the between-lives spiritual realm. Experienced regressionist Doug Kinney (author of *Frontiers of Knowledge*) will give you this "soul experience" of being immortal. Some may even meet their soul family. #51

Animal Communication

Gena Wilson
Salon 3

Come learn about intuitively connecting with the animal kingdom. Animals tell all when we are open to listen with our third eye and with our open hearts. Bring pictures of your beloved animals with you—Gena will pick a few to connect with during class. #54

Zoetic Meditation - Transforming Human Consciousness

Liora B. Hill
Falls Church

Zoetic Workshops are transforming human consciousness from the Spirit within. Dynamically Create Your Life. Rejuvenate & center yourself with a guided meditation and interactive dialogue. Learn about Zoetic—who we are and what we do. #24

Clearing, Healing and Manifesting Your Infinite Potential

Victoria Jai
Vienna

Manifest your Infinite Potential, align with your divine path on Earth and the Real You. Deep clearing of trauma on emotional, mental, physical and soul levels through heart codes, akashic records, and Divine Matrix Attunement. Attune to Merkaba Christ Grid providing protection and manifesting connection on Earth. #86

4:00 PM

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

Rev. Jim Webb
Tickets

Back by popular demand! The Masters, channeled by Rev. Jim Webb, are a group of highly evolved beings who provide wisdom, insight, predictions and a powerful healing energy to those who attend. Including guidance on Past Lives and Manifestion, and answers to your personal questions. #4

Energy Healing for Companion Animals: Why They Love It and How It Works

Allie Phillips
Arlington

Our furry companions love energy healing! They naturally resonate with healing energy and quickly relax. Animal protection expert and Master Healer Allie will discuss how energy healing and pure therapeutic essential oils benefit animals. No animals will be present. #66

Why You Should Become a Life Coach

Roger Panetta
Salon 1

Are you spiritual, a good listener, interested in wellness and committed to making the world a better place? As a life coach you can share your talents while helping others in a full-time, part-time or volunteer capacity. Learn how coaching works and if life coaching is for you. #40

Restoring Gut Health

DeAnna Nara, MS, LDN
Salon 2

The integrity of one's digestive system is one of the most profound aspects of an individual's health; gut health is directly linked to the strength of the immune system, the quality of

the skin, and much more. Join medical herbalists and licensed nutritionists Betsy Costilo and DeAnna Nara to learn how to use foods, herbs and supplements to restore health and function to your digestive system. #68

Jyoti Meditation Lifts You Up

David Newcomb
Salon 3

To enrich our lives, we need to add the value of spiritual meditation. Jyoti meditation focuses our attention on the seat of the soul, between and behind the two eyebrows. Maintaining this focus confers happiness that is lasting. #31

Accelerate Your Spiritual Evolution

Hildegard Starmer
Falls Church

Transcend the limits of your being in this experiential workshop. By using the sound technology of The Monroe Institute you can gain insight into an expanded state of self. Know that you are more than a physical body. #94

Essential Oils 101

Colleen McCartney
Vienna

Want to live a greener, less toxic life? Have you heard about essential oils? From cleaning, to physical & emotional healing, to protecting your garden. Learn the different ways you can use Essential oils everyday. #55

5:00 PM

Power of the Subconscious Mind

Kay Walkinshaw, PhD, DSc
Tickets

Discover the power of your mind! Learn to manage stress, lose weight, change unwanted habits and attain goals through the use of self-hypnosis. This will be accomplished by learning how to use the power of your mind more effectively, as well as relaxation techniques, visualization, and your own imagination and intuition. #101

Speaking With Spirit

Rev. Sally Knuckles
Arlington

We all have the ability to communicate with those in Spirit. It is a matter of exercising skills of "listening" and/or "seeing." Learn how to pay attention to Spirit's communications and how to interpret what you receive. #47

Age Management Medicine

Delara Tavakoli, MD
Salon 1

Age management medicine is based on sufficient medical evidence revealing that one's quality of life can be greatly improved by delaying the onset of signs and symptoms associated with aging. Both men and women experience measurable benefits when diminishing hormones are replaced, and balanced appropriately, throughout the aging years. #90

NATURAL LIVING EXPO

All Workshops Are Included In The Price Of Admission

Billionaire Parenting – Emotional DNA

Dr. Stéphane Provencher
Salon 2

As we bring our children to this earth, emotional conflict(s) might affect them from in-utero and then outside. How can *you* be empowered to relate and help them live a life with passion? Whole-Listic approach to Finding the Whole "U". #78

Manifesting with ThetaHealing

Rebecca Norris
Salon 3

Expand your conscious reality with ThetaHealing. This workshop will explain the principles of manifesting what you desire in your life in practical, fun, and magical ways. You will learn to access "all that is" by dropping into your heart field. Everyone will experience ThetaHealing hands-on as Rebecca guides you through your very own manifestation. #57

Stress Management & The Body

Dr. Cory Malnikof
Falls Church

We will explore how to manage stress by focusing on the three types of stress that negatively affect the body and what we can do to avoid or counter their effects. We will also focus on how stress leads the body either towards health and wellness or towards disease and sickness. #62

Create With Your Creator

Cathy Roberts, LCPC & Larry LoBianco
Vienna

With Cathy Roberts, LCPC, Talk Radio Show host of *Voices for Healing*, & Larry LoBianco, trained Shamanic Practitioner. Get in touch with your divine self through play and imagination in this hands on workshop with Cathy and Larry. #61

6:00 PM

Manifesting With Your Angels and Trusting Your Vibes

Susan Lynne
Tickets

This informative workshop will show you how to manifest, contact and communicate with your Angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included. #12

What is Hypnotherapy, and What Can It Do For You?

Jon Miles
Arlington

Join us for a talk about hypnosis, a guided hypnotic journey for better relationships, and a Q&A session. Attendees will gain invaluable insight about the potential of their mind and their ability to change their life quickly and easily. Enter a drawing for a FREE full hypnotherapy session. If you're interested in changing your life, this seminar is for you! #67

The Kingdom of Heaven Within the Hearts of All Mankind

The Urantia Book Fellowship Interfaith Committee
Salon 1

An Interfaith Introduction to *The Urantia Book*, an anthology of the highest concepts of Science, Philosophy and Religion, and the 5th Epochal Revelation to our planet, with multi-media. #13

A Journey Within - Meditation

Mohinder Shingdia
Salon 2

A healing journey to discover our purpose in life. Gain knowledge about receiving energy from the universe. Daily practice to find peace within

and remove longterm blockages. We are a tiny spark of energy lost and suffering in this vast universe. #28

Ageless Grace

Randi Cohen Coblenz
Salon 3

Randi Cohen Coblenz, Ageless Grace& NYR Organic Senior Consultant. Join us and experience the *anti aging benefits* of AGELESS GRACE. Using aromatherapy, and music familiar to everyone, participants sit in chairs and interact with music as we play with joint mobility, right-left brain coordination and more! Almost anyone can do these movements regardless of most physical conditions. #39

Stop Hating Your Body

Kelly Haber
Falls Church

Your body is a Spiritual vessel, not a burden to be feared, ignored, or beaten into submission. Come to this workshop to learn a new appreciation for your physical being, and new ways to trust and honor your body. #64

Aura-Soma Color-care

Anka Banks
Vienna

Introduction into a color-based vibrational system that brings balance and well-being, and facilitates work on the lightbody and the expansion of awareness. Also includes an exercise to attune group energies and mini-readings. #11

Sponsored by **Pathways Magazine** at the
Fairview Park Marriott
3111 Fairview Park Dr.
Falls Church, VA 22042

The Fairview Park Marriott is located right inside the Beltway at Rt. 50 in Falls Church, VA. Take Rt. 50 East, Exit 50B, to Fairview Park South. When taking Exit 50B, you will need to stay to the right and follow the exit marked Fairview Park South. Follow Fairview Park Dr. for approximately 1/4 mile, and then the hotel will be on the left.

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YOGA TODAY

What Yogis Say About What To Eat ...continued from page 31

You have been a major figure in the yoga world for decades. I studied with you and David in the early 90's for a brief time, and you were the very first people who played music in class! I can't believe it's that many years later now! What are your observations about the aging process?

Aging? This is nothing new. Everybody grows old—we have been doing it since we were born! There is nothing we can do about it so why not relax about it. The body was not designed to last forever. I am not too worried about that. Although I am 63—or at least this body is—and as far as physical things go I am as active as I ever was. I ride

my bike, I practice yoga, I work hard and I try to be useful to others. People say I look young and I feel young. But I really have no secret other than just relax, don't worry about getting old and leave it all to God to do with me as He wishes. I try to do my best in life and let God do the rest.

Claudia Neuman, MSW, E-RYT 500, is a certified Anusara® Yoga instructor and has been teaching for three decades. Please visit: www.alignwithgrace.com, or www.yogafiveo.com for information about Claudia Neuman. See her ad on page 78. For information about Sharon Gannon's trip to DC on September 27 see page 29.



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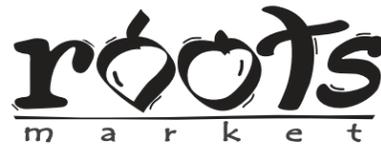
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5269 River Road, 20816

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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.



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Roots Market - Clarksville

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Columbia East Shopping Center

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www.wholefoodsmarket.com/stores/kentlands

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PATHWAYS GUIDE TO NATURAL FOOD STORES

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DC NATURAL FOODS

DC NATURAL FOOD STORES



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DC NATURAL FOODS, CONT'D

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DC NATURAL FOODS



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Facial Rejuvenation - Amos, MD, Helena www.doctorhelena.com
MD Acupuncture Society www.maryland-acupuncture.org
Meridian Healing Works www.meridianhealingworks.com
Mountain Springs Acupuncture... www.berkeleyspringsacupuncture.com
Song Ho Health Center www.songho.net

ADDICTIONS

Bridging the Gaps www.bridgingthegaps.com

ADHD

NIHA - Dr. Gant www.NIHAdc.com

ALLERGY

Amos, MD, Helena www.doctorhelena.com

ANIMAL WELLNESS

Holistic Veterinary Healing www.holisticveterinaryhealing.com

AROMATHERAPY

Aromatherapy Center www.aromatherapy-center.com

ASTROLOGY

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CommUnity on the Hill www.unitychurchdc.org
EnLightenment Assembly Spiritual Centers www.theenlightenmentassembly.org
Four Quarters Interfaith www.4QF.org
Interfaith Connections www.interfaithconnection.squarespace.com
Superet Light Center www.spopmashdc.com
Takoma Park Chapel www.TakomaChapel.org
Telespectral LLC www.angeltalktv.com
The Way of Truth www.thewayoftruth.org
Unity of Gaithersburg www.UnityofGaithersburg.org
Unity of Fairfax www.unityoffairfax.org
Washington DC Teaching Ctr. www.washdctc.org

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Braided Way Healing Arts www.braidedwayhealingarts.com
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FeatherStone Institute www.featherstoneinstitute.com
Institute for the Advancement of Service (IAS) www.ias-online.org
Maryland University of Integrative Health www.muhi.edu
Mid Atlantic Center For Healing www.healingintuition.com
Potomac Crescent Waldorf School www.potomaccrescentschool.org
Sanctum Spiritual Belly Dancing www.sanctumonline.com
Soul Source Spiritual Center www.theSoulSource.net

Starchaser Aromatics & Energy Work ..www.starchaser-healingarts.com
Washington Waldorf School www.washingtonwaldorf.org

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Balanced Living Institute www.CommunicateWithAngels.com
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Crossings: A Ctr for the Healing Traditions... www.crossingshealing.com
Culp, LCPC, LPC, Courtenay J www.counselingandcoaching.com
Healing Light Center, LLC www.healinglc.com
Joy Love and Harmony www.joyloveandharmony.com
Manifested Harmony, LLC www.manifestedharmony.com
Releasing Your Unlimited Creativity www.ryuc.info

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Stones That Heal - Knowles Apothecary www.KnowlesWellness.com

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DC Dentist (Harmony Dental) www.thedcdentist.com
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Goldman Dentistry www.mgoldmandds.com
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Modern Smile Dental www.dentistofficegaithersburg.com

ECKANKAR

Eckankar - Maryland Satsang www.eck-md.org
Eckankar of Northern Virginia www.eck-virginia.org

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Kathy South Transformational Healing www.kathysouth.com

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SavvyRest - Rockville www.srb.com

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BuddhaFest Relic www.buddhafest.org
ICPA, Inc..... www.familywellnessfirst.org
Natural Living Expo www.naturallivingexpo.com
Spirit Voyage, Sat Nam Fest www.SpiritVoyage.com
Takoma Park Chapel Fall Festival www.TakomaChapel.org
Traditional Chinese Culture Institute Intl., LLC (TCCII) www.tccii.com
Walk in Empowerment..... www.derekoneill.com

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Rosetree, Rose..... www.rose-rosetree.com

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Feng Shui Designs, Hope Gerecht..... www.fengshuiinteriordesign.com
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Sanctuary Interiors, LLC..... www.sanctuaryinteriorsllc.com

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Good Luck www.usa.chakrayog.com
Healing Gateway www.healinggateway.com
Light Worker Training Institute www.lightworkertraining.com
Path of Life Wellness Center www.drkalu.com
Quantum Clearing // Claire, Lyriel..... www.lyrielclaire.com
Reconnective Healing Coop www.reconnectivecoop.com

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Blue Heron Wellness www.BlueHeronWellness.com
Casey Health Institute www.caseyhealth.org
Elements Center www.elementscenter.com
Indulgence Massage & Bodywork . . . www.indulgencemassagebodywork.com
Integrative Family Medicine www.integrativefamily.com
Integrative Medical Clinic (IMC)..... www.vipimed.com
Joy of Being www.joy-of-being.net
National Integrated Health Associates (NIHA)..... www.nihadc.com
Quantum Point Wellness www.qpwellness.com
Rifkin Chiropractic and Wellness Center www.heal-naturally.com
Roselle Alternative Care Group www.rosellecare.com
White Oak Wellness www.white-oak-wellness.com
Zoo Sanctuary www.dcnr.pro

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Food Co-op..... www.glut.org
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Spiral Path Farm www.spiralpathfarm.com

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Chauvin, Cynthia www.twodragons.com
District Hypnosis www.districthypnosis.com
Hypnosis Silver Spring www.hypnosisillverspring.com
It's Not Therapy www.Its-Not-Therapy.com
Life Transforming Hypnotherapy www.lifetransforminghypnotherapy.com
New Creations - Forbes..... www.forbesrobbinsblair.com

JEWELRY

Gold Works www.goldworksUSA.com

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Dinardi, Alison..... www.gentletouchmassagetherapy.com
Robert Jordan Health Services.. www.RobertJordanHealthServices.com

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Meditation Museum www.meditationmuseum.org
Meditation Therapy - Mimi Moyer www.pathways4wellness.com
Mindfulness Center..... www.themindfulnesscenter.org
Primordial Sound Meditation www.thespiritualtarot.com
Synchronicity Foundation www.synchronicity.org

METAPHYSICS

Fakeye, Emmanuel K. www.spiritandsoulconnection.com
Golden Lighthouse Metaphysical Ctr (Psychic Fair)..... www.thegoldenlighthouse.com
Inspired by Angels www.InspiredbyAngels.com
Institute for Spiritual Development www.isd-dc.org

NATUROPATHY

Naturopathy Services - Knowles www.KnowlesWellness.com

NEUROFEEDBACK

Better Brain Center, The www.thebetterbraincenter.com

NUTRITION

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The Waterhole Community www.thewaterholecommunity.com

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Oxygen Spa www.theoxygenspa.net

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Marie-Claire www.marie-claire.tv
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Practically Intuitive www.practicallyintuitive.com
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Voice of the Gatekeepers www.voiceofthegatekeepers.com
Wallet Wishes & Crystal Forests www.crystalforests.com
White, Jamila www.inspiredjamila.com

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Hunter, Miriam www.intuitivewellness.center

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Wiss, Brigitte..... www.reflexologyandbeyond.com

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Nature Business Corporation www.natbuscorp.com
Reiki Center of Greater Washington..... www.reikicenter.info

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Sevenoaks Retreat Center www.sevenoaksretreat.org

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Shamanic Healing Institute www.shamanic-healing.org
Shamanic Spring www.ShamanicSpring.com

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Brio Chrism..... www.brio-chrism.com

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Ligmincha Institute..... www.ligmincha.org

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Dancing In Silence..... www.DancingInSilence.com
Glen Echo Tai Chi www.GlenEchoTaiChi.org

TAROT

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Tarot by Thomas www.tarotbythomas.com
The Spiritual Tarot // Tarot Celebrations www.thespiritualtarot.com
Wisdom of the Tarot..... www.wisdomofthetarot.com

THETA HEALING

Creative Healing Trends www.creativehealingtrends.com

VISION HEALTH

Sikes, Alan..... www.DrAlanSikes.com

VOLUNTEERS

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John Hopkins Meditation Research Study..... www.csp.org
Montgomery County Stroke Association..... www.mcstroke.org
Montgomery Hospice www.montgomeryhospice.org
The New Dream www.newdream.org

WAR VETERANS

There & Back Again..... www.thereandbackagain.org

WATER SERVICES

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Waterwise www.waterwise.com

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DC Marriage Knot, The..... www.thedcmarriageknot.com

WEIGHT LOSS

Self-Empowerment Education Center www.seec-icmct.com

WOMEN'S HEALTH

Birth Care & Women's Health..... www.birthcare.org
Harper, Wendy - Workshop www.mindhacking.guru
Transcendental Meditation for Women..... www.tm-women.org

YOGA

Banyuls, Sonia..... www.soniabanyuls.com/africa/
Dream Yoga Studio & Wellness Center www.dreamyogastudio.com
New Future Society Healing & Yoga Center www.newfuturesocietycenter.com
Quiet Transformations www.aranya.org
Unity Woods Yoga www.unitywoods.com
Yoga is for Everybody... www.alignwithgrace.com // www.yogafiveo.com

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FALL CALENDAR

Ongoing events

...continued from page 94

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

Free grief workshops and support groups. Provided by Montgomery Hospice professional counselors. For anyone who lives or works in Montgomery County, MD. See www.montgomeryhospice.org/GriefPrograms/. Register: 301-921-4400.

Group Gyrotonic and Gyrokinesis classes at The Elements Center, Mondays-Sundays, All levels. \$35 per class or \$250 for 10 sessions. Visit: www.elementscenter.com. Register online at www.elementscenter.com or by emailing frontdesk@elementscenter.com or call 202-333-5252.

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

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

Homemade offers Juice Cleanse and Cleanse Packages and more. Check our website for monthly workshops and seminars. Start your New Year Right. www.OrganicjuicebarDC.com

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

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

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

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

Sunday Church Service, Wash DC NW, 11am. For 28 Years, A God-centered Mystical Church & Learning Center for spiritual enrichment, metaphysical living, energy healing, wellness for Body-Mind-Spirit & psychic development. A community that accepts each person's spiritual path as being their own unique journey and is lovingly supported. Come visit & make your own Spiritual Connection. 5419. Sherier Pl NW, or www.isd-dc.org.

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

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ENERGETIC LITERACY

Stop Giving Yourself A Hard Time

...continued from page 23

them to grow emotionally and spiritually. Yes, that combo is possible. Many of my colleagues in related fields of energy healing aim to do the same thing. Some have written articles in *Pathways!* Even more of my healing, helping colleagues have advertised here. Although we use different methods, we tend to be people who care. What makes us professionals? Skills inform our service to others, which helps our caring to become effective.

Just so you know where I'm coming from, offering the advice to follow, my personal skill set includes energetic literacy nurtured from decades of work with it, many thousands of hours helping caring people, and always learning on the job. Energetic literacy techniques are a pretty good way of determining who is naughty, who is nice, and who might be getting a lump of coal next Christmas (or receive other icky-sticky karma).

These are the main techniques I teach and use for energetic literacy:

- **Aura Reading Through ALL Your Senses®** to read the human energy field, drilling down to a person's chakra databanks. You have hundreds of these., including a Divine-level, perfect gift of your soul tucked within every single one of your chakra databanks.

- **Empath Empowerment®** to safely experience someone else's aura and chakra databanks from *inside* that other person's energy field. The 1 in 20 people born as empaths can learn this form of energetic literacy.

- **Face Reading Secrets®** to read faces for character. Physiognomy can make it so much easier to appreciate your uniqueness, your strengths and progress at overcoming personal challenges—helping you to actualize full potential as that good person you are.

In short, I work with lots and lots of research, raw data, from clients who can be feeling, themselves, somewhat raw.

Caring Reader, however *you* develop skills of energetic literacy, they can really help you to sort out one of the trickiest dances in life: the Caring Dance. You know the moves. It's great to strive and to care, yet not so great to be mean to yourself. Well, what can help you to enjoy the Caring Dance?

The Two Questions

Suppose it's very early in the morning. You have several good hours of sleep still coming to you, yet there you are, lying in bed and worrying. What, pray tell, is all that worrying about? You're replaying some imperfection. Maybe a conversation that didn't go well. Or you're sorting through some task left unfinished.

Just what does that pesky worrying signify? (Besides the specifics, that particular awkward situation, the need to

solve that particular problem, the blah-blah-blah...) You might be tormenting yourself, Caring Reader, with some really big underlying questions about being good enough. Like, "Am I living in integrity? Living up to my highest ideals?"

Well, ethics do matter. With energetic literacy, you can research chakra databanks galore about various forms of goodness, including the Throat Chakra Databank for Verbal Integrity, the Solar Plexus Chakra Databank for Verbal Integrity, the Root Chakra Databank for Financial Integrity, and the Third Eye Chakra Databank for Spiritual Integrity. Patterns show deep within your energy field; and when those patterns include problems, that STUFF can always be healed.

Healing that subconscious, astral-level STUFF is never accomplished by worrying, though. Permanent healing requires dedicated techniques, selecting skills that are appropriate and effective. Hardly what you would be doing, lying in bed, giving yourself a grumbly time.

What might you find more useful? Try using the following Two Questions about Integrity, because these will take you a long way. And, yes, I have found that answers to these questions correlate pretty darned well with what shows up through aura reading, Skilled Empath Merge, and face reading.

Go ahead and ask yourself these two questions, Caring Reader. You can ask them at 3:00 in the morning. Or you can ask them, and answer them, right now.

Integrity Question #1: Course Correction—When I find out I have done something wrong, do I make amends?

Incidentally, that question means, "Do I do a *reasonable* job of making amends?" A good person has the grace to apologize, which means a real apology, an not a saying a smug, thinly disguised insult like, "I'm sorry you were offended when I did XYZ." Nope, a real apology would sound more like, "I did XYZ to you, didn't I? At the time, I didn't realize it. I'm so sorry."

Being mortal, you have no time machine to back up and fix the past. Not your fault. Besides, humans make mistakes a lot of the time. Hence that hoary saying about "To err is human..." Life around us is ever changing. Sometimes no perfect solution exists. All we can do is choose the best smelling of many stinky alternatives.

Well, Caring Reader, from now on you can let that be good enough for you. Don't blame yourself for living on earth and being mortal. When you do your reasonable best, your integrity will shine both in terms of reputation and at the level of your energy field. Even the greatest baseball players don't score perfect batting averages.

continued on back page 65

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Email: meditation@jhmi.edu

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FALL CALENDAR

SEPTEMBER

-4-

Aura & the Mind-Body-Spirit Connection, 7:30pm, with Lyriel Claire. Continues on Tuesdays Sept. 11-25. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

Journaling And Grief Workshop Miniseries, a two-session workshop that will focus on the use of journaling techniques as a way of addressing grief issues. No previous experience with journaling necessary. Also held on 9/11, participants need to plan on attending both sessions. Led by Montgomery Hospice professional counselors. 6:30-8:30pm. Montgomery Hospice, 1355 Piccard Dr., Rockville.

-5-

Community Yoga Class at Unity Woods Yoga Center, every Friday beginning 9/5 in Bethesda at 4853 Cordell Avenue, 16th floor suite PH7; 6-7pm. Open to all levels. \$8/cash drop-in fee. Visit: www.unitywoods.com

-6-

12th Annual Open House & WELLNESS FAIR, 1-5pm. Come explore & experience new ways to get & be healthier! Attend FREE workshops on joint health, stress relief, nutrition, yoga games, mudras & mantras. Enjoy massage, quantum healing and other healing arts. Also Health & Posture Assessments/Consultations, Yoga Therapy Tips, Fitness Apparel TRUNK SHOW, Giveaways, more 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).

Lavender Open House. www.blueberrygardens.org

Spiritual Sensing & Psychic Development Workshop: Jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. One-day intensive. www.silverspringoflight.com

-7-

Fall Appreciation Week begins at Blue Heron Wellness. Try Yoga and Movement, Health Coaching, Acupuncture, services and classes. Call 301-754-3730 or visit www.BlueHeronWellness.com for more information.

Heal Grief and Connect with Joy through Movement. Also held on 9/14, 9/28, 10/5 and 10/12. www.blueberrygardens.org

Yang Style Tai Chi (Sword and Empty Hand) with Grandmaster BAI Wenxiang. Register online at www.tccii.com.

-9-

Drop-In Discussion About Grief And Healing, for anyone mourning the death of a loved one. 6:30-8pm. Free and open to any Montgomery County

resident. Montgomery Hospice, 1355 Piccard Dr., Rockville. Registration required: 301-921-4400.

The Gurdjieff Society of WDC offers an open meeting. Please visit our website for details, www.gswdc.org.

-12-

Horse Wisdom for the Clinical Setting: Managing Emotions, Damascus, MD. www.greatstrides.org; 301-253-1166; terry@greatstrides.org.

-13-

Mind, Body, Soul Food Buffet for Women. www.blueberrygardens.org

Psychics Night Out, 6-9pm. Gifted DC-Area Psychics donate talent for church funds raiser. NW-DC. Inst. For Spiritual Development. www.isd-dc.org

Usui Reiki Level One at Manifested Harmony in Alexandria. www.manifestedharmony.com

9/13-14 Healing Touch, with Lucrezia Mangione. 9am-6pm at Crossings, Silver Spring. A program providing a grounded approach to bioenergy therapy and transformative touch. www.handcraftedhealth.net/workshops

-15-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30pm. Free screening begins at 7pm - documentary to be announced. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-16-

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

-18-

The Physician's Kitchen, a 6-week educational and interactive series that focuses on healthy eating and food preparation. Casey Health Institute doctors Carrie Runde, ND, and Nicole Farmer, MD, will demonstrate easy, seasonal recipes to add healthy fats, antioxidants, nutrients, and metabolism boosters to your diet. All participants will get to taste their creations and leave with informational materials and recipes from class to implement at home. Classes begin 9/18, 5:30-7pm at Casey Health Institute - 800 S. Frederick Ave., Gaithersburg, MD. Visit www.caseyhealth.org to register or call 301-355-2030.

-20-

Last Chance Pool Party. www.avalon-resort.com

FALL CALENDAR

Many Lives, Many Lessons- Uncovering Your Soul's Plan for this Lifetime Retreat w/ Joanne Selinske at Soul Source Saturday, 10am-5pm. \$95.00. Register at www.theSoulSource.net, JoanneSelinske@theSoulSource.net or 410-371-7950.

-21-

Reiki for Animals at Manifested Harmony in Alexandria. www.manifestedharmony.com

-22-

Autumnal Equinox Church Service. Free. 7:30pm. Ancient Ritual – Contemporary Spiritual Message. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-23-

National Voter Registration Day - Get Involved! www.rockthevote.com/get-involved/nvrd/

-24-

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.silverspringofflight.com

-25-

Essentials of Shamanism. A training

program of knowledge and practice of spiritual healing, class 1 of 10; Shamanic Healing Institute. www.shamanic-healing.org

-26-

Community Yoga Class at Unity Woods Yoga Center, every Friday starting 9/26 in Woodley Park at 2639 Connecticut Ave., Suite C-102; 6-7pm. Open to all levels. \$8/cash drop-in fee. Visit: www.unitywoods.com.

Horse Wisdom for the Clinical Setting: Managing Emotions, Damascus, MD. www.greatstrides.org; 301-253-1166; terry@greatstrides.org.

Mindfulness Meditation, every Wednesday starting 9/24, 5:30-7pm for 4 sessions. Taught by Casey Health's Clinical Psychologist, Amanda Skowron, PsyD, this 4-week course focuses on the mindfulness tradition and teachings, and uses mindfulness techniques that attendees can integrate into their lifestyles while cultivating a greater sense of clarity and calm. Visit www.caseyhealth.org to register or call 301-355-2030.

9/26-28 **Fall Birding Festival**, Bird walks, workshops and more! www.berkeley Springs.com

continued on page 88

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Rev. Jennifer Holder
Senior Minister



Saturday, Oct 25 | 7:00pm

ANNIVERSARY GALA

- ◆ Honored Guest **Rev Alan Quay** (Founding Minister)
- ◆ Guest Artist **Megon McDonough**
- ◆ Catered Dinner

Sunday, Oct 26 | 11:00am

CELEBRATION SERVICE

- ◆ Special Music by **Megon McDonough**
- ◆ Anniversary Mass Choir
- ◆ Pot Luck Lunch

Hosted by the Board of Trustees

Visit us online at
WWW.UNITYOFGAITHERSBURG.ORG
for more details and to purchase tickets for Gala

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Seasonal Gatherings at Four Quarters

Samhain - Oct 31 - Nov 2

The autumn winds blow cool around us - the Veil is thin on this Samhain night.

Join us as we celebrate the last harvest of the year and remember our Honored Dead. Carve a jack-o-lantern, share a feast for the Ancestors and make ceremony among the Standing Stones.



YULE - Dec. 12-14
The WINTER SOLSTICE



The days are short, the nights long.
So the Wheel of the Year turns again.

We join hands and hearts as we prepare for the Longest Night. Share a feast with us, exchange gifts and celebrate the Sun's return!



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heart and participate in:*

- ♥ Workshops: discussing spiritual topics
- ♥ Hu Sings: a love song to God
- ♥ Creative Arts: hands on art creations
- ♥ Talks and Insights from: Sri Michael Edward Owens: the founder and head of The Way of Truth

To register go to:
www.thewayoftruth.org

For more information contact:
dmann@thewayoftruth.org
Hotel Reservations: 410-750-3700

Mention this AD and receive \$10 off

FALL CALENDAR

-27-

Connect With Your Spirit Guides. All of us have spirit helpers that can give us insight into various life situations. Learn effective techniques for contacting yours and receiving and recognize spiritual guidance. Develop effective techniques to establish rapport with your spirit team. 9:30am-5:30pm. Silver Spring. www.silverspringoflight.com

Crystal Healing Basics & Grids at Manifested Harmony in Alexandria. www.manifestedharmony.com

Mysteries of the Bible: "Parable of the Great Supper" Luke 14:16-24. Jesus tells us that a certain man prepared a great feast and invited many guests who chose not to attend. Discover the meaning of Personal Christhood using the Teachings of the Ascended Masters. 1:30-3pm, The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. www.washdctc.org

Wellness Fair, 11am-4pm. Gifted Healers offer treatment modalities for church fundraiser. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

9/27-28 **Two-Day Life Coach or Executive Coach Certification.** Visit www.certifiedcoachesfederation.com.

-28-

Psychic Development Tools, 1-3pm. Master's Series #1 w/Gifted Psychic Rev. James De Biasio. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-29-

Evening Grief Support Group for anyone grieving the death of a loved one, a six-week group led by Montgomery Hospice professional counselors. 6:30-8pm. Mondays. Montgomery Hospice, 1355 Piccard Dr., Rockville.

-30-

Chakra Balancing Level One, five-session course begins 6:30-9:30pm. Ellicott City Wellness Center. Email: BraidedWay@gmail.com or call 443-690-2414. www.braidedwayhealingarts.com

May The Forces Be With You, Metaphysical Laws of the Universe. 7:30pm. Continues Tuesdays in October, 10/7-28. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

OCTOBER

-1-

Child, Adolescent and Teenager Grief Support Group for children (4 years old) through teens who have experienced the death of a parent or sibling. PARENT/GUARDIAN GROUP

meets at the same time. A six-week group led by Montgomery Hospice professional counselors. 6-7:30pm, Wednesdays. Montgomery Hospice, 1355 Piccard Dr., Rockville.

Meditation and Mindfulness for Massage Therapists and Healers. www.blueberrygardens.org

Parent Loss Support Group for adults who have experienced the death of one or both parents, a six-week group led by Montgomery Hospice professional counselors. 6:30-8pm, Wednesdays. Montgomery Hills Baptist Church, 9727 Georgia Ave., Wheaton.

-3-

Horse Wisdom for the Clinical Setting: Managing Emotions, Damascus, MD. www.greatstrides.org; 301-253-1166; terry@greatstrides.org.

-5-

Natural Living Expo, Fairview Park Marriott Hotel, Falls Church, VA. The Pathways Event of the Year! 108 Exhibitors, 56 workshops, free indoor parking. \$10 admission with coupon. 10am-7pm. Visit www.naturalliving-expo.com for more information.

Seventeenth Annual Open House and Fundraiser at Poplar Spring Animal Sanctuary, 15200 Mt. Nebo Road, Poolesville, MD 20837 Phone: 301-428-

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- Functional Blood Chemistry
- Food Sensitivity Scans
- Zyto BioFrequency Scans
- Healing Sessions on Far Infra-red Mat with Jade stones
- Reiki Classes & Attunements
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- IHF, NGH, NATH, YA, Massage Nursing CEs (membership req'd.)
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- People, Property, Pet Clearings
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Bring in this ad for 20% off a class, workshop or event when you register with a friend!

Visit: www.joy-of-being.net/calendar for a full list.

Offer expires October 31, 2014.

FALL CALENDAR

8128. 1-5pm. Our biggest event of the year, and everyone's invited! Enjoy a live band, delicious catered food and drink, a fabulous silent auction, clowns and face painting, speakers, and the opportunity to stroll around and visit the rescued animals. No admission fee, but donations (of any amount) are very much appreciated. RSVP requested.

-8-

10/8-12 **Fifth Annual Sat Nam Fest.** Come join us for an immersion into the beauty of Kundalini yoga and ecstatic chanting during this 4-day long celebration! Waynesboro, PA. www.SatNamFest.com

-9-

Positive Outcomes From Negative Dialogue, 7:30pm w/ Ava Shasho, MSW. Continues Oct 16, 23, 30. NW-DC. Institute for Spiritual Development. www.isd-dc.org

-11-

Message Circle. Connect w/Spirit Guides, 7:30pm. Attendees receive 6-8 messages of insight & guidance. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

Nourish the Teacher: Meditation and Mindfulness for Teachers. www.blueberrygardens.org

"Unfolding Into the Divine," 11am-12:30pm. Join us for a lively, heart-centered talk on this timeless topic. For details, please contact Eckankar of Northern Virginia: 703-916-0515.

-12-

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

-14-

Deadline for Voter Registration in Maryland and Virginia. For more information for MD, visit: www.elections.state.md.us/voter_registration/; for VA, www.vote.virginia.gov.

-18-

Advanced Crystal Healing (Day 1) at Manifested Harmony in Alexandria; Day 2 on 10/25. www.manifestedharmony.com

Ageless Health 2014, with Dr. Tom Roselle. Join us for a Day of Transformation. One day annual event! Fairview Park Marriott, Falls Church, VA; seating is limited. Call: 703-698-7117. Register online for a \$5 discount: www.rosellecare.com.

continued on page 90



Communicate Directly with Your Angels

The guidance you need to experience the happiness, abundance & fulfillment living your life's purpose brings.

Get started immediately with your free report, **"3 Secrets to Communicating With Your Angels"** www.CommunicateWithAngels.com

Upcoming Classes:

Saturday, Sept 13, Fredericksburg, VA
Chakras & the Glandular System

Sunday, Sept 14, Columbia, MD
Angel Encounter Workshop

Saturday, Oct. 18, Fairfax, VA
Angel Encounter Workshop



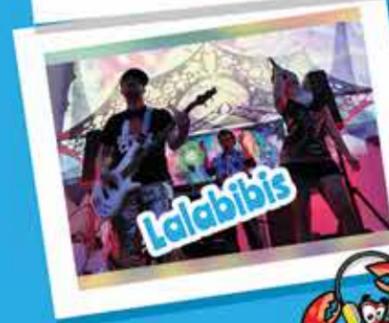
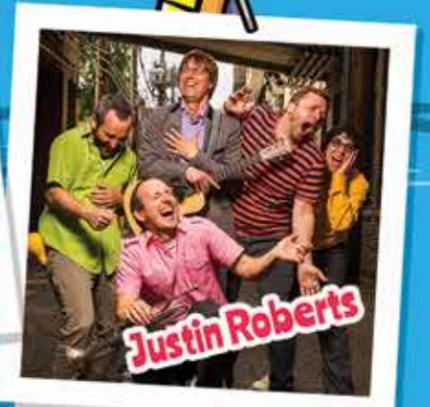
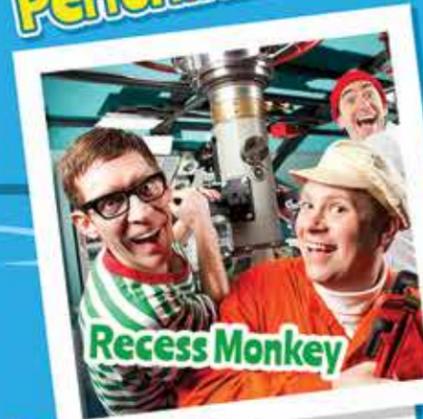
Register Now by phoning 540-854-4841 or by emailing support@communicatewithangels.com

www.CommunicateWithAngels.com/events.html

Chessie Jam Children's Music Fest

Saturday, October 4, 2014
Noon-6PM • Pier Six Pavilion

Performances by:



Free Face Painting, Photobooths, Moonbounce, Tie-Dying, Food & More!

ALL AGES!

October 4th, 2014 • Noon-6PM • Pier Six Pavilion • Baltimore, MD 21202
For Tickets & Information, call 410.244.1131 or visit www.ChessieJam.com

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FALL CALENDAR

Angel Encounter Workshop. Communicate directly with your angels! Receive immediate answers to your important questions and align with your life purpose. 10am-5pm. Residence Inn Fair Lakes, VA; \$150. Phone 540-854-4841 or visit www.CommunicateWithAngels.com/events.html.

The Healing Power of Angels: "Understanding Who We Are and Why We Are Here." The angels teach that we are souls with the potential to be immortal. Find out how they can help us learn to live forever; 2-4pm. The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. www.washdctc.org

Homecoming Dance.
www.avalon-resort.com

10/18-19 **Michael Harner's The Way of the Shaman Basic Workshop**, Maryland metro area. Taught by Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies (www.shamanism.org) for 28 years. He will be assisted by his wife Shana. They are authors of the book, *Shamanism and the Spirit Mate*. 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 danacougar@goeaston.net. See his web site at www.shamantracks.com.

-19-

Mysteries of the Bible: "Parable of the Pharisee and the Publican" Luke 18:9-14. Jesus tells us about two men standing together before the Altar of God. Find out who were the Pharisees and what role they played and who would they be today; 1:30-3pm. The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. www.washdctc.org

-20-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30pm. Free screening begins at 7pm - documentary to be announced. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-22-

Horse Wisdom for the Clinical Setting: Boundaries, Damascus, MD.



Quantum Physics Meets Spirituality

ThetaHealing: A Scientific and Spiritual Journey to Conscious Creation

What is Theta Healing?

ThetaHealing is a powerful holistic healing modality that has helped people from all walks of life throughout the world. ThetaHealing is practicing quantum physics by using theta brain waves. As we change deep seeded programs, fears, and beliefs that have been embedded in our energy field; issues and dis-ease are resolved on a core, genetic, subconscious, and spiritual level.

How Does ThetaHealing Work?

This is a process by which the healing energies of the Universe are accessed through Theta Brain Waves (brainwaves typically accessed during deep meditation). By going into a theta state and guiding the client; healing energies of the universe are harnessed into the body, focusing on areas of weakness or illness. Energy travels faster than the speed of light. Thoughts are manifested as energy, and have been scientifically proven to instantaneously change the electromagnetic field around the hundreds of billions of cells within the human body. Therefore, it is easy to understand why ThetaHealing has had tremendous results at a very rapid rate.

Talk about ThetaHealing's Spiritual Connection?

Every Culture, religion, and many of the sciences concede that the beauty and design of nature had to have been touched by a higher force of intelligence. When we view an atom through the most powerful microscope or view the great Milky Way from the fabulous Hubble Space telescope, we see the repetition of a beautiful elegant structure that links the very small to the unfathomably large. Each culture has its own vision of this intelligence, from Allah to Vishnu, from Shakti to Lakshmi and from God to Jehovah. ThetaHealing™ believes in a great creative force for all that is, and we call this force Creator OF ALL That Is.

Who would benefit from learning ThetaHealing or receiving private sessions?

Theta Healing™ becomes a way of life. I have taught, doctors, mental health practitioners, massage therapists, acupuncturists, and actors. However, anyone can become a ThetaHealing™ Practitioner that has a passion to heal themselves and others. Everything in a person's life is a manifestation. ThetaHealing has helped my clients with grief, trauma, physical ailments, and creating successful business ventures. The possibilities are limitless

How Do I Earn a ThetaHealing Certification?

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

About Rebecca Norris

Rebecca was born intuitive and blessed with the gift of knowing. She knew at a very early age that her purpose in life was to help people heal themselves and others. As a result, Rebecca

became a Licensed Clinical Professional Counselor and opened her own mental health facility. Rebecca is certified in Eye-Movement Desensitization and Reprocessing, Neuro-Linguistic Programming, Transpersonal Hypnotherapy, Past Life Regression, and is a Reiki Master. In 2005, Rebecca studied to become a ThetaHealing Practitioner and teacher.



Before Session

After Session

Basic ThetaHealing Seminars:

Beginning November 7,
Celebrate in New Orleans, LA
and enjoy a 10 day retreat

Inquire how you can get your class
for free by hosting a seminar.

Skype and Phone sessions available
Private Office located in Rockville, MD

To register for a class, schedule an
appointment, or to view an updated
schedule of seminars

visit

www.creativehealingtrends.com
or call 301-876-3475

FALL CALENDAR

www.greatstrides.org; 301-253-1166;
terry@greatstrides.org.

-24-

Horse Wisdom for the Clinical Setting: Managing Emotions, Damascus, MD. www.greatstrides.org; 301-253-1166; terry@greatstrides.org.

-25-

Advanced Crystal Healing (Day 2) at Manifested Harmony in Alexandria; Day 1 on 10/18.
www.manifestedharmony.com

Practical Reiki Workshop w/ Reiki Master & Author Alice Langholt. 11am-3pm. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

10/25-26 Fall Studio Tour. Visit nationally and regionally known artists in their studios. Artists will be demonstrating and describing the processes they use to create their work.
www.berkeleysprings.com

-26-

Psychic Development Tools, 1-3pm. Master's Series w/ Gifted Psychic Rev. James De Biasio. NW-DC. Inst. for Spiritual Development.
www.isd-dc.org

-27-

10/27-29 Mary Wanless Ride With Your Mind Clinic, Damascus, MD.

www.greatstrides.org; 301-253-1166;
terry@greatstrides.org.

-28-

Deadline for Voter Registration in DC. For more information, visit www.dcboee.org/faq/voter_reg.asp.

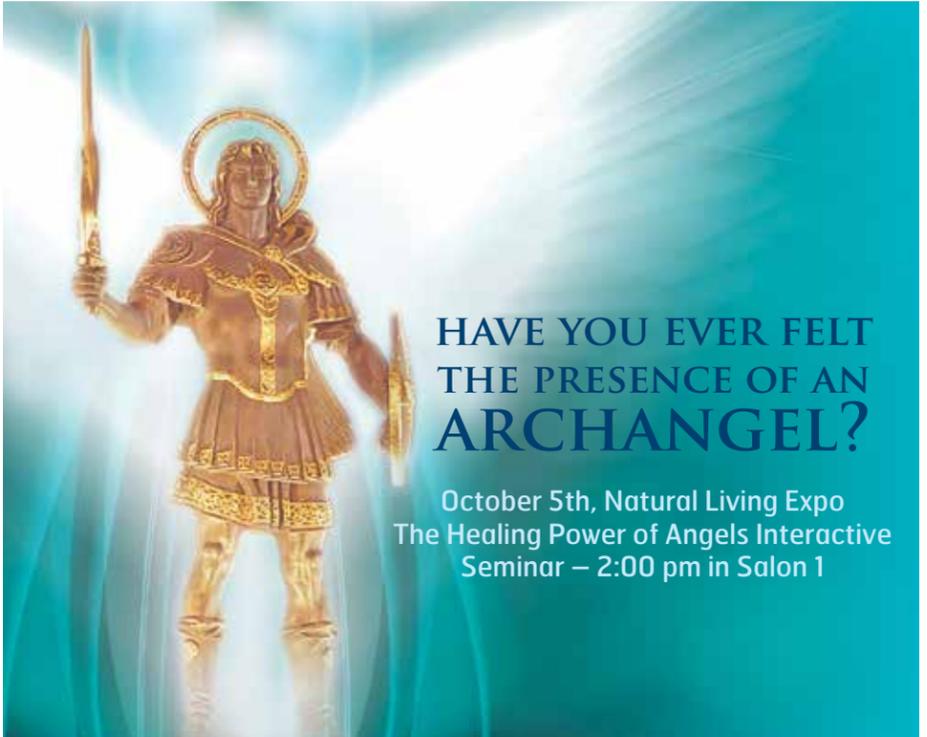
-29-

Keep Your Inner Light Shining When the Sun Goes Down, 6-7pm. In this interactive and informative workshop, Tammy Goddette, LMT & Reiki Master Teacher, will discuss options for Seasonal Affective Disorder (SAD) other than meditations to keep your mood lifted during the winter months. Specific yoga poses, massage techniques, and Reiki will be introduced and demonstrated to help enhance and revitalize ones mood. Visit www.caseyhealth.org to register or call 301-355-2030.

-31-

10/31-11/2 The Great Mother Wisdom Gathering - a deeply heart-opening event. Claggett Center. Workshops: Mary Magdalene, Isis, Sophia, more. Sacred Fire & Water ceremonies. www.greatmotherwisdom.org

continued on page 92



HAVE YOU EVER FELT THE PRESENCE OF AN ARCHANGEL?

October 5th, Natural Living Expo
The Healing Power of Angels Interactive Seminar – 2:00 pm in Salon 1

HAS AN ANGEL TOUCHED YOUR LIFE?

Angels and Archangels are with us every day, to experience their love and the gifts they bring, we must invite them into our lives. Attend this special multimedia presentation to:

- Find out how to connect with Archangels and angels.
- Bring more hope, faith and love into your life.
- Learn practical tools to summon the help of the angels for personal and world problems.
- Discover profound keys for walking and talking with angels every day.
- Hear inspiring stories of angelic intercession.

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Karen Brody	Christopher Kent, DC
Kelly Brogan, MD	Peter Kevorkian, DC
Joe Dispenza, DC	Bruce Lipton, PhD
Barbara Loe Fisher	Jennifer Margulis, PhD
Ina May Gaskin	John Minardi, DC
Peter Gray, PhD	Jeffrey M. Smith
Suzanne Humphries, MD	Andrew Wakefield

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Activists for Informed Choice
New-Edge Science Promoters
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The *Great Mother*
Wisdom Gathering



Come mothers, come daughters, and fathers and sons, to celebrate the Great Mother in all of Her manifestations.

Come honor Her great compassion and wisdom in an ecumenical gathering bringing different traditions together.

October 31 - November 2, 2014
Claggett Center • Frederick, MD

Cost: \$85-\$350 Early Registration
Register for the whole weekend or just one day!

Experiential Workshops on: Mary Magdalene, Isis, Osun, Virgin Mary, Sophia & more. Sacred Fire. Sacred Water Ceremony. Art. Dancing. Fun!

Early Registration ends September 14!!

www.greatmotherwisdom.org

Seeking Sponsors and Vendors!

FALL CALENDAR

NOVEMBER

-1-

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

Halloween Costume Ball Featuring Julius Pittman and the Revival. www.avalon-resort.com

The Healing Power of Angels: "How Angels Can Help Us Deal with Stress and Heal Our Relationships." Use the incredible power of our Divine Source and the Angels to transcend everyday stress and strains; 2-4pm. The Washington DC Teaching Center, 6 Grant Ave., Takoma Park, MD 20912. www.washdctc.org

Integrated Energy Therapy Basic at Manifested Harmony in Alexandria. www.manifestedharmony.com

-4-

Of Final Things w/ Hospice Chaplin, Rev. Steve Eveland, 7:30pm. Contin-

ues Nov. 11, 18, 25. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-6-

Body-Mind-Spirit Workshop, 7:30-9:15pm. Continues Thurs., Nov. 13. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

11/6-9 Become a Feng Shui Consultant in Just 4 Days, with Hope Gerrecht. Quantum (New) Physics Meets Eastern Mysticism In Your Living Room; Baltimore, MD. 410-486-6086, or email: lifeworks@earthlink.net

-8-

Integrated Energy Therapy for Pets at Manifested Harmony in Alexandria. www.manifestedharmony.com

Psychics Night Out - Psychic Fair. 6-9pm. Gifted DC-Area Psychics donate talents for church fundraiser. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

-9-

A Day of Meditation. www.blueberrygardens.org

Winning the Game of Life. 1-3:30pm. w/ Andre Oser from Mystical Mount, Shasta, CA. NW-DC. Inst. for Spiritual Development. www.isd-dc.org

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PJ Humphrey

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Tara Alisbah

843-298-4148 www.TappingIntoIntegrity.com

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720-406-9021 LauryCoppinger.AccessConsciousness.com

FALL CALENDAR

“Worldwide Seminar Presentation.”
Listen to the words of modern prophet Harold Klemp via streaming video; discussion to follow. 2-4pm on November 9th; repeat showing at 12:30-2:30pm on November 16. Eckankar of Northern Virginia: 703-916-0515.

-14-

11/14-16 **Mindful Leadership Summit at Artisphere** in Rosslyn, VA. 25+ speakers including Tara Brach, Congressman Tim Ryan, Sharon Salzberg and Dan Goleman. Tickets + Info at www.MindfulLeader.org.

-15-

Creativity Renewal Retreat (watercolor, movement, poetry and more). www.blueberrygardens.org

Usui Reiki Level Two at Manifested Harmony in Alexandria. www.manifestedharmony.com

-16-

“Worldwide Seminar Presentation.”
Listen to the words of modern prophet Harold Klemp via streaming video; discussion to follow. 12:30-2:30pm. Eckankar of Northern Virginia: 703-916-0515.

-17-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmen-

tal, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30pm. Free screening begins at 7pm - documentary to be announced. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-21-

11/21-24 **ZeroBalancing with Fritz Smith.** www.blueberrygardens.org

-22-

Christmas Bazaar.
www.avalon-resort.com

Thanksgiving with the Turkeys at Poplar Spring Animal Sanctuary. 15200 Mt. Nebo Road, Poolesville, MD 20837. Phone: 301-428-8128. 12-4pm. Come celebrate Thanksgiving WITH the turkeys—join our friendly turkeys and all their friends in celebrating a cruelty-free Thanksgiving potluck. Please bring a vegan (no meat, dairy, or eggs) dinner or dessert item to serve 8. \$10.00 suggested donation to benefit the animals. No charge for children under 16.

continued on page 94

www.hiddenmedicine.org
240-529-5336

Hidden Medicine
Healing Arts Studio
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Our mission is to improve our customers' quality of life. For people with chronic respiratory and skin ailments, allergies, asthma, insomnia, eczema, psoriasis, daily discomfort, pain and physical limitations are a way of life. Salt Therapy offers better breathing, improved health, relaxation ... a new way of life.

Hidden Medicine Healing Arts Studio's treatment room is coated from floor to ceiling with multiple layers of pure, untreated sea salt, creating a negative ion microclimate that is restorative, relaxing, aesthetically pleasing, and virtually free of bacteria. A specially designed halogenerator disperses microscopic particles of Dead Sea salt, rich in minerals and brimming with therapeutic properties, into the room during each session.

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Ligmincha Institute at Serenity Ridge Nelson County, Virginia



photo by Janine Guldener

TENZIN WANGYAL RINPOCHE, founding director of Ligmincha Institute, is renowned for his ability to convey the ancient wisdom of Tibetan Bön Buddhism in a way that is highly relevant to Western students. 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 his latest, *Awakening the Luminous Mind*.

OCT. 7-9, 2014

Annual Buddhism & Science Conference: Pathways to a Healthy Mind

with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers

OCT. 10-12, 2014

The Healing Power of Primordial Awareness

with Geshe Tenzin Wangyal Rinpoche

OCT. 31-NOV. 2, 2014

The Sacred Body in the Bön Tradition

with H.E. Menri Lupon Trinley Nyima Rinpoche

DEC. 27, 2014-JAN 1, 2015

Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 1: Ngöndro

with Geshe Tenzin Wangyal Rinpoche

The first in a five-part series—held over the next five years—of Tibetan Bön Buddhist dzogchen teachings, considered the highest teachings in Bön and Tibetan Buddhism. Ngöndro (preliminary practices) is prerequisite for Parts 2-5.

FREE LIVE WEBCASTS 2014 (Eastern/NY time)

with Geshe Tenzin Wangyal Rinpoche

Sept. 27, 2014: 2:30-3:30 p.m. Oct. 11, 2014: 3-4:30 p.m.

Nov. 8, 2014: 1-2:30 p.m. Dec. 28, 2014: 3-4:30 p.m.

Check our website for future dates.

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2014 Fall Events

Last Chance Pool Party
September 20

Homecoming Dance
October 18

Halloween Costume Ball
Featuring
Julius Pittman and the Revival
November 1

Christmas Bazaar
November 22

Festival of Lights
December 6



FALL CALENDAR

-30-
Psychic Development Tools, 1-3pm.
Master's Series w/ Gifted Psychic Rev.
James De Biasio. NW-DC. Inst. for
Spiritual Development.
www.isd-dc.org

DECEMBER

-2-
Egyptian Mysteries Workshop,
7:30pm. w/ Rev. James De Biasio. Class
#2 Dec. 9. NW-DC. Inst. for Spiritual
Development. www.isd-dc.org

-6-
Festival of Lights.
www.avalon-resort.com

-13-
Healing Angels of the Energy Field
at Manifested Harmony in Alexandria.
www.manifestedharmony.com

**Message Circle. Connect w/Spirit
Guides**, 7:30pm. Attendees receive 6-8
messages of insight & guidance. NW-
DC. Inst. for Spiritual Development.
www.isd-dc.org

12/13-14 **Two-Day Life Coach or
Executive Coach Certification**. Visit:
www.certifiedcoachesfederation.com.

-14-
Ministerial Ordination Service, 11am.
Rev. Kathy Gregg Graduates Church's

Ministerial Ed Program. NW-DC Inst.
for Spiritual Development.
www.isd-dc.org

-21-
Special Children Service, 11am. Gift-
ed children perform solo music recitals
during church services. NW-DC. Inst.
for Spiritual Development.
www.isd-dc.org

Winter Solstice Church Service,
7:30pm. Free. Ancient Ritual & Con-
temporary Spiritual Message. NW-DC.
Inst. for Spiritual Development.
www.isd-dc.org

-24-
Christmas Eve Candlelight Service,
8pm. Contemporary Spiritual Interpre-
tation of the Seasonal Nativity Story.
Inst. for Spiritual Development.
www.isd-dc.org

-27-
Wellness Fair: Body-Mind-Spirit.
Gifted Healers donate talents for
church fundraiser. 11am-4pm. NW-
DC. Inst. for Spiritual Development.
www.isd-dc.org

-28-
Psychic Development Tools. Master's
Series w/ Gifted Psychic Rev. James
De Biasio. NW-DC. Inst. for Spiritual
Development. www.isd-dc.org

UPCOMING

1/23-25/2015 **White-
Winds Institute's** Introduction to
Integrative Energetic Medicine,
9:30am-5:30pm, in Winchester, VA.
Venue: TBA. Information and registra-
tion at:
www.featherstoneinstitute.com or call
540-333-2330.

ONGOING

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

Community Yoga Class, All Levels,
6:30-7:45pm, every Tuesday, Riven-
dell Center. Beautiful space, great
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man, E-RYT, Certified Anusara Yoga
Instructor. Visit: www.yogafiveo.com
or www.alignwithgrace.com for more
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LIFE GROUP is hosted every Thurs-
day @ 7:30pm. #Magick #Mysticism
#Metaphysics #Mind
www.enlightenmentassembly.org; 240-
317-9808.

continued back on page 84

Diane L. Haworth

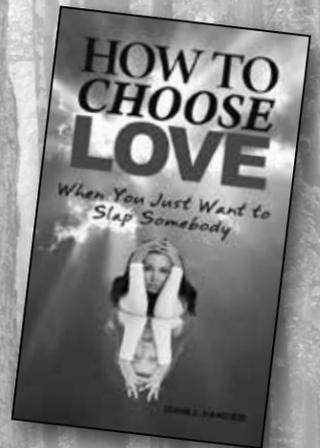
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Capital Qi Gong/ The Center for Qi Gong



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Qi Gong (or C'hi Kung) means the "work of cultivating life energy" in Chinese. Proper Qi Gong practice harvests the body's energy (Qi), relieves the body of energy blockages and naturally calms the mind. Energy restoration and unification of mind and body (whole body) reduces the stress of everyday life and enables us to maintain a more natural state.

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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.



Cardinal Center for Healing

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; Body-Mind Health; Homeopathy; Massage Therapy; Energy Healing; Neuro-feedback; Matrix Repatterning®; and

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

Location: 3919 Old Lee Highway, Suite 83A, Fairfax, VA 22030

For appointments, schedules and more information, see our website: www.cardinalcenterforhealing.com, or call 703-352-8535.



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awareness, leadership presence, and coaching ability; (3) Leadership training and development programs helping leaders create thriving and successful organizations; (4) Courses in and/or a minor in Consciousness and Transformation; (5) Annual Leading To Well-Being Conference.

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Michael Ward



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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); Thursday evenings at The

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

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Classes & Learning Centers



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Dream's FALL SESSION starts Sept. 8. Don't miss our 12th Annual Open House & Wellness Fair, Sat. Sept. 6th, 1-5pm with FREE workshops, health assessments, giveaways and more.

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Fall classes will begin Saturday, September 13, with Intermediates at 8:00am; and Sunday September 14, with Corrections class at 9:30am, and

Continuing Beginners/Intermediates at 11:00am-12:00pm.

The next New Beginners Class will be offered January 18, 2015, 11 sessions for \$210 plus registration fee.

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

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



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

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

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

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

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



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Classes & Learning Centers



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

form lives and organizations.

For more information about classes, ordering books or joining the mailing list, visit www.ias-online.org, or email to btsias@aol.com.

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CR, Accountant

"A life changing event, it helped me make connections between past events and some current behavior issues."
SA, Entrepreneur

"I have learned there are many

ways to meditate. You brought an ease to the teaching that made it interesting and fun." GK, Contractor

Limited to 6 participants. Approx. 33 hrs. of instruction. Fri. eve. 7:00–10:00pm; Sat. & Sun. 8:30am–10:00pm; Mon. 10:00am–7:00pm.

For details and an application, contact Rev. Jim Wilkins, 703-300-2742, or email j.wilkins@cox.net.



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

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

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

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

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

Maryland.

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



New Future Society is a place where your highest consciousness can be experienced and nourished. Come and visit. We offer Meditation; Yoga classes; Healing Sessions for the Chakras, Body, Mind and Spirit; monthly Spiritual Conferences; Philosophy & Psychology yogic study groups; Day of the Goddess; Yoga Teacher Training 200 & 500 programs;

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Please visit our website: www.newfuturesocietycenter.com. Facebook: Newfuturesociety US

Lunchtime Yin Yang Yoga Tuesdays in Silver Spring



Somatic Freedom Technique

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

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

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

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

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

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

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

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

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

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Classes & Learning Centers



**THE REIKI
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OF GREATER
WASHINGTON**

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

Crystal Classes — Classes covering the metaphysical and energy healing properties of rocks and minerals. Crystal Healing I: 11/8/14; Crystal Journeying II: 10/5/14.

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

Healing Sessions — Offered by

appointment from 10 a.m.–7 p.m. at our Rockville, MD center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes — Basic: 12/6; Intermediate: 12/7; Advanced: 12/8.

Karuna Reiki® — Classes for Reiki Masters to augment their skills: Practitioner: 9/13-9/14; and Master: 9/13-9/15.

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

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

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

Sekhem-Seichim-Reiki (SSR) Classes — Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Master Facets I-VII: 12/13-12/15/14 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: 9/27-9/28, 10/25-10/26, 11/29-11/30; Level II: 9/6-9/7, 11/15-11/16; Level III: 10/10-10/15/14.



AnAlternativeWay.info

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

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

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

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

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



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

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helping spirit & power object retrieval

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

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

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

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

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day.

Mary "Tyrtle" Rooker
Tyrtle@ShamanicSpring.com
www.ShamanicSpring.com/
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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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Classes & Learning Centers



Qigong and Taiji: Beginners, Intermediate, and Teacher Certification Programs with Master Nianzu Li, a classically trained practitioner of Chinese medicine. In Maryland, Li is a licensed acupuncturist and herbalist and has taught the traditional healing exercises of China in the DC area since 1981.

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

The fall program includes one of Master Li's signature forms, an ancient Taoist practice that is transformative on several levels. It dramatically enhances body posture and shape, works internally to strengthen the organs, and lifts the mind and spirit out of stubborn negative states. The 12-posture exercise, taught in both seated and standing versions, has attracted worldwide interest over many years and remains one of our favorites.

See Li's many exercises on YouTube by selecting "qigong" and "Nianzu Li." Join him for his ongoing FREE CLASS in Sligo Creek Park in Silver Spring on Sunday mornings. Please

call or email for directions.

Qi exercise changes lives. Classes have been described as "a weekly oasis." Whenever and wherever you practice, the movements and moments of peace and power lift you up and help get more flow into your life.

To find out more about our classes, acupuncture and herbal care, along with sessions in Energy Freedom Techniques ("Tapping") with Peggy Li, please call for an information packet and see our website. Song Ho Health Center
301-625-4801
SongHo.net
qiworkers@gmail.com



- Classes and workshops:
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 - Integrated Energy Therapy
 - Lightarian
 - Aromatherapy
 - Integrated Healing
 - Natural Wellness

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We offer in-depth certification classes with plenty of individual attention and opportunities to practice. Our

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- The American Heart Association Recommends TM for those with Blood Pressure over 120/80
- The National Institutes of Health found TM can reduce Death, Heart Attack and Stroke by 47%
- Research shows TM Decreases Medical Cost and Hospital Visits by 50%
- Research Found TM Reduces Symptoms of Post-Traumatic Stress (PTS) by 50%

What is Transcendental Meditation (TM)? The Transcendental Meditation® technique is an effective way for anyone to relieve stress, gain inner peace and promote mind-body health.

Women's health research on TM has found reduced menopause symptoms, less stress during Cancer, and help with weight management.

TM for emotional well-being has been found to increase inner peace

and happiness, and helps:

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- Improve Relationships

For more information, or for a presentation on the benefits of TM to your group, organization or business, call 301-881-5400.

Visit: www.tm-women.org
Group Rates Available.



Unity Woods Yoga Center, Washington's first yoga studio, was established in 1979. We are celebrating our 35th anniversary this year with gala events at each of our three locations! Unity Woods offers yoga with high-quality instruction for all levels of students in posture, breathing and Yoga philosophy. Special classes available for teens, seniors, back care and gentle yoga, as well as unique workshops and short courses on a variety of special topics. 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 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 fall session of classes begins Thursday, September 18. New students may take their first class for free anytime during the session. Also contact us about special four-week Introductory Series. For a complete schedule of classes, workshops and special events, see our website at www.unitywoods.com.

Health Services

Natural Healing



Above & Beyond Holistic Services is a heading that encompassed two divisions of the same business. One is about products we sell and make up in the lab, usually customized for the need of the patient.

The other division is Above & Beyond Holistic Medicine, LLC, where the most work is done and miracles happen. In this division (under the same roof) an uplifting environment greets you, and highly skilled practitioner hands and knowledge—working with everything from healing

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Health Services



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Crossings is an integrative health and wellness center offering a uniquely collaborative model of primary wellness care, classes, workshops, and bookstore. Located above the Silver Spring Whole Foods (entrance on Fenton Street), Crossings practitioners provide acupuncture, massage therapy, osteopathy, physical therapy,

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Our classes and workshops include Body Centered Practices (Tai Chi, Qi Gong, Movement and Dance, Yoga), Meditation, Seasonal Wellness Workshops, Energy Healing, Creative

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Health Services



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The Mindfulness Center offers an array of classes, services, and educa-

tional programs that foster meditative awareness, stress reduction and optimal wellbeing, including: Meditation, Yoga, Tai Chi, Massage, Acupuncture, Reiki, Nia, and Wellness Programs for Cancer and other conditions. We also offer professional training and CEUs for Yoga Teacher Training, Meditation as therapy, Reiki and a range of other

therapies to help you realize optimal personal well being both in your body and career.

To register for classes, please visit our website, www.TheMindfulness-Center.org, call us at **301-986-1090**, or stop by our center at 4963 Elm Street, Suite #100, Bethesda, MD 20814.



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Metaphysics



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Orientation; DEPRESSION: The Acute Mars Dysfunction; The Progressed Moon.

The website contains many articles for free downloading and readers can ask questions about the articles.

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

Metaphysics

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The Arlington Metaphysical Chapel is a Metaphysical church with Spirit-

ualist roots. We offer classes, workshops, special programs and speakers throughout the year. Some courses in Mediumship, Spiritual Healing and other areas can be applied toward certification or ordination with our national association, The United Metaphysical Churches (www.unitedmeta.com).

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For more information about services, special programs and workshops

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

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Heidi
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Tarot

My name is Heidi Lahm and I read Tarot. I do this to honor my Great Grandmother and Grandmother who both read the Tarot and the tea leaves. I am claircognizant and clairvoyant and have been reading Tarot for over

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Metaphysics

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Gena Wilson, LCSW



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S. Alice "Alicja" Jones

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Metaphysics



Marie-Claire Wilson
European Intuitive Consultant

Marie-Claire Wilson

I am originally from Marseille, France, and have over 35 years of professional experience in the divinatory arts as a clairvoyant, consultant and Tarot reader. The divinatory arts is a gift that runs in my family. My great-grandmother was a very well-known medium just outside of Marseilles.

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BOOK REVIEWS

Factory Man

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relatives of JBIII who owned factories. He criticized how domestic producers and workers were being undersold and harmed by the imports.

By this time, a lot of furniture was being manufactured in China at Chinese- or Taiwanese-owned companies. The first American manufacturer to move to China was Motorola in 1995, when the company built a semiconductor plant there. In 1998, President Clinton reported and celebrated a national unemployment rate of 4.2 percent, "the lowest since 1969." But a few months later Martinsville posted the highest unemployment rate in Virginia, 15.2 percent, and an apparel plant in the same city employing 115 workers announced that it would be closing. Chinese imports were causing declines in all American furniture industry sales. "By 1998, furniture imports accounted for nearly a third of all wood furniture sold in the United States, up from 21 percent five years earlier." Profits of one furniture manufacturer alone fell from \$14 million in 1999 to \$6.4 million in 2000 as a result of imports.

The remaining factories tried to survive the increases in their imported competition. When those factory owners could not match the low prices they, too, outsourced production by purchasing imports, a practice referred to as a "blended strategy." But that effort became blurred when those companies started to buy imported parts and finished furniture to sell under their own names. China was building factories with millions of square feet devoted only to American-style bedroom furniture.

These were the pressures JBIII was under when he implemented strategy after strategy, some successful some not, as he struggled to save his factories. "From 2000 to 2002, furniture imports from China skyrocketed 121 percent, gaining as much as 50 percent of the U.S. market in some areas. Domestic producers of bedroom furniture increased their imports from a level equivalent to 6 percent of their domestically produced shipments in 2000 to a level equivalent to 19.6 percent of those shipments in 2002."

China was now the largest exporter to the United States and was about to receive most-favored nation status. China was also preparing to join the World Trade Organization (WTO). In 2001, job losses among American textile workers totaled 91,000. Some of the local sawmills had also closed, and workers who had eight or ten families relying on them worried about the remaining factories. If those closed, there would be no one to sell to.

One worker described the closings as "a house of cards, one plant closing at a time. And it was like a whole culture was being wiped out, people who had known each other and their families for three, four generations." Then a retail-outlet warehouse, two apparel factories, and one furniture factory also closed as a result of offshoring.

Factories moved to China for free land; cheaper labor; and loose or no environmental, health, or labor regulations.

Even within China, factories were built in certain locales where wages would be even lower than in other parts of the country, not unlike the right-to-work race to the bottom in the United States. Too often, American local and state governments use tax incentives to attract businesses that studies consistently show are bad deals for taxpayers and public coffers.

JBIII found out that China's next step in the country's deliberate efforts to "force American domestic furniture manufacturers to close their doors" was the construction of the American Furniture Industrial Park. It accommodates twenty-two thousand workers and thirty different product finishing lines. And it is in a part of China that pays 20 percent less than workers earn in southern China, which in 2002 was a hundred dollars a month including meals and housing; with ten workers in a room in the typical dormitory.

By 2003, seventy-three thousand jobs had disappeared from furniture and fixture factories in the United States. Then there was a 2003 WTO ruling that steel tariffs imposed on imports by President Bush to save domestic jobs and factories were illegal. This action confirmed one of the objections shared by opponents of NAFTA—that the agreement is unconstitutional because an unelected and unaccountable WTO would supersede U.S. laws and the authority of Congress and the White House.

University of California economist Lori Kletzer documented in 2007 that "of the half million American factory workers who'd lost their jobs because of offshoring in the 1980s and 1990s, 38 percent still hadn't found work." And one in five of those who had found work took "a pay cut of 30 percent or more." By 2009, one-fifth of Galax's labor force was unemployed. "Furniture-factory workers were losing their livelihoods because of offshoring to China, just like the textile workers before them had." JBIII was frustrated by this unlevel playing field and became even more determined to find some legal recourse, such as "a law on the books somewhere" to stop these losses and protect the furniture industry from possibly illegal and unfair trade practices.

When JBIII started to investigate the Chinese factories and tactics for possible illegalities under U.S. laws, he posed as a prospective buyer and met with a Communist Party official inside a cold Chinese factory. The official said he "would be happy to provide JBIII with dressers at a fraction of what they would cost JBIII to make." All JBIII had to do in return was "to close down his factories."

"Close his factories? JBIII pictured the whole lot of his hard-charging forebears turning en masse in their graves. He thought of his 1,730 work-

BOOK REVIEWS

ers—plainspoken mountain types, many of whom had followed their parents and grandparents into the factories—standing in unemployment lines instead of assembly lines. He thought of the smokestacks that for a century had borne his family's name and of the legacy he wanted to leave his kids."

JBIII had disparaged those who call themselves free traders at publicly traded companies who celebrate when their stock prices go up after they close a factory. "The ones who awarded themselves multimillion-dollar bonuses at the same time they were putting thousands of people out of work." And as they collected their questionably earned bonuses, they redefined protectionism as something we should all fear and reject.

JBIII defines and defends his principles as protecting jobs, workers, and the services and infrastructure local businesses and workers fund. And that is where this story leads us. As business schools, high-profiled economists, and CEOs cheer American industry leaders on to find the cheapest labor wherever they can, JBIII thinks about his factory in Galax and the nine thousand workers in North Carolina furniture-making and retailing businesses, who send annual revenues to state coffers worth eight to nine billion dollars.

Many economists have also insisted that the closed silk mills and other vanishing industries resulting from

NAFTA and the WTO would enrich society over time and generate higher standards of living across the globe. In his 2005 book *The World Is Flat*, economist Thomas Friedman cites 2004 studies that extol the benefits of globalization—consumers saved approximately \$600 million in purchases; businesses had more capital to invest in innovations; and low interest rates enabled more Americans to buy or refinance homes. But how is that possible when U.S. businesses outsource jobs to engineers in India earning one-quarter of what the now displaced and unemployed American engineers earned? Countries that protect domestic industries, workers, and jobs and encourage innovation include Germany, Switzerland, and Japan. That is the real meaning of protectionism.

Factory Man JBIII is unique in his efforts to hold the Federal government accountable for the lost jobs and devastated economy, and to save the relatively few factory jobs that remain as an example of what is still possible to do in this country. The defining moment in his struggle to end economically corrupt and damaging trade deals and policies is his hearing with the U.S. Trade Representative. Rarely do most Americans see how government officials and agencies really operate. The trade representative spoke for forty minutes telling JBIII what was wrong with all that he was trying to prove and

achieve, and which countries have already registered their opposition. JBIII could not believe his ears. "You represent us," he fumed. "America!"

Between 2001 and 2012, 63,300 American factories closed and moved offshore, and China added 14.1 million manufacturing jobs during that same time period. In 2010, the unemployment rate in Martinsville was 21.9 percent. In 2013, 62 percent of the schoolchildren in Galax qualified for free or reduced-rate lunches. One out of six U.S. college graduates today is unemployed or underemployed and underpaid relative to their level of education (and college loans). *The Associated Press* reported a recent study that found among every five Americans, four will live in poverty.

According to Harvard labor economist Richard Freeman, most of the so-called free trade benefits go to the wealthy, and many national news outlets are funded by these special interests to promote globalization to the public "while the country's gone completely bankrupt because we make so little of what we actually purchase. Most economists don't know any real people."

"We gotta invest in America instead of derivatives," JBIII argues. "The real value in manufacturing is creating a community where cash flows" and circulates to create better jobs if the

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BOOK REVIEWS

Factory Man

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products purchased are made in the community. This is the next challenge. To educate more Americans about how their purchases ultimately affect them; and the influence they as consumers have and the differences they can and should make, by only patronizing businesses that invest in their workers and communities and promote products made locally, regionally, and then nationally; and by only buying fair labor and fair trade products. Consumers should be prepared to substitute or do without rather than subsidize unfair working conditions that could one day be their only choice for employment.

ADDITIONAL SOURCES

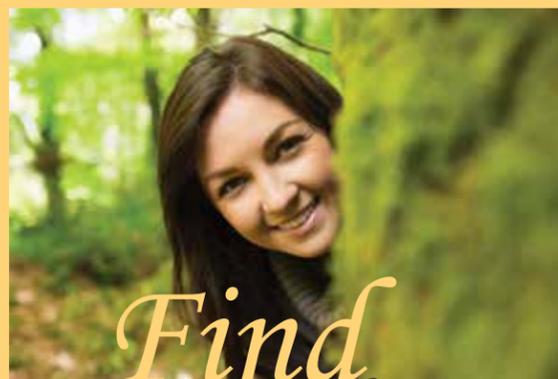
We Can't Make It Here (hate those who shipped the jobs away) by James McMurtry; *ReMaking America* edited by Richard McCormack (2013); *The Next Convergence* by Michael Spence; *The Hairstons: An American Family in Black and White* by Henry Wiencek.

In *The Betrayal of the American Dream*, Bartlett and Steele discuss how corporations rig the tax code in their favor because Washington is owned by Wall Street; how education and training in this country are going to waste as the country ships more jobs offshore. The

following comments are excerpted from journalist Amy Goodman's radio program interview with Bartlett and Steele (democracynow.org; Pacifica Radio, 89.3 FM, Washington, DC).

Trade policies bought and paid for by major corporations have wiped out millions of good-paying jobs. Congress allowed companies to kill 85,000 pension plans in the last generation. The superficial nature of news accounts describing the economic meltdown overlook the public and private policies of the last 40 years dismantling the American middle class. The current recession is just the latest stage in this progression.

Barlett and Steele examined bank records and Securities and Exchange Commission filings to recreate what happened in late 2008, when the Bush Treasury Department, led by former Goldman Sachs CEO Henry Paulson, poured billions into the banking system. Once the money left the building, the government lost all track of it. Treasury had no internal controls. There were just a handful of institutions that were terribly weakened that this bailout was intended for: AIG the insurer, Bank of America, and Citigroup. To hide these facts, Paulson



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BOOK REVIEWS

made it look like everybody needed this help. And they absolutely did not. The TARP funds had no restrictions, accountability, or even common sense. The Federal Reserve also distributed this money to foreign banks: \$12 billion to France's Société Générale after losing money in rogue trading deals; eight or nine billion to Germany's Deutsche Bank after losing billions in bad bets.

Apple doesn't manufacture one product in the United States; maybe some parts. Apple products say "designed by Apple in California." The Chinese have just been given the U.S. attack helicopter. Boeing is showing the Chinese how to build airplanes and compete against us. And much of that technology and information are taxpayer-financed.

We've reached this point where there can be no tariffs, no nothing on corporations. They are free to do whatever they want. And look no further than the fracking everywhere. We need to distinguish between global corporations and domestic corporations that employ people in this country and are being screwed in Washington, while the international global corporations get a free pass. Tax changes in 2003 made dividend income taxable at 15 percent. This was the first time that dividend income was treated differently from earning a wage or salary. In 1955, the top 400 households in this country paid 51.2 percent of their income in taxes. In

2007, they paid 16.6. There's the deficit. No one at the top pays serious taxes today.

There is no defense for the carried interest tax break. If you are heading a private equity fund, you take a portion of the interest of one of these companies that you are theoretically managing. Part of your money then becomes a direct salary, which has normal rates. But part of it is now an interest in this company. But you haven't bought that interest. You just receive it as the manager. And then, when you cash out on that, because supposedly you were an investor, you pay the 15 percent rate.

The multinationals earn a lot of money offshore and they keep it offshore—\$2 trillion sitting in foreign accounts. A few years ago Congress waived the U.S. tax rate and brought back \$3.3 billion—with the understanding that the companies would create jobs here. But they killed 20-some thousand jobs by using the money to buy up companies.

Glass-Steagall went into place after the Great Depression. It never should have been repealed in 1999 to benefit the people at the top. It's one reason, in part, why people lost their homes. Clinton signed it as part of a deregulatory mindset gripping this country for two or three decades. In the airline and trucking industries the wages were driven down. Both industries have

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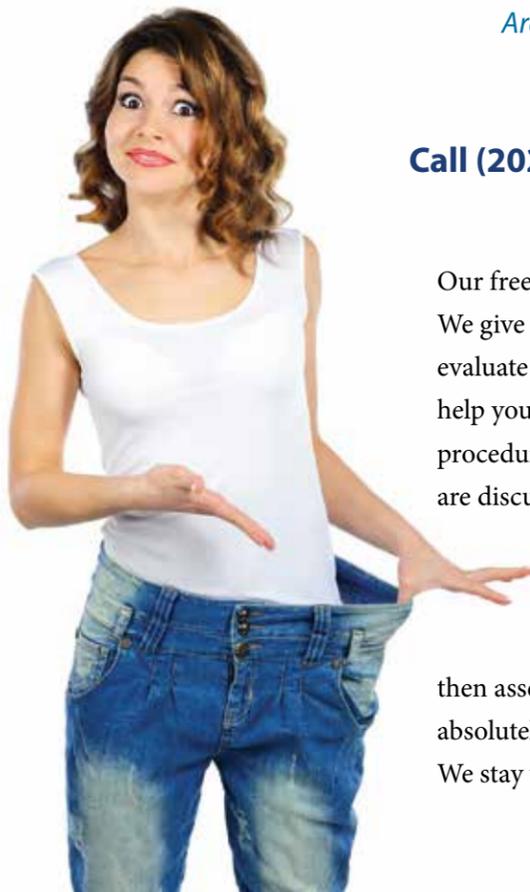


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BOOK REVIEWS

Factory Man

...continued from page 109

been in total chaos for 20 to 30 years. So the repeal of Glass-Steagall expanded that chaos to financial services.

The low-wage jobs have fueled a downward effect on tax and Social Security revenues. Since 1985, almost 85,000 pension plans have been killed. In the '50s, the '60s, the '70s, even into the early '80s, more and more people were eligible for defined benefit plans where you got a specific benefit when you retired. But since the mid-'80s, corporations with the assistance of Congress shifted people out of pensions into 401(k) plans, originally viewed as a supplement to a pension. They were not viewed as pensions. But corporations saw this would be a lot cheaper for them. But it never was enough money to meet retirement needs.

People are going to have to work forever, yet what will those jobs pay? It puts pressure on people coming into the workforce for the jobs that are left. You're going to work 'til you're 80? We have a friend who is a job recruiter who said, "If you're over 50 now, you're going to have trouble getting a job." The Labor Department said of 160 service occupations, 25 percent could be offshored.

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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Guide to Home Herbalism

...continued from page 9

of health benefits, all thanks to curcumin—its primary active ingredient. Curcumin is a proven anti-inflammatory and antioxidant effective against inflammation-related pain disorders such as arthritis. Research at the Alzheimer’s Disease Research Center at the University of California at Los Angeles found that curcumin protects the brain against amyloid plaques, which have been linked to brain diseases including Alzheimer’s disease.

Recommended uses: Turmeric is delicious eaten fresh, makes an interesting addition to herbal teas, and can even be used as a body scrub or in salves and lotions.

Best Ways to Use Herbs

Tea time: infusions and decoctions

Making herbal tea may seem fairly straightforward, but if you want to reap the most medicinal value from your herbs, you’ll want to know more than just how to dunk a tea bag in hot water.

There are two main forms of herbal “tea”: infusions and decoctions. Infusions are the more common form in which herbs are literally infused in hot water (usually one heaping teaspoon dried or one tablespoon fresh per cup of hot water). Although you can make

a delicious infusion with fresh herbs, minerals and other phytochemicals may be made more accessible by drying. Simply bring water to a boil, then remove from heat and pour over herbs. Let steep for 15 to 60 minutes or more, depending on the herb—the more herbs and longer it steeps, the stronger. Let your senses guide you. This is the ideal method for extracting the medicinal compounds in most berries, flowers and leaves.

To extract the medicinal compounds from seeds, roots or stems, you’ll want to make a decoction, a method of boiling herbs and allowing them to simmer, bringing out the medicinal benefits of these tougher plant constituents. To make a decoction, put three tablespoons dried herb in a saucepan, cover with cold water, and slowly heat the water to a simmer. Allow the decoction to simmer, covered, for 20 to 60 minutes.

So what if you want to make an herbal tea that combines roots, berries and leaves, or some other combination? Simply start with making a decoction in a pot on the stove. Put any roots, seeds or dried berries in the pot, bring to a boil and then simmer for an hour. Turn off the heat and add any fresh berries, flowers and leaves; al-

low to brew for an additional 10 to 20 minutes. Drink all infusions and decoctions within 36 hours to preserve their medicinal benefits.

Infused oil: massages, baths and more

When herbs are infused in oil, many of their healing properties are transferred to the oil. Infused oils are excellent for massage or as a basis for balms and salves, which we’ll discuss in greater detail later.

Infused oils are simple to make. You can use nearly any type of vegetable oil or carrier oil, but avoid oils that cannot tolerate heat, such as flax oil. I prefer olive oil or sweet almond oil, as both can be warmed to encourage the transfer of healing compounds from the herb matter to the oil.

There are two methods of making an infused oil: A cold method, best for flowers but also fine for leaves; and the warm method, better for stems, roots or seeds. To make a cold infusion, add fresh flowers or leaves to a glass jar with a lid. Add your oil, making sure all plant material is completely submerged in oil (to prevent mold growth). Allow your oil and herbs to rest for two weeks, shaking periodically to encourage the infusion process. After two weeks, strain herbs from oil, squeezing out any remaining oil with clean hands. Use this oil for a massage, skin-care or bath oil; or use it as a me-

continued on page 112



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- Volunteer for Wellness Resiliency and Reintegration Retreats hosted by TABA.
- Connect with other mind-body providers working with veterans to establish best practices for working with combat stress, TBI, PTS and chronic pain.
- Be informed of trainings sponsored by TABA to understand military culture and the signature wounds facing our combat veterans.

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Go to www.thereandbackagain.org and click on *Join TABA mind-body provider network.*

There & Back Again is a private, non-profit wellness program utilizing yoga, meditation, and alternative therapies to help combat veterans “navigate life after war.” Our whole-body approach to wellness provides veterans with the necessary tools to manage symptoms of PTS so that they can fully participate in their lives when they return home. Your donation will enable There & Back Again to provide free reintegration wellness services, access complementary therapies, and save the lives of combat veterans. For more information about There & Back Again, go to www.thereandbackagain.org, call 800-311-0187, or email info@thereandbackagain.org.



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MOTHER EARTH LIVING

Guide to Home Herbalism

...continued from page 111

dicinal base for balms and salves. Do not use this oil internally. It will keep in a lidded jar or bottle for up to a year.

To make a warm infusion, place your herbal matter with enough oil to completely cover it in a small slow cooker and allow it to "cook" on low heat for at least a few days, but preferably a week (there's no need to stir). After your oil is infused, strain the herbs from the oil, squeezing out any remaining oil with clean hands. Use this oil for a massage, skin-care or bath oil; or use it as a medicinal base for balms and salves. Do not use this oil internally.

Salves: soothe the skin

Salves are herbal ointments made by thickening oil infusions made with medicinal herbs. To make a salve, put a saucepan over low heat and add a cup of infused oil (strained of herbal material). Next, add two tablespoons of pure beeswax, melting slowly over low heat to prevent overheating the oil. Stir regularly. As soon as the beeswax is melted and the oil well-incorporated, remove from heat. Pour into small, shallow jars or tins. Let cool undisturbed to allow the ointment to set before sealing it with a lid. Use for skin irritations and other skin conditions.

Salves will typically last about a year covered and kept in a cool, dark place.

Tincture: the ultimate herbal medicine

Tinctures are alcohol extracts of fresh or dried herbs. They are extremely effective at preserving the plant's active constituents. You can make a tincture from roots, leaves, seeds, stems or flowers—whichever part of the plant is used for medicinal purposes. Always make sure you are using the correct part of the plant, as some components may be toxic if used incorrectly.

To make an herbal tincture, finely chop fresh or dried herb. Place in a glass quart jar. Top with vodka or pure grain alcohol (Everclear)—some experts recommend using vodka with dried herbs and Everclear with fresh herbs—making sure all plant matter is submerged beneath the alcohol to prevent mold growth. Allow the mixture to sit for two weeks, shaking daily to encourage extraction. After two weeks, strain contents using a cheesecloth-lined sieve. Once the liquid has gone through the sieve, pull up the the cheesecloth and, using clean hands, carefully wring out any remaining liquid in the plant.

Although tinctures are excellent herbal medicines, there are circumstances when they are best avoided

because of their alcohol content. These include pregnancy, severe liver impairment, diabetes or alcoholism. For most other circumstances, the small amount of alcohol is fine, but always check with your doctor if you are unsure. Also check with a local herbalist before using tinctures with kids—some are fine in small doses while others aren't.

Safety First!

Determining the proper dosage of herbs and herbal preparations is of the utmost importance: The dose determines whether an herbal preparation will have no effect, a substantial therapeutic effect or a toxic effect. It is vital to know the nature of the herb or herb formula before deciding on dose. Herbs such as pokeweed, which can cause vomiting and stupor if misused, are harsh and have a narrow range of safety. Others such as peppermint have a wide range of safety. However, even safe herbs can produce unwanted side effects if used incorrectly. For instance, psyllium husk is a safe and effective source of dietary fiber when taken in appropriate quantities. Too much psyllium, however, can bring on painful diarrhea.

We advise all home practitioners of herbal medicine to consult a respected book before making or using herbal medicines. We recommend Medicinal Herbs: A Beginner's Guide by Rosemary Gladstar, The Green Pharmacy



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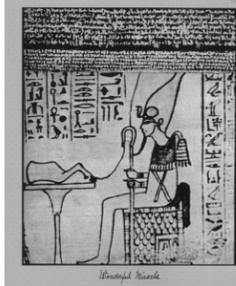
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MOTHER EARTH LIVING

by James Duke, Desk Reference to Nature's Medicine by Steven Foster and Rebecca L. Johnson and Hands-On Healing Remedies by Stephanie L. Tourles.

When starting a regime that includes an herbal preparation, use common sense, says renowned herbalist Christopher Hobbs. Check for individual sensitivity by starting with a very low dose. Although rare, it is possible for an individual to have an adverse, idiosyncratic reaction to an herb that is considered safe. If you experience symptoms such as rash, headache, upset stomach, nausea or diarrhea, call your health-care practitioner. Additionally, some herbs can interact or interfere with pharmaceutical medications. If you are taking medications, be sure to discuss any herbal medicines with your health-care practitioner. Physicians often aren't trained in herbal medicine, so many won't be able to tell you about herbal toxicity, side effects or cautions. Find a professional herbalist in your area by contacting the American Herbalists Guild.

Recipe: Basic Skin-Healing Salve
3 ounces calendula- and chamomile-infused oil (follow instructions in the text above)
½ ounce pure beeswax
15 drops lavender essential oil
3 (1-ounce) salve jars

1. Slowly heat infused oil in a saucepan to about 100 degrees.
2. Chop or grate the beeswax and gradually stir it into hot oil.
3. Once beeswax is melted, remove from heat and stir in essential oil
4. Pour hot salve into 1-ounce jars and let cool. Cap jars and store at room temperature.

Recipe: Echinacea Tincture
1 cup fresh Echinacea buds, flowers, leaves and stems rinsed, chopped and pounded
1 cup 190 proof ethanol alcohol (Everclear) and 1 cup distilled water

Place prepared herb in a clear jar. Cover with the solution of alcohol and water. Keep in a cool, dark place, shaking twice daily, for 48 hours (these delicate plant parts require less time than many others).

Filter tincture through a food-grade screen. Pour finished tincture into a brown glass bottle and label.

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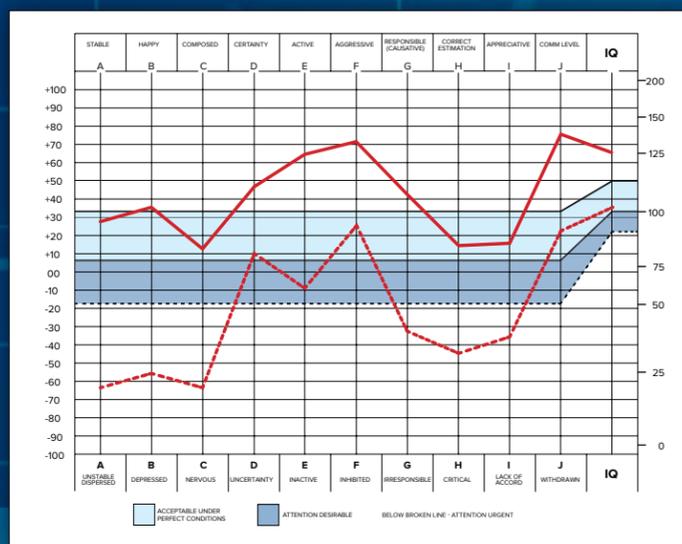
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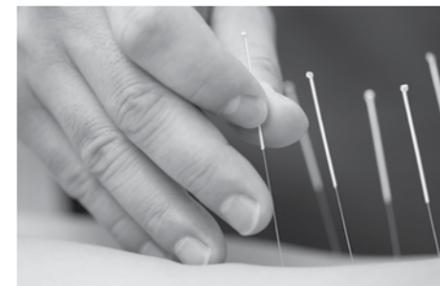
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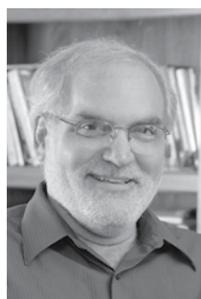
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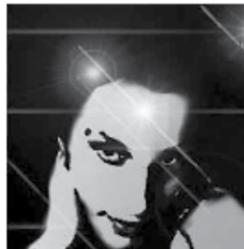


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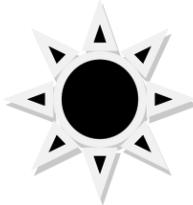
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MIND • BODY • SPIRIT

Stories...Upon Stories...Upon Stories ...continued from page 11

past and rehash things that turned out well yet *might* have turned out disastrously. For instance, the car that almost hit us last month might not have managed to stop in time, and I'd be in the hospital..." Our negativity and fear is so powerful that it can cover over the positive.

The most powerful mental stories are about ourselves – who we are, what we are doing, and why are we doing it. These stories are huge, like major novels that play in our minds over and over again. Rarely do we change their primary content. This is because we grow up with these stories – stories about our role in our families, stories that have become mythic about our *perceived* traits, priorities, values, beliefs, and stories about the "shoulds" of life. We grow up with stories told to us about how to be safe, about what we are supposed to believe in – as in religious/spiritual beliefs – and who or what to trust. We are told stories about how to act and what will happen if we do not act in the expected and "appropriate" ways. But most important are the stories told to us about, our positive attributes and our defects. They become so embedded within us

that they become mythic in their proportion and reality. These stories include myths about who we are, why we are here, (even if we *should* be here) and what we are meant to achieve while we are here.

As children we had to tell ourselves stories so that we felt loved, appreciated, safe, etc. We believed in Santa Claus, the Easter Bunny, and that our parents loved us, even if they were emotionally/physically abusive. In therapy I see depressed people, filled with shame and yet telling me they had great childhoods, with loving parent – which translates into "I am loveable". Later, after slowly probing their childhoods, we learn that they were neglected, shamed and/or emotionally abused. This new reality is hard for anyone to swallow, because it destroys our self-protective myths.

Now the problem with these stories is that we grow up believing all we were told. We grow up with myths about ourselves and never question their validity. These myths are both spoken and unspoken. Spoken myths are often embedded in labels such as: Johnny is shy, Mary can't do math, Ray is a clown and can never be serious,

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Billy is a trouble-maker, Janie is fat, Jerry will never be a good student because he cannot concentrate, and Sally never listens, and so on. These stories may seem simple on the surface, but they become all-encompassing because these labels end up defining the whole person.

Equally disabling are unspoken or spoken *subtle* myths that have evolved into complex stories. These include myths such as: my life will never get better, feeling positive about myself is conceited, taking care of myself is selfish, if I make a mistake that means I am a failure, if I am not perfect I am not loveable, I must keep feelings and thoughts to myself, or I never make good choices. When we were young, naïve, dependent and terrified of displeasing our parents we believed these stories. We trusted our parents and tried to please, and we were also – by necessity – too dependent to argue with our parents. As children we take on these stories unknowingly. How we related to them was a matter of emotional and physical survival, so unfortunately these stories often stick with us.

As adults we mentally and emotionally carry these childhood myths with us into adulthood – particularly stories implying that we were imperfect and flawed, stories telling us to be fearful, and to hide out and not trust. Simple childhood short stories can become

long involved mental novels. A woman who holds onto the childhood story that she is not attractive (because she was teased as a teen when she wore braces and glasses) can create a life story filled with many chapters telling of a woman not being able to find a man – despite the fact that she may now be both internally and externally lovely. Sadly, these stories become more and more complex, eventually taking on mythic proportions, in that they encompass all of our lives. Worst of all we grow up believing that we should not trust ourselves, because we would clearly be foolish to think that we know ourselves. So, the “self” stays small and never becomes the big “Self” – the mature Self.

Stories create a hiding place and we fool ourselves into thinking they are a place of refuge. We hide out from ourselves because we are afraid to question the authenticity of our stories, thus we continually reinforce them to ourselves. Perpetuating myths and hiding out from one’s true Self, causes suffering – suffering in that we are lonely for ourselves because we have incorporated other people’s stories into our psyches, and these stories have camouflaged our true Selves. For an example, imagine a childhood myth is that we are timid and easily frightened, and in turn as adults not

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Stories...Upon Stories...Upon Stories

...continued from page 125

only do we see ourselves as this timid, fearful child, but also we act out that belief. Now imagine that we hear on CNN's news about terrorist threats and *possible* consequences. Because of our personal mythology, we easily swallow CNN's fear-based reality; their fear becomes our fear, our truth. This fear-based truth then creates certain emotional and physiological responses. So in part because of our internalized myths from the past, and in part because of the story on CNN, our inner story becomes magnified and concretized within us. In turn, we are cut off from the independent, brave, healthy, skeptical parts of ourselves. We don't even question CNN's motives. What if CNN exaggerated the story to acquire a larger audience?

Most mental stories end up being about us and our lives. We rarely make up long, involved stories about other people's lives – (unless you are a therapist!) Even if our stories seem to be about others, they are often, on a deeper level, about the self. These stories are ego-driven in that they are about our need to feel safe, loved, desirable, talented, successful, and as though our existence has meaning. So, stories about our friends, partners,

could be on a deeper level about the self. For example, when Enid went to a party, attended for the most part by people she did not know, she was self-conscious about her appearance and her behavior. She drew back and as a consequence felt unwelcomed. The defensive story she told herself was that the people at the party were dull and uninteresting, and because of the way they were dressed they were clearly too focused on materialistic things. In reality, Enid had not felt included because she was awkward at making conversation, and was concerned that she had dressed too casually. Her mental story ended abruptly when a new acquaintance from the party called and asked about getting together.

Our stories become so sophisticated and elaborate that we no longer know (or maybe we never knew) when we are telling ourselves a story. Even small events, invoking our fear-based assumptions, can first become a short story and then rapidly expand. For example I had an e-mail from a carpenter who was working on our house repairing a roof leak. His e-mail, which came the day of a huge rain, said only "I am frustrated, call me". Before I could get in touch with him I had a whole story

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MIND • BODY • SPIRIT

created about how the rain must have leaked in again, creating more damage, which will take more time, money and energy, only to find out that he was frustrated because he had been ill.

It is all so unconscious. We have become so good at our ego-driven, often fear-driven stories that we are unable to stop and discern the truth. Plus, we often do many things to help us avoid our inner reality, our truth. We engage in obsessive behavior with food, drugs, drink, work, and never look at the story hiding behind our behaviors, like needing to make a lot of money to

hide fears of being a fraud, or needing to drink to feel socially at ease with others.

Twelve-step programs have an expression – HALT – hungry, angry, lonely, tired. In our inability to cope effectively with these feelings, we act out. We tell ourselves stories, for example that we are hungry, or we need a drink, or we need to work twelve hours a day to avoid the feelings. The bottom line is fear – fear that if we allow ourselves to feel our honest feelings, to think our honest thoughts,

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Stories...Upon Stories...Upon Stories
...continued from page 127

then we might have to questions the stories we grew up with. That means we must decide if our parents, schools, communities, and/or churches were right about us.

In my practice I do an experiment with clients – a joint drawing. We get on the floor and, with drawing paper and magic markers between us; we take turns drawing lines and shapes, in silence. My instruction to my client is only that they must not talk until the “drawing” is finished. When finished I ask the client to tell me what thoughts went through their minds. Inevitably their thoughts contain some version of, “I can’t draw”, or “This must be some kind of test”, or “This is stupid”, “I know I am being judged about something”, or “I am going to fail this”. Basically, all the thoughts are fear-based assumptions. Once that drawing is completed we do another drawing and this time the instructions are to just have fun, to be playful. Of course not only is the client more spontaneous, but the drawing reflects the playfulness in its spontaneity and freedom. This exercise seems to express a lot about life in general. Our mental stories impede our fun, our joy and our pleasure in life. When we try to guess

what is going to happen and control it through our thoughts, we end up locked up in stories and forget how to be in the moment. Going back to my jaw story, only after I became aware of my mental gymnastics was I able to laugh at myself, and respond in a realistic, self-aware manner.

Our inner stories are powerful, habitual, and physically/emotionally draining. The difficulty is that they are based on the myths we grew up with, but also on many assumptions. In order to change, we must ask ourselves what is beneath the obvious story – what is driving it. In order to ask ourselves these questions, we need to spend some quiet down-time. We need to have meditative and introspective periods to facilitate our inner awareness. Otherwise, we will continue on our merry way, never questioning our motives, or our responses. We will also miss out on some wonderful opportunities.

As adults we have two choices – to correct these old stories, or to perpetuate the myths. There is such empowerment in eradicating these old myths and really knowing our own story. There is also great empowerment when we can stop the energy drain oc-

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curing when we create stories, upon stories, upon stories. Enid, in the earlier story, was able to do this by correcting her initial assumptions. She did this by paying close attention (and believing) the positive feedback she received from others. She then acted on that feedback by responding in a positive manner.

We need to re-write our own stories, our own myths. We need to become heroes/heroines in our own story. I know a therapist who asks their clients to select a childhood story, fable, or nursery rhyme best reflecting their childhood. One of his clients selected "Hansel and Gretel", representing the story of her childhood with their controlling mother and her need for her emotionally distant father to rescue her. Of course in reality the rescue never happened. However, this story was a key to what she needed to do in adulthood – to rewrite the story that portrays her as a powerless child-victim. As an adult, she has the power to find a "family-of-choice", made up of good, loyal friends, and to stop seeing herself as trapped and unable to help herself. These are myths she needs to rewrite in order to escape from her old mental traps.

As my husband, and psychotherapist Tom Walsh said in his article, "Keep on Moving", "...let's let go of the stories built on stories, built on stories and keep on moving. Like the

steady current of a babbling brook. Like the subtle flow of the wind on a warm summer day. Like the constant growing and aging of our bodies – all are part of the true nature of reality that keeps moving from moment to moment." And, we have the power to change the course of movement. We have the power to let go of our old stories and to act from the core of who we truly are and what we want to be and do. We can change our myths into a new and true reality reflecting our mature selves.

* * *

To conclude the story I began about my jaw – it is just fine. Nothing needed to be done about it. All of my stories, as we could have anticipated, were for naught. A lot of energy and time wasted – wasted except that with some self-awareness I was able to use the incident to learn about myself. The meditation retreat was a success in that it gave me the opportunity to have this insight.

CAROL KURTZ WALSH LCSW-C is a psychotherapist, personal coach and an artist/writer. To obtain more information about Carol, see her ad on page 59 and check out her website: www.ckwalsh.com.



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On Being Real: The complex, scary, and fragile dance toward authenticity

...continued from page 15

begin to fall into line with the expectations of the adult world. They begin to listen to the instructions of their caretakers which demand that they sacrifice their energetic and adventurous styles for acceptability and meeting of the general expectations of their given community. Girls becoming women are still influenced by the poetic ideal of 19th century feminine goodness, "The Angel in the House," a notion that in every woman there is a selfless angel that gives herself in joyous and complete sacrifice for others.

Manipulate

Who, when threatened with a citation, has not been obsequious to a patrolman or a meter maid? Who has not smiled attentively to a new lover when he or she was boring? Who has not cheerfully agreed with their boss when her ideas were abominable? We are so crafty. We manipulate to create in others a better opinion of ourselves and, hopefully, more positive favors. We prize our skill in moving people around, like pawns in chess, working always to gain advantage. In *Catch Me if You Can*, Spielberg, a keen observer

of the human psyche, made a film with the appealing Leonardo De Caprio, playing a teenager distressed over his parents deteriorating marriage. To salvage his shattered security, as his home disappeared before him, he became a master manipulator, posing as a doctor, lawyer, and airplane captain—among other disguises—and writing millions of dollars in bad checks. He conned his way to "success"—for a while.

Entertain

Stepin Fetchit, the first black movie star, attained this position by playing to the extreme the stereotype of the humorous obsequious black man. Both his name and his behavior were examples of the demeaning posture required to be a successful black man in America. His portrayals were vintage "Uncle Tom" as he shuffled his way into the hearts of white Americans, making them simultaneously smile and feel superior. But "Stepin Fetchit" is a name that fits many of us as we adopt "entertainment" roles for our family, friends, and colleagues. We become a produced-self who can be counted on to "make the room light up," or the

one who "keeps everything moving," or even the "serious one" who gives an aura of meaning to gatherings. We dance on cue.

Dazzle

We learn to make a splash, to overwhelm, to dazzle so persons will become so taken with our qualities and enthusiasms that they will have neither inclination nor opportunity to find fault with or reject us. Dazzlers get a double payoff: first, they win approval; second, they spend so much energy in the process of gathering attention that they hardly notice that the positive responses they get have much more to do with the narcissistic excitement they create in others than in any genuine appreciation for them.

Rescue

Rescuers sacrifice time, strength, and resources in giving themselves over to helping others. Many "helpers" are, beneath their charitable exteriors, urgently, often desperately, attempting to compensate for having so little in their own hearts that feels cared for and loved. One of humankind's most characteristic behaviors is to attempt to make up for our deficiencies through artificially constructing compensatory qualities. Public and private recognition, does indeed, come to "helpers." For many such ac-

knowledgements are enough. We are able to ignore the nagging question: is this praise because of the person I am, or is it because I worked my fingers to the bone for the recognition? Am I real or an imposter?

Accommodate

This is the shape-up-your-act approach to social success. Find out what "they" want and give it to them. If one friend praises us for listening, we listen; if another for talking, we talk. If one set of persons is pro-war, we extol the virtues of strongly defending democracy; if another set believes that war is inhumane, we speak in pacifist tones. For the false self, this is called being a friend. For the real self, this sort of "friendship" built on pretense never allows us to know whom we actually can trust or who trusts us.

Flatter

Flattery has a bad rap, but a full work schedule. There are so many insidious ways we flatter one another: sending a birthday card when we are burdened by the obligation; telling another what good work he has done when we believe it is barely mediocre; whispering to a friend that he is special to us when we are courting his influence for a job promotion. Rather than speak out loud of "flattering," we prefer such euphemisms as "courteous" and "compli-



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mentary," but in our hearts we often know that we have passed our comfort zone for handing out positive accolades. We are "faking it," and we feel like fakes.

Fantasize

Failing to achieve or experience what we believe we really deserve, we move in fantasy and illusion out of the present moment and into the past or future when our lives "were" or "are to be" recognized and celebrated *appropriately*. In O'Neill's *Long Days Journey into Night* the elder Tyrone, in drunken reverie, continually longs for the glory days of his youth, when he had been a matinee idol and the toast of the country. Then he was *really* himself. In *Gone with the Wind*, Scarlet O'Hara uttered one of the most easily identified with lines in the history of film when she said, after the tragedy of the civil war and the personal loss of her beloved plantation, Tara, "I'll think about it tomorrow." At that moment she denied the palpable grief of the experience to escape into the vague hope that the passing of time, alone, would banish the pain of incomprehensible loss.

Whatever our experience with expressing our false self to others, always there is the upside and the downside. The upside is that by our actions we may indeed earn a degree of response from others in ways that offer us human connection and affirmation. At best we win awards, receive praises, become the citizen of the year, and fight off fans that become "madly in love with us." The underside is that we know that whatever we have won has been at some cost to the real self, for we have bought "positive" responses at the experience of our own candor, spontaneity, and natural power. We wonder that, should we remove our masks, there would be nothing left. Yet the sense of betrayal to self, the vague uneasiness that makes us continually doubt ourselves and feel that we are only partially alive, even in the midst of "success," keeps us ever alert to the possibilities of discovering our real self and manifesting it more fully.

Developing the Real Self

We have become so accustomed to our pretensions, posturings, and games that we hardly know how to be real—even if we tried. We cannot solve the puzzle of being authentic in an inauthentic world by simply doing what we feel. Learning to live "real" means undertaking a process of growth in awareness of the human and natural environment, heightening our sensitivity to our inner voices, and developing a viable set of processes for making choices and behaviors that put ourselves forward with the most honest intentions and expressions we can muster. What follows are some suggestions for enhancing your talent for being a real self in the real and unreal world.

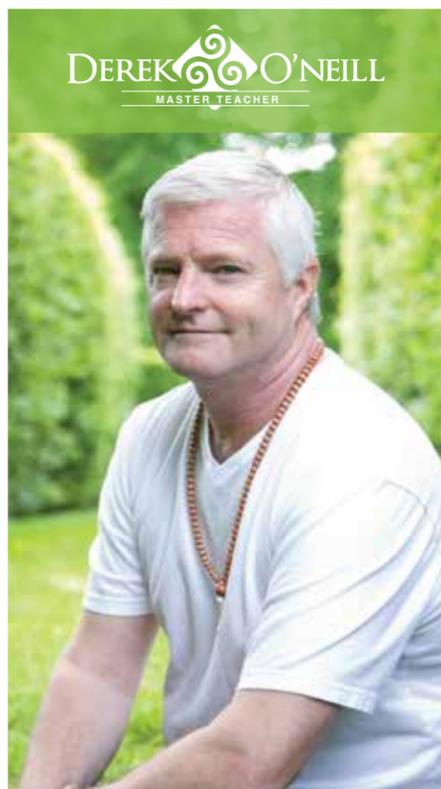
Learn to distinguish between your false and your real self

The real self is the self, formed from internal awareness that expresses and creates; the false self is the self formed from fears of being shamed or excluded that protects from anticipated hurt or harm. The real self expresses; the false self impresses. The real self talks like this: I like it/ I don't like it; I'm excited/ I'm bored; I'm frustrated/ I'm flowing along. The false self talks like this: he likes me/ he doesn't like me; I excite him/I bore him; he frustrates me/ he frees me. The operative difference is that the real self focuses on the actualization of the talents and potentials of the self and the false self on the reaction of others. The false self has made a decision—that best it can hope and work for is to make a good show and gather plaudits and prizes. At high costs it pursues the prize for recognition of excellence in performance. The real self seeks richness of experience in knowledge and life.

Look within yourself with this simple test

Think of several regular activities in your life and ask yourself these questions about each one (e.g., camping with the family, visiting a friend, reading to your children): Was I interested or bored? Did I feel larger or smaller?

continued on page 132



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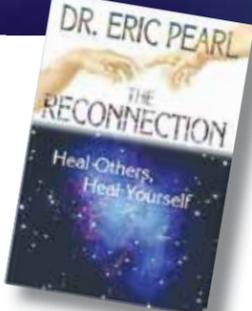
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On Being Real: The complex, scary, and fragile dance toward authenticity

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Did I like it for itself or for the payoff? Did I want to do it again, or never? Did I feel energized or tired? ...If you answer each of these questions with a "yes" to the first possibility, you have tuned in to your dimension of real self and have begun to distinguish it from the constructed (false) self.

Accept the false self

Claiming your real self means owning all its parts, including—and especially—the false self. After all, the false self was your intimate and operative for a long time, and however enlightened you become, you can reduce its power, but never shake it entirely. When you were aware of no options for living an improved life other than "faking-it," you had your false self to help you keep up. Further, it can be useful to remind yourself that the struggle with the false self is universally shared. In leading group therapy, again and again I notice that one of the central benefits for participants is the reassurance they gain from others sharing about their struggles to dismantle their own false fronts and plagiarized personalities.

Deal with your fears

Above all else, if one fears the loss of a partner's love, he will consciously and unconsciously shape his feelings and behaviors to avoid rejection. He will not be able to claim his real self or to call forth the real self of his partner. As long as you are afraid of the opinions and attitudes of others, you will continue to market a false self. You cannot just decide to be real, you must nurture fearlessness. Only the strong are real. This is not moralism, but simple observation. You have to believe it is safe to be real—that you cannot be destroyed being your true self.

Be real, realistically

This is a tall order. It entails exploring and developing your self-esteem, your gifts, your confidence in giving and receiving love. Such is the price of evoking your real self. Being real does not exclude being kind, smart, and effective. We must interact with our world; we *can* accommodate, not from fear but from choice. The real self does live in a real and a false world. You can hardly surrender all your roles and maneuverings tomorrow, or in a lifetime. If you must stay in a job that is unhap-

py for you because your manager demands you act cheerfully, even if you feel down, you can learn intentionally to mount your "happy face." In your own mind you know that this "act" is your choice—not something you have to do, but something you elect to do at a given moment in time. You are like a political prisoner choosing to comply in order to receive better medical care so he can be stronger to continue his protest when he is released. Your real self remains in charge. Your real self determines what it wants and shapes its actions and thoughts toward getting it.

Be patient

A form of meditation involves the discipline of counting to ten while keeping one's mind free of any thoughts other than the numbers. Should one's mind drift, the student returns to the number one and begins again. The journey from the fabricated to the authentic life can become greatly confused and one can quite literally not know what one wants. You, like every person, have some awareness, however faint and encrusted, of the drives and aspirations that are core to who you are. However confused or lost, always there is a quiet, grounded point of your being where you can return again and again to rediscover your elemental self. With practice you can become familiar, nourished, and

guided by this touchstone of your soul.

Surround your real self with other real selves

If you hobnob with pretenders, even your hard-gained authenticity begins to fade. Inevitably, you take on some of the characteristics of those with whom you share your life. Involve yourself with friends, mentors, and students who are committed to expanding their genuine capacities for growth, knowing, and dexterity of soul. We literally become who we are surrounded by—as our energies, attitudes, and aspirations mingle. Most fundamentally, real selves honor realness in others. They can't do otherwise and be true to themselves.

Love has a lot to do with it

People who are comfortable with their real self have learned that they are loved for who they actually are. Along the way, they experience major players in their lives as honoring their real self more than demanding their conforming self. By a barely understood process they let love in sufficiently for a sense of being loved to take root consciously and unconsciously in their awareness of themselves. They know their real self is fundamentally OK. Sometimes this process is thought of as "unconditional love," sometimes as loving another for *who they are* rather than what *they should be*. In their natural



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emergence of personality and behaviors shame is minimized; accepting and celebrating them for themselves is the dominant behavior. Bringing up a child lovingly is the opposite of *Growing Up Absurd*. It is growing up *naturally*—or in rational sync with nature's higher intentions. Fortunately, we continue to change and grow all of our lives, and we can expand with the loving companionship of real people—real people who see and admire and relate to the person we are. This is real love.

In "Zelig," Woody Allen creates the classic chameleon character. Zelig turns dark when near black people, develops Asian features around Chinese, and sprouts a long beard chatting with Orthodox Jews. Talking with his psychiatrist, he begins to sound like the doctor herself. But his is a special psychiatrist, a compassionate woman not so concerned with his freakishness as with his pain—pain gathered from a lifetime of parental and societal misunderstanding and disowning. She comes to care deeply for Zelig, and he begins to sense her compassion. In the midst of his treatment he suffers a setback when society, which has made him a celebrity hero, chameleon like, clamors to punish him for his indiscretions during his period of illness. He disappears from sight. His doctor

finds him in the nick of time just as he is about to get lost in the mass hypnotic psychosis of Nazism (a reminded from Allen that the ignoring of the real self in favor of a compliant self can lead to the most extreme of human distortions—Holocaust). They come back together in loving friendship. No longer does he have to prove himself by his instant superficial adjustment to others. He grows strong with the reassuring relationship and lives out his life happily and well.

Zelig's pilgrimage is that of learning to live from the *inside-out* rather than the *outside-in*. It is a gentle, complex, sad, funny and satisfying story of the emergence of the real self. Several years ago a close friend set upon a personal journey of self-discovery, including intensively working on his relationships, extended training programs, inner-search retreats, and psychotherapy. I asked him how he had changed. Spontaneously he responded that he had not so much changed as become more of who he is. That says it.

Robert Caldwell, LCPC, passed away in the Spring of 2008. He was a powerful therapist; a cutting edge thinker and a contributing editor at Pathways for many years. We sometimes feature some of Bob's timeless work from past issues. This article first appeared in the Spring 2003 issue of Pathways. Go to www.psychsight.com for a collection of Bob's works.

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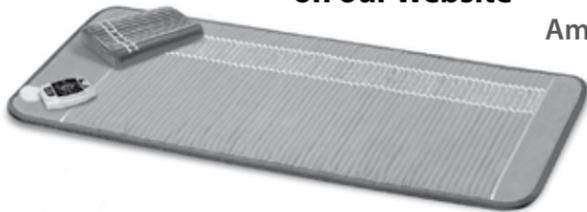
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PATHWAYS INTERVIEW

Geraldine Amaral: Honoring Her Inner Voice

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cient and happier person. Little did I know I was about to embark on a completely different journey than being able to see into the future.

Shortly after my first reading, while living in Massachusetts, I had an opportunity to move to Hawaii and it was there that I met my teacher—a Hawaiian Kahuna, mystic, spiritualist, and master at the Tarot. She was the one who taught me about the *spiritual* power of the Tarot. Most people associate the Tarot with fortune telling, based on a sensationalistic Hollywood depiction of the mysterious gypsy whose gifts may or may not be legitimate, but who almost always wants to perpetuate some kind of scam, or who offers some ominous prediction of doom and death. It's unfortunate this stereotype persists; but as people become more aware of the true gifts of the Tarot, it is slowly starting to change.

There is another dimension to the Tarot, and that is as a means to explore and understand one's inner self. When using the Tarot this way, it operates as an "inner technology" that can help us harness our own personal power. Right now, there is an explosion of interest in Tarot and it seems that new Tarot decks are being created and published almost daily. If you want to see what I mean, check out www.aeclectic.net to see images from hundreds of decks. This is one of my favorite Tarot websites. I can easily spend hours and hours looking at the images from hundreds of decks.

Pathways: Why do you think there is such widespread interest in Tarot now?

Perhaps this renewed interest in occult, or hidden, tools like Tarot is indicative of a culture that has lost its bearings. As we strive for more and more accumulation in the material realm, we become more and more disconnected from our inner selves, and our roots. We've lost the rudder, and the archetypal images displayed on the Tarot cards help bring us back to our humanity. Perhaps we are drawn to such tools because they help us feel less disconnected from others, and with ourselves. When we use the Tarot images as archetypes, or templates of human behavior, we get to touch our humanity in a deep and powerful way. We also have a way to frame and validate our life experiences—through the visual expression of the archetypes depicted on the cards. We communicate with the inner being in its own language. Aristotle said it best, "The soul thinks in images."

Pathways: So your approach with the Tarot is not about predicting the future?

There is always an element of prediction, but my focus is on using the images on the cards to help understand how the unconscious mind is creating our reality, including the future. Rather than the future happening willy nilly, this approach says that objective reali-

ty is a reflection of our inner consciousness and the *unconscious* aspects of the psyche. By exploring what information we have locked up inside ourselves through the Tarot images, we can more effectively navigate the external world.

Psychologists tell us that the information found in the unconscious mind is in *symbolic* form—images or pictures—similar to what we see in the Tarot. When we select a card, it is a chance for that image, the archetype trapped within the unconscious, to come forth for us to examine and discover what it means for us. So, it's definitely not some "woo woo" fortune-telling experience. It is simply a way we can communicate with this vast resource within, *in its own language*, the language of symbols.

Pathways: How does your approach tap into the spiritual side of the Tarot?

In conjunction with the archetypal exploration of Tarot, I incorporate the principles of Divine Metaphysics into my readings and this gives the individual who is having the reading some specific tools to take the power back into their lives. My job as the reader is to simply act as a "midwife"—so that they can allow the symbols on the cards to bring forth their own interior wisdom. When you get a reading in this style, the backdrop of the reading is to explore the *spiritual* reasons for what is happening in your life. When we are able to place our lives in this spiritual context, we can rid ourselves of a victim mentality. It helps us to focus, *not* on the external life events that are occurring, but on the larger question of what *learning* is behind what is happening. Hopefully, the reading will help you to gain insights *as well as* specific tools you can use to improve, even transform your life.

Pathways: What can you tell me about Divine Metaphysics, and how does it differ from other religions? And how did you become involved in a ministerial program based on Divine Metaphysics?

I began studying Divine Metaphysics years ago, in Hawaii, at Unity Church. I was raised Catholic, and after the guilt and shame I experienced from my Catholic upbringing, I was so happy to find a spiritual path based on a more gentle God. It was really like a breath of fresh air for me—and very healing. I soon became completely enamored with the religion and philosophy of Divine Metaphysics and read every book I could get my hands on.

Then about 10 years ago, I discovered the Arlington Metaphysical Chapel and began to teach Tarot and *I Ching* classes there and attend the weekly worship service. I love being part of a community, a group of like-minded people, with the same spiritual intent. And five years ago, I entered the seminary program. The campus is located at the United Metaphysical Chapel

PATHWAYS INTERVIEW



9. The Guide

learn what we need to learn and move on. We believe in personal responsibility and that we are the directors of our lives. It is a refreshing idea when you consider we live in a victim-driven culture.

Divine Metaphysics also teaches that there are certain Universal Laws that govern our existence on this earth plane. As we live in accordance with these laws, as we live in harmony with these laws, we better our lives. Some of these laws include the Law of One, the Law of Mind, the Law of Love, and the Law of Karma. But there is not a lot of dogma involved. In that sense it is very similar to what Buddha taught. Each individual is encouraged to worship the Divine according to the dictates of his or her own conscience.

And finally, we also believe in the continuity of life and the ability to communicate with those who are no longer in physical form. We think of death as a rebirth into a world of higher vibrations—a door to other dimensions. So, there is no death in this cosmology of existence.

Pathways: Do you have a favorite Tarot card?

Probably the Hermit Card, also called the “Guide” in some decks (see card above). To me it represents the real gifts and the real truth about Tarot—and that is that the cards can help us

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headquarters in Roanoke. I recently finished the program, which is quite extensive. It includes study at the Roanoke center, correspondence courses, and lots and lots of practicums at the local church. It is a 5-year program.

The biggest difference between Divine Metaphysics and some other religions is that we do not see God as a personification—you know, the white-robed man sitting on a throne. Rather, we understand “God” to be an energy—an intelligence—actually, an Infinite Intelligence, a pure energy, a “field,” if you will, of pure potential. As part of this pure energy field, Divine Metaphysics teaches that beyond the physical world, there are other dimensions of matter and energy. You could call it a particular “cosmology” of the universe in which the power of the mind is huge. It practices and teaches the spiritual truths recorded in the Bible and other Sacred Scriptures, and as revealed in the life of various Avatars of God, including Jesus the Christ.

So the cornerstone of Divine Metaphysics is the study of the power of the mind beyond the physical world. Edgar Cayce said it best: “Mind is the builder,” and this idea tells us that our minds are one of the most powerful tools available to us. And we use only a small portion of that vast resource! Scientists say maybe 3%. So, we believe that “thought creates.” When we study or use Divine Metaphysics it is because we want to develop our personal growth—we want to have better command of our relationships, career fulfillment, optimal health. We want to develop a calmer nature, unconditional love for ourselves and others. We want to use what we know about the mind to contribute to the “global mind” and the consciousness of unity and peace.

Another important component of Divine Metaphysics is that we are not victims—of anything! We believe we have soul or “sacred” contracts that map out the life experiences necessary for our soul’s evolution, but we still have *free will*. There is an internal “plan” that directs our thinking and actions, but through study, prayer, self-awareness, and meditation, we can

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PATHWAYS INTERVIEW

Geraldine Amaral: Honoring Her Inner Voice

...continued from page 135

shed light on our life path. I have a little joke I often tell my students about this card. And that is, whatever your problem, whatever your question, whatever this issue at hand, this card, The Guide, is the answer. It is the Light of Spirit, the Light of Consciousness that can guide us, heal us, enlighten us, and help us to raise our own vibration to the frequency of the Divine. It's similar to what Einstein said: "No problem can be solved from the same level of consciousness that created it." The symbolism of the light from the lantern represents that higher level of consciousness that is accessible to each of us.

It's ironic—people always ask me if I really believe in Tarot Cards, and the answer is unequivocally "No!" I don't believe in Tarot Cards, per se. They have no intrinsic value—they are pictures painted on card stock. But what I do believe in is the POWER of CONSCIOUSNESS and the Power of Spirit to work through the images to communicate with us at very deep levels. The images on the cards help us bring darkness and shadow issues into the light of consciousness, like the light we see in the Guide/Hermit image.

Pathways: Are there any spiritual say-

ings or quotes that hold particular insight for you?

I love the teachings of Ramana Maharshi and this is one of my favorite stories from his teachings: "Questioner: 'How are we to treat others?' Ramana Maharshi: 'There are no others.'"

Pathways: What are your plans after your ordination this fall?

I expect to continue serving at the local church, the Arlington Metaphysical Chapel, in the same capacity as now—that is, offering Spiritual Tarot Readings, conducting worship services, conducting workshops, volunteering on the Education Committee and in other volunteer capacities. We are a growing church and there is always a need, always a way to serve. I've met some incredible people through my Tarot classes and through the AMC community—people who are struggling to find their way in life, people who are seeking guidance and truth, people who are committed to their spiritual growth and to the evolution of the planet, people who are extraordinarily bright and loving and compassionate. I am so grateful for this opportunity.



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PATHWAYS INTERVIEW



Okay, busted! At last count, I think I had close to 200 decks. Would you like to join my Tarot Cards Anonymous Club?

Geraldine's regular column, "Accessing Your Intuition," will return with the Winter 2014 issue of Pathways. She can be reached at 703-671-7421 or geraldine@thespiritualtarot.com. Visit her website: www.thespiritualtarot.com. See also Geraldine's ad on pages 68 and 106.

Arlington Metaphysical Chapel holds services at 11am and 7:30pm every Sunday. To learn more, visit www.arlingtonmeta.com, and see the ad on page 42.

Pathways: One final question. I must ask this. How many Tarot decks do you own?



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ASTROLOGICAL INSIGHTS

Plan Today for a Better Tomorrow ...continued from page 33

at your life and decide what is valuable to keep and what needs to be tossed. This is a good day to clean out the clutter in your life. This is also the time to realize just how important relationships are in your life, especially those with your parents or other authority figures. If possible, take time to celebrate your parents or those individuals in your life who have trained you to become the wonderful person you are. And take time to give guidance and counsel to other people who look up to you as a mentor.

The emphasis on the importance of relationships continues when the new Moon, with both Sun and Moon in Libra, occurs on September 24th. But this time there is a slight shift in this emphasis. Prior to the new Moon occurring, the emphasis was on your goals and communicating these goals to your family and friends. Now the emphasis is on listening to your family and friends as they voice their concerns. They may be scared that some of your goals bring too many changes in their lives; or they may feel you are missing something important. Even if they can't quite voice their concerns in a way you understand today, you'll get a better understanding on September 25th when Jupiter forms a trine to Uranus retrograde.

The trine that Jupiter forms to Uranus retrograde is the first in this series of trines. The other two will occur on March 3, 2015, and June 22, 2015. Both Jupiter and Uranus want to expand and create change in life. However, Jupiter likes to plan for the long-term while Uranus just likes to change for now.

When you listened to the concerns of your family and friends during the new Moon, you may not have understood everything they were trying to say. But you may today because one of the positive aspects of this trine is spiritual insight. Suddenly you are able to see things from a new perspective. Take time to keep a journal of what you thought you heard so you can review that information in March and June 2015. You'll be amazed at the insight people gave you when you go back and review the information.

As the month of October begins, Mercury in Scorpio turns stationary retrograde on October 4th. It will remain retrograde until October 25, 2014. Mercury only goes up to 2 degrees in the sign of Scorpio before it turns stationary retrograde. It entered the sign of Scorpio on September 27th.

During the month of September, until Mercury entered the sign of Scorpio on September 27th, you were very concerned with future goals and discussions with family members. When Mercury entered Scorpio you wondered if you might have said too much. But as Mercury turns retrograde, you wonder if you said enough. As Mercury retrograde re-enters the sign of Libra on October 10th, you'll be able to think

back on what you said and how you presented information to other people.

Before that occurs, there will be a total lunar eclipse on October 8th. The first eclipse of this year was also a total lunar eclipse. During 2014 and 2015, there will be four total lunar eclipses occurring in a row. This event is called a tetrad. The two total lunar eclipses in 2015 will occur on April 4, 2015 and September 28, 2015. When the previous total lunar eclipse occurred on April 15, 2014, you may have heard about the "Blood Moon" event. While "Blood Moon" is not an astronomical term, it has recently become popular in the press when describing the total lunar eclipse. The reason is that for about one hour before the eclipse occurs, the Moon turns a bright orange to red color. The other reason you may have heard of this Blood Moon phenomena is because John Hagee in his book, *Four Blood Moons: Something is About to Change*, writes that major world events occur during tetrads that involve Israel and its political history. The last time this tetrad occurred was in the years 2003 and 2004. It was on April 9, 2003, that Saddam Hussein fell from power in Iraq. October 2014 will be a difficult time period for world events—from military actions to financial and weather upheavals.

The Sun is in Libra and the Moon is in Aries at the time of this eclipse. (Lunar eclipses occurred at the time of the full Moon.) Emotionally you want to take care of your own. You don't want other people to interfere with your life. You may even feel as if other people don't understand you, but you need other people. You just can't do things alone in life. If you start isolating yourself from family and friends, you go down the path of losing your personal power; and once you go down that path, you also lose your sense of well-being. In its most negative, this total lunar eclipse can mean you start losing perspective when it comes to your goals and you feel depressed because you can't seem to get back on track. Or in world events, financial or weather upheavals

There is a positive side to this eclipse as well. You will feel the need to pull inward, and in doing so you can take the time to meditate on all the wonderful people in your life and how they support your ability to be yourself. You can appreciate that people love you *because of who you are* and not in spite of who you are. While conversations may slow down right now, that's all right. Everyone needs to take time to digest any information they received, especially you.

Mercury retrograde forms the second conjunction to the Moon's North Node on October 20th. Take time to review the discussions you had regarding your future goals. Perhaps some things have changed since September 16th when you first had the discussions. Or perhaps it's become more critical to



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ASTROLOGICAL INSIGHTS

consider some major life changes that involve your family. But with the solar partial eclipse approaching on October 23rd, wait a little while before you re-open these discussions with people you love.

The last eclipse, a solar partial eclipse, occurs on October 23rd just after both the Sun and Venus enter the sign of Scorpio. With both the Sun and Moon in Scorpio (a solar eclipse occurs at the time of a new Moon) you need to understand other people's points of view before you can make any personal decisions. While you don't want them to manipulate you into situations that aren't in your best interest, at the same time you don't want to ignore any valuable information they may be able to give you.

One of the problems that could occur when the solar eclipse is in Scorpio is that other people may not really want to share information with you. If that's the case, you may not get their points of view. Instead, they may feel as if you "should" know their points of view. But withholding information and keeping secrets doesn't help. So, if you don't have all the information you need, pay attention to your intuition. It's trying to provide some valuable clues that can give you deeper insight. If you're a creative or artistic person, you'll find this eclipse is a catalyst for increasing your abilities. It's as if you're able to tune into the very nature of your soul

to bring forth the most creative aspects of your nature.

Communications will improve as Mercury in Libra turns stationary direct on October 25th although they really weren't as difficult as you thought during this retrograde period. You were able to re-connect with important family members as well as friends. If you were having difficulties with your partners (either business, personal, or romantic) you may have been able to resolve those matters. Even if the resolutions meant changes in the relationships or separations from the relationships, you were still able to find ways to make them work out for the best of all.

Mercury in Libra forms its final conjunction to the Moon's North Node in this series on October 30th. The first time it formed a conjunction was in direct motion on September 16th. The second time was on October 20th when Mercury is in retrograde motion. The long-term goals you've been discussing with family and friends will start solidifying into plans of action. You'll feel as if success will occur with your ventures.

As you move into the month of November a full Moon with Sun in Scorpio and Moon in Taurus occurs on November 6th. You'll actually feel a shift in energy. Instead of wanting to communicate with other people you'll find you'd rather meditate on your

concepts. Take time to imagine what's important to you. Try to feel inspired by other people in your life. And keep your thoughts to yourself, especially in the area of finances.

As the new Moon, with both the Sun and Moon in Sagittarius, occurs on November 22nd, you feel optimistic about life. You'll feel as if you've communicated your needs to others and you've also meditated on those conversations. You're ready to move on, but be a little careful. This new Moon occurs at zero degrees just a few hours after the Sun entered the sign of Sagittarius. You may feel as if you suddenly have to justify all your conversations and your anticipated actions. Instead, pull back a little bit and see if you are inspired by family and friends to make changes in your life. See where you can come together as a community, and understand any changes you start to make in your life won't be fully manifested until June 2015.

Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See also her ad on page 61.

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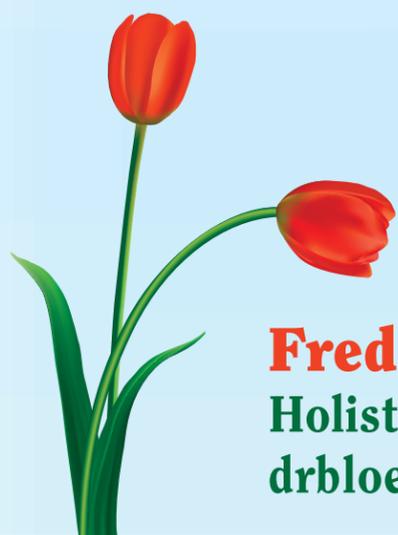
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